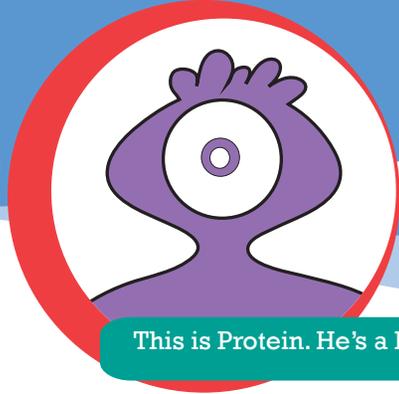




This is Vege. He's a real fun guy.



This is Protein. He's a little nutty.



This is Milk. She makes a big splash.

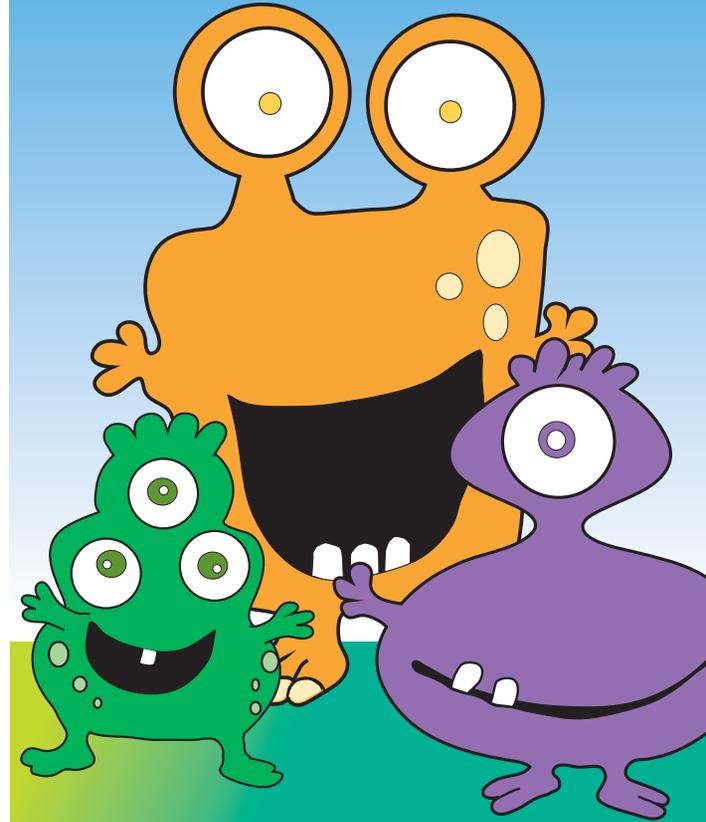


This is Fruit. He is President of the Breakfast Bunch. By School Year 2014-2015, you'll find him on every tray.



This is Grain. She is very wholesome.

# The Breakfast Bunch



Reimbursable

Breakfasts:

A Guide for Young Children

Kentucky Department of Education  
Division of School and Community Nutrition  
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Frankfort, KY 40601  
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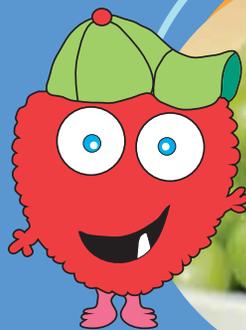
# Breakfast Bunch

## New Breakfast Meal Pattern

Each Monster in the Breakfast Bunch represents a creditable food item. In order to have a reimbursable meal, the child must have three food items – or monsters – on their tray.

A menu item may be a single food component, such as ½ cup of grapes.

½ cup grapes = ½ cup fruit  
= 1 Fruit (red) monster



Or a menu item may be made up of several food components\*, such as a sausage biscuit.

2 oz. biscuit = 2 oz. eq. grain =  
2 Grain (orange) monsters.  
and

1 oz. sausage = 1 oz. eq. meat/meat  
alternate as grain  
= 1 Protein (purple) monster

\* Specific combinations and how they credit are determined by the menu planner.

A Breakfast Bunch can be made in many different ways.  
Just make sure each child knows they need at least 3 monsters on their tray!

The Healthy Hunger Free Kids Act of 2010 introduces new breakfast meal patterns, starting with School Year 2013-2014. With this new pattern comes a change in how we define a reimbursable breakfast meal – and a challenge to teach this new system to our children.

The Breakfast Bunch is here to help! The Breakfast Bunch is a group of monsters who love to munch. They particularly enjoy breakfast, which they have heard is the most important meal of the day!

They have so much fun that they always eat together. It takes at least 3 monsters to make a bunch after all!