

What Makes a Complete Breakfast?

Elementary and Intermediate Schools

The School Breakfast Program's complete breakfast consists of 3 food groups:

Grain - Fruit - Milk

Must take:

1 fruit
-and-
2 other items.

May take:
up to 5 items.

*(The main dish
counts as 2
items.)*

main dish



2 grains
-or-
1 meat + 1 grain

fruit



milk

May take up to:

2 different fruits,
-or-
2 of the same fruit,
-or-
1 fruit and 1 juice.

*(May only take 1
juice.)*

What Makes a Complete Lunch?

Elementary and Intermediate Schools

The National School Lunch Program's complete lunch consists of
5 food groups:

Meat - Grain - Fruit - Vegetable - Milk

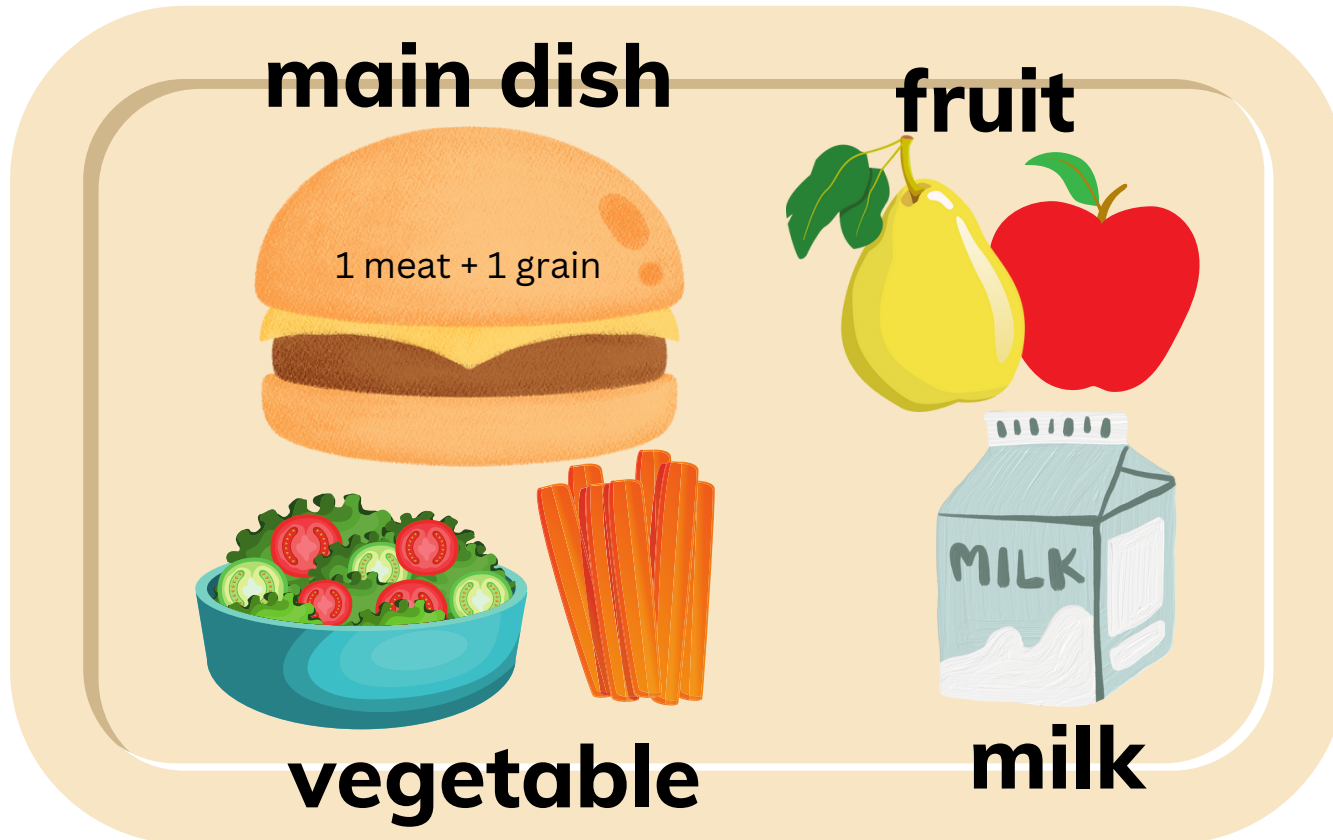
Must take:

1 fruit
-or-
1 vegetable
+and+
2 other food
groups.

May take up to:

1 main dish
2 fruits
2 vegetables
1 milk

*(The main dish
counts as 2 food
groups.)*



May take up to:

2 different fruits,
-or-
2 of the same fruit,
-or-
1 fruit and 1 juice.

*(May only take 1
juice.)*

May take up to:

2 different veggies,
-or-
2 of the same veggie.