

What's for Breakfast Worksheet 4

Let's Play

MEAL or NO MEAL

Breakfast Edition

Connecticut State Department of Education • Revised November 2015

Planned Breakfast

BREAKFAST MENU	
Food and Amount	Food Items
Whole-grain 2-ounce bagel (2 oz eq)	2 grains
Fresh orange (½ cup)	1 fruit
Banana (½ cup)	1 fruit
Milk choice (1 cup)	1 milk
TOTAL FOOD ITEMS 5	

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Student Selects

Reimbursable Meal?

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Planned Breakfast

BREAKFAST MENU	
Food and Amount	Food Items
Whole-grain waffles, 2.4 ounces (2 oz eq)	2 grains
Orange juice (½ cup)	1 fruit
Green grapes (½ cup)	1 fruit
Milk choice (1 cup)	1 milk
TOTAL FOOD ITEMS	5



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Planned Breakfast

BREAKFAST MENU	
Food and Amount	Food Items
Strawberry smoothie with ½ cup of low-fat milk	
■ ½ cup of pureed strawberries	1 fruit
■ ½ cup of yogurt <i>M/MA substitution (1 oz eq)</i>	1 grain
Corn muffin, 1.2 ounces (1 oz eq)	1 grain
Orange wedges (½ cup)	1 fruit
Milk choice (1 cup)	1 milk
TOTAL FOOD ITEMS	5

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Planned Breakfast

BREAKFAST MENU	
Food and Amount	Food Items
Whole-grain 2-ounce blueberry muffin (1 oz eq)	1 grain
Whole-grain cereal flakes (1 cup)	1 grain
Kiwi slices (1 cup)	1 fruit
Milk choice (1 cup)	1 milk
TOTAL FOOD ITEMS	4

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Planned Breakfast


BREAKFAST MENU	
Food and Amount	Food Items
Blueberry yogurt (½ cup) * <small>* M/MA substitution (1 oz eq)</small>	1 grain
Whole-grain granola cereal (¼ cup)	1 grain
Strawberries (1 cup)	1 fruit
Milk choice (1 cup)	1 milk
TOTAL FOOD ITEMS	4



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Planned Breakfast

BREAKFAST MENU	
Food and Amount	Food Items
Sunflower butter (1 tablespoon) * <small>* M/MA substitution (½ oz eq)</small>	0
Whole-wheat toast (1 oz eq)	1 grain
Crunchy red apple slices (½ cup)	1 fruit
Red grapes (½ cup)	1 fruit
Milk choice (1 cup)	1 milk
TOTAL FOOD ITEMS	4



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Reimbursable Meal?

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Reimbursable Meal?

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Reimbursable Meal? YES

Contains 3 food items
(2 fruits and 1 milk)

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Planned Breakfast

BREAKFAST MENU	
Food and Amount	Food Items
Egg, Cheese and Ham * on 2-ounce WGR English muffin (2 oz eq) *	4 grains
* ½ egg, ½ ounce cheese and ½ ounce ham as M/MA substitution	
Fruit cup (1 cup)	2 fruits
Milk choice (1 cup)	1 milk
TOTAL FOOD ITEMS	
7	



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Planned Breakfast


BREAKFAST MENU	
Food and Amount	Food Items
Whole-wheat 2-ounce bagel (2 oz eq)	2 grains
Whole-grain cereal flakes (1 cup)	1 grain
Raisins (½ cup) * <small>* Dried fruit credits at twice the volume served</small>	2 fruits
Milk choice (1 cup)	1 milk
TOTAL FOOD ITEMS	6



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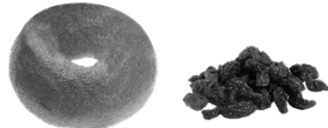


Reimbursable Meal?

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Planned Breakfast

BREAKFAST MENU	
Food and Amount	Food Items
Whole-grain bread (2 oz eq)	2 grains
Scrambled egg (1 egg) * <i>* M/MA substitution (1 egg = 2 oz eq)</i>	2 grains
Tomato salsa (½ cup)** <i>**vegetable substitution</i>	1 fruit
Fresh peaches (½ cup)	1 fruit
Milk choice (1 cup)	1 milk
TOTAL FOOD ITEMS	7



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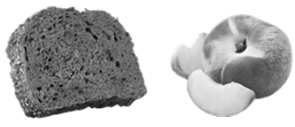
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Planned Breakfast

BREAKFAST MENU	
Food and Amount	Food Items
Oatmeal (½ cup)	1 grain
Blueberry muffin, 4 ounces (2 oz eq)	2 grains
Cantaloupe (1 cup)	2 fruits
Milk choice (1 cup)	1 milk
TOTAL FOOD ITEMS	6



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- The *What's for Breakfast* workshop training materials are available on the Connecticut State Department of Education's (CSDE) Meal Pattern Training Materials Web page at www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=333806
- This worksheet is available at www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/sbp/wfb/wfbws4

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