

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? **YES**

Contains 3 food items
(2 grains and 1 fruit)

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Student Selects

Reimbursable Meal? **NO**

Contains 3 food items (2 grains and 1 milk)
but MISSING at least ½ cup of fruit

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Student Selects

Reimbursable Meal? **YES**

Contains 4 food items
(2 grains, 1 fruit and 1 milk)

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Student Selects

Reimbursable Meal? **NO**

Contains only 2 food items
(1 fruit and 1 milk)

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Student Selects




Reimbursable Meal? YES

Contains 3 food items
(2 fruits and 1 milk)

Connecticut State Department of Education • Revised November 2015 7


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



Connecticut State Department of Education • Revised November 2015 8

Student Selects




Reimbursable Meal? YES

Contains 3 food items
(2 grains and 1 fruit)

Connecticut State Department of Education • Revised November 2015 9

Student Selects




Reimbursable Meal? NO

Contains 3 food items (2 grains and 1 milk)
but MISSING at least ½ cup of fruit

Connecticut State Department of Education • Revised November 2015 10

Student Selects




Reimbursable Meal? NO

Contains only 2 food items
(1 fruit and 1 milk)

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Student Selects



Reimbursable Meal? YES

Contains 3 food items
(2 fruits and 1 milk)

Connecticut State Department of Education • Revised November 2015 12

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

Connecticut State Department of Education • Revised November 2015 13

Student Selects

Reimbursable Meal? YES

Contains 3 food items (2 grains including 1 M/MA substitution and 1 fruit)

Connecticut State Department of Education • Revised November 2015 14

Student Selects

Reimbursable Meal? YES

Contains 3 food items (1 grain as M/MA substitution and 2 fruits)

Connecticut State Department of Education • Revised November 2015 15

Student Selects

Reimbursable Meal? NO

Contains only 2 food items (1 grain and 1 fruit)

Connecticut State Department of Education • Revised November 2015 16

Student Selects

Reimbursable Meal? YES

Contains 3 food items (1 grain as M/MA substitution, 1 fruit and 1 milk)


Connecticut State Department of Education • Revised November 2015 17

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

Connecticut State Department of Education • Revised November 2015 18

Student Selects




Reimbursable Meal? YES

Contains 3 food items
(1 grain, 1 fruit and 1 milk)

Connecticut State Department of Education • Revised November 2015 19

Student Selects




Reimbursable Meal? NO

Contains 3 food items (2 grains and 1 milk)
but MISSING at least ½ cup of fruit

Connecticut State Department of Education • Revised November 2015 20

Student Selects




Reimbursable Meal? NO

Contains only 2 food items
(1 grain and 1 fruit)

Connecticut State Department of Education • Revised November 2015 21

Student Selects




Reimbursable Meal? NO

Contains only 2 food items (2 grains) and
MISSING at least ½ cup of fruit

Connecticut State Department of Education • Revised November 2015 22

Student Selects




Reimbursable Meal? NO

Contains only 2 food items (1 grain and
1 milk) and MISSING at least ½ cup of fruit

Connecticut State Department of Education • Revised November 2015 23


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



Connecticut State Department of Education • Revised November 2015 24

Student Selects




Reimbursable Meal? YES

Contains 3 food items
(1 grain, 1 fruit and 1 milk)

Connecticut State Department of Education • Revised November 2015 25

Student Selects




Reimbursable Meal? YES

Contains 3 food items
(1 grain from M/MA substitution,
1 fruit and 1 milk)

Connecticut State Department of Education • Revised November 2015 26

Student Selects




Reimbursable Meal? YES

Contains 3 food items
(2 grains including 1 from M/MA
substitution and 1 fruit)

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Student Selects




Reimbursable Meal? NO

Contains only 2 food items (2 grains
including 1 M/MA as grain substitution)
and MISSING ½ cup of fruit)

Connecticut State Department of Education • Revised November 2015 28


Planned Breakfast

BREAKFAST MENU	
Food and Amount	Food Items
Sunflower butter (1 tablespoon) * <i>* M/MA substitution (½ oz eq)</i>	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



Connecticut State Department of Education • Revised November 2015 29

Student Selects




Reimbursable Meal? NO

Contains only 2 food items
(1 grain and 1 fruit)

Connecticut State Department of Education • Revised November 2015 30

Student Selects




Reimbursable Meal? NO

Contains only 2 food items (1 grain and 1 milk) and MISSING at least ½ cup of fruit

Connecticut State Department of Education • Revised November 2015 31

Student Selects




Reimbursable Meal? NO

Contains only 2 food items (1 grain and 1 fruit)

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Student Selects




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



Connecticut State Department of Education • Revised November 2015 34

Student Selects




Reimbursable Meal? NO

Contains 5 food items (4 grains including 2 M/MA substitutions and 1 milk) but MISSING at least ½ cup of fruit

Connecticut State Department of Education • Revised November 2015 35

Student Selects




Reimbursable Meal? YES

Contains 6 food items (4 grains including 2 M/MA substitutions and 2 fruits)

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Student Selects




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



Connecticut State Department of Education • Revised November 2015 38

Student Selects

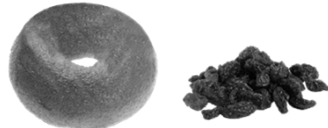


Reimbursable Meal? NO

Contains only 2 food items (1 grain and 1 milk) and MISSING at least ½ cup of fruit

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Student Selects




Reimbursable Meal? YES

Contains 4 food items
(2 grains and 2 fruits)

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Student Selects




Reimbursable Meal? YES

Contains 3 food items
(1 grain and 2 fruits)

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Student Selects




Reimbursable Meal? YES

Contains 3 food items
(2 fruits and 1 milk)

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Student Selects




Reimbursable Meal? YES

Contains 5 food items
(3 grains and 2 fruits)

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Student Selects




Reimbursable Meal? YES

Contains 4 food items
(1 grain, 2 fruits and 1 milk)

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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



Connecticut State Department of Education • Revised November 2015 45

Student Selects




Reimbursable Meal? YES

Contains 4 food items
(2 grains as M/MA substitution,
1 fruit and 1 milk)

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Student Selects




Reimbursable Meal? YES

Contains 3 food items (2 grains from
M/MA substitution and 1 fruit from
vegetable substitution)

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Student Selects




Reimbursable Meal? NO

Contains 5 food items (1 milk and 4 grains
including 2 M/MA as grain substitution)
but MISSING at least ½ cup of fruit

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Student Selects




Reimbursable Meal? YES

Contains 3 food items (2 fruits including 1 vegetable substitution and 1 milk)

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Student Selects

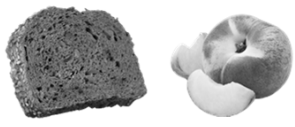


Reimbursable Meal? YES

Contains 4 food items (2 grains, 1 fruit and 1 milk)

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Student Selects




Reimbursable Meal? YES

Contains 3 food items (2 grains and 1 fruit)

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Student Selects




Reimbursable Meal? NO

Contains 4 food items (4 grains including 2 M/MA as grain substitution) but MISSING at least ½ cup of fruit

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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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Student Selects




Reimbursable Meal? YES

Contains 5 food items (3 grains and 2 fruits)

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Student Selects




Reimbursable Meal? YES

**Contains 4 food items
(2 grains and 2 fruits)**

Connecticut State Department of Education • Revised November 2015 55

Student Selects



Reimbursable Meal? YES

**Contains 3 food items
(1 grain and 2 fruits)**

Connecticut State Department of Education • Revised November 2015 56

- 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/wfbws4A

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Connecticut State Department of Education • Revised November 2015 57