



4 Components of a

Reimbursable Breakfast

To be considered a Reimbursable Breakfast, it has to contain at least 3 out of the 4 components:

All Possible Combinations include:



Examples of healthy food items from each category:

Low fat White
Skim White

Apple
Banana
Orange
Strawberry
Blueberry
Pineapple
Mango

Potato
Tomato
Bell Pepper
Onion
Mushroom
Spinach
Zucchini
Carrots

Lean Meat
Poultry
Fish
Cheese
Eggs
Peanut Butter
Nut Butter
Seed Butter
Dry Beans
Yogurt
Peas
Nuts
Seeds
Tofu

