

FOOD SERVICE/VENDING AGREEMENT
Between
SYLVAN UNION SCHOOL DISTRICT
And
STANISLAUS COUNTY OFFICE OF EDUCATION
2019-2020

This agreement is entered into the first day of September 2019 by and between Stanislaus County Office of Education Head Start Program, hereinafter referred to as "COUNTY," and Sylvan Unified School District, hereinafter referred to as the "DISTRICT."

WHEREAS, it is not within the capability of COUNTY to prepare specified meals under the National School Lunch Program (NSLP) for enrolled participating children; and

WHEREAS, the facilities and the capabilities of the DISTRICT are adequate to supply specified meals to the COUNTY'S facilities; and

WHEREAS, the DISTRICT is willing to enroll Head Start children in the National School Lunch Program (NSLP) and receive all reimbursements for eligible meals;

WHEREAS, The COUNTY agrees to pay the DISTRICT for cost of meals prepared and delivered but not reimbursed by USDA food program. Reimbursement rates are as follows:

Snack \$0.96

WHEREAS, The COUNTY agrees to pay the DISTRICT for cost of meal plans and meal components not reimbursed by the USDA food program during district holiday closures.

WHEREAS, The COUNTY agrees to pay the DISTRICT for child-sized adult modeling meals prepared and delivered. Cost are as follows:

Breakfast \$3.00

Lunch \$4.00

Transportation cost \$1.71 per mile

THEREFORE, both parties hereto agree as follows:

Section 1. DISTRICT's Responsibilities:

A. Prepare and supply the meals to include milk and utensils to the following sites:

CF Brown Head Start
1401 Celeste Dr.
Modesto, CA 95355

Chrysler Head Start
2818 Conant Avenue
Modesto, CA 95350

Muncy Head Start
1941 Silvaire Drive
Modesto, CA 95350

Muncy Early Head Start
2410 Janna Avenue
Modesto, CA 95350

Oakdale Head Start
1235 East D. Street
Oakdale, CA 95361

Oakdale Child Development Center
345 North 6th Street
Oakdale, CA 95361

M.L. Annear Head Start
1336 Stonum Road
Modesto, CA 95351

Riverbank Head Start
6200 Claus Road
Riverbank, CA 95367

Sylvan Head Start
2908 Coffee Road
Modesto, CA 95350

- B. Deliver breakfast and lunch to Head Start classrooms according to the agreed upon schedule. COUNTY reserves the right to revise delivery schedule as needed to meet the needs of the children served. If a schedule change is necessary, COUNTY will make the request to the DISTRICT at least two weeks in advance:

Daily:

Breakfast-Delivered between 7:00 am - 8:00 am

AM Lunch - Delivered between 10:00 am - 11 :00 am

- C. Any changes to the menu made after COUNTY approval must be agreed upon by COUNTY and documented on the menu records.
- D. Provide COUNTY with a monthly menu one (1) week prior to the beginning of the month covered by said menu. Maintain all necessary records on the nutritional components and numbers of breakfasts and lunches prepared for the Early Head Start/Head Start programs and make said records available for inspection by State, Federal and COUNTY authorities upon request. Transport sheets must indicate total and per child amounts of food provided each day. All meal planning should be consistent with SCOE Head Start Child Nutrition Policy (PO-D03) (Attachment A).
- E. Assure that each meal provided to COUNTY under this contract meets the minimum nutritional requirements as specified by the USDA Summary of Current and Proposed Meal Pattern Revision (Attachment B) found on the USDA website www.fns.usda.gov. Be responsible for meeting the food-based meal pattern requirements for a child care food program as set forth by the Department of Agriculture and for the temperature and quality of the food at the time of delivery. In addition, meals requirements must meet Head Start Nutritional Performance Standards.
- F. Prepare each meal appropriate to children's ages and developmental levels. Food items considered to be choking hazards for infants, toddlers, and preschoolers will not be included in any meal. It is requested that the DISTRICT provide meal sizes to accommodate larger portion sizes to accommodate for spillage and waste in family style serving containers.

Meal Breakdown: Age groups reflect anticipated ages and numbers (may be revised as enrollment dictates)

CF Brown Head Start - Preschool Classroom (Ages 3-5 years old, follow approved menu)

40 Breakfasts + 2 child-size meal

40 Lunches + 2 extra child-sized meal

40 PM Snacks + 2 extra child-size meal

Chrysler Head Start - Preschool Classroom (Ages 3-5 years old, follow approved menu)

40 Breakfasts + 2 child-size meal

40 Lunches + 2 extra child-sized meal

40 PM Snacks (M-TH) 20 (F) + 2 extra child-size meal

Muncy Head Start - Preschool Classroom (Ages 3-5 years old, follow approved menu)

20 Breakfasts + 1 child-size meal

20 Lunches + 1 extra child-sized meal

20 PM Snacks + 1 extra child-size meal

Muncy Early Head Start – Infant Classroom (Ages 12-24 months)

6 Breakfasts + 1 child-size meal

6 Lunches + 1 extra child-sized meal

6 PM Snacks + 1 extra child-size meal

Muncy Early Head Start –Toddler Classroom (Ages 24-36 months)

40 Breakfasts + 2 child-size meal

40 Lunches + 2 extra child-sized meal

40 PM Snacks + 2 extra child-size meal

Oakdale Head Start - Preschool Classroom (Ages 3-5 years old, follow approved menu)

17 Breakfast + 1 extra child-sized meal

17 Lunches + 1 extra child-size meal

17 PM Snacks (M-TH) + 1 extra child-size meal

Oakdale Child Development Center - Preschool (Ages 3-5 years, follow approved menu)

20 Breakfast + 1 extra child-sized meal

20 Lunches + 1 extra child-size meal

20 PM Snacks + 1 extra child-size meal

Oakdale Child Development Center Early Head Start - Infant Classroom (12-24 mo.)

6 Breakfasts + 1 child-size meal

6 Lunches + 1 extra child-sized meal

6 PM Snacks + 1 extra child-size meal

Oakdale Child Development Center Early Head Start – Toddler Classroom (24-36 mo.)

8 Breakfasts + 1 child-size meal

8 Lunches + 1 extra child-sized meal

8 PM Snacks + 1 extra child-size meal

Riverbank Head Start - Preschool Classroom (Ages 3-5 years old, follow approved menu)

40 Breakfast + 2 extra child-sized meal

40 Lunches + 2 extra child-size meal

40 PM Snacks (M-TH) + 2 extra child-size meal

Sylvan Head Start - Preschool Classroom (Ages 3-5 years old, follow approved menu)

40 Breakfast + 2 extra child-sized meal

40 Lunches + 2 extra child-size meal

40 PM Snacks (M-TH) + 2 extra child-size meal

Margaret L. Annear Head Start -Preschool (Rm#106) (Ages 3-5 follow approved menu)

20 Breakfast + 2 extra child-sized meal

20 Lunches + 2 extra child-size meal

20 PM Snacks + 2 extra child-size meal

- G. DISTRICT will enroll preschoolers, infants and toddlers in National School Lunch Program (NSLP) as of September, 1st 2019 and receive and process all meal reimbursements and meal applications, DISTRICT to maintain all necessary records to support the above information.
- H. Maintain full and accurate records that document: (1) the menus listing all meals provided to COUNTY during the term of this contract, (2) a listing of all reimbursable nutrition components of each meal, and (3) an itemization of the quantities of each component used to prepare said meal. The DISTRICT agrees to provide meal preparation documentation by using yield factors for each food item as listed in the USDA Food Buying guide or the CNFDD Simplified Food Buying Guide (SFDB) when calculating and recording the quantity of food prepared each meal.
- I. Maintain such cost records as invoices, receipts, and/ or other documentation that exhibit the purchase or otherwise availability to the DISTRICT, of the meal components and quantities itemized in the meal preparation records.
- J. Maintain on a daily basis an accurate count of the number of meals, by meal type, prepared for COUNTY. Meal count documentation must include the number of meals requested by COUNTY.
- K. Allow COUNTY to increase or decrease the number of meal orders, as needed, when the request is made within a reasonable amount of time before the scheduled delivery time.
- L. Present COUNTY with an invoice for the delivery of breakfast and lunches within thirty (30) days of the previous month to be paid within 30 day upon receipt of invoice. Total

Compensation by the COUNTY shall not exceed \$91,742 during the contract period for the Head Start Program. Any amounts exceeding these figures may be renegotiated.

- M. The DISTRICT agrees to forfeit payment for meals that are not ready within (1) one hour of the agreed upon delivery time, are expired or spoiled or do not meet guidelines as defined in the HS nutrition wellness attachment at time of delivery, are short of USDA components, or do not otherwise meet the meal requirements contained in this Agreement. Food not delivered with in safe food service temperature below 40° degrees for cold food and above 140° for hot foods will not be accepted.
- N. Provide COUNTY with a copy of current health certifications for the food service facility in which it prepares meals for use in USDA food program. The DISTRICT shall ensure that all health and sanitation requirements of the California Retail Food Facilities Law, and Chapter 4 of the California Health and Safety Code, are met at all times.
- O. Operate in accordance with current USDA regulations and keep informed regarding new dictates.
- P. Retain all required records for a period of three (3) years after the end of the fiscal year to which they pertain (or longer, if an audit or administrative review is in progress); and upon request to make all accounts and records pertaining to the Agreement available to the Certified Public Accountant hired by COUNTY, representatives of the California State Department of Education, the U.S. Department of Agriculture, and the U.S. General Accounting Office for audit or administrative review at a reasonable time and place.
- Q. Not to subcontract for the total meal, with or without milk, or for the assembly of the meal.
- R. The DISTRICT certifies that in its operation of a USDA Food Program, neither it nor its principals are presently debarred, suspended, proposed for debarment, declared ineligible, or voluntarily excluded from participation in this transaction by any federal department or COUNTY.
- S. Where the DISTRICT is unable to certify to any of the statements in this certification, DISTRICT shall attach an explanation to this proposal. Executive Order 12549, Debarment and Suspension, 34 CFR Part 85, Section 85.10. (Lower Tier)
- T. As required by the State Drug-Free Workplace Act of 1990 (Government Code Section 8350 at Seq.) and the Federal Drug-Free Workplace Act of 1988, and implemented at 34 CFR Part 85, Subpart F, for grantees, as defined at 34 CFR Part 85, Sections 85.605 and 85.610, certify that it will continue to provide a drug-free workplace.

- U. If at any time during the school year, the DISTRICT is not in session at the same time COUNTY Head Start Program is in session, COUNTY Head Start Program will be responsible for providing meals.
- V. The DISTRICT agrees to defend, indemnify and hold harmless the COUNTY, its Board of Trustees, officers, agents and employees, individually and collectively, from and against all costs, losses, claims, demands, suits, actions, payments and judgments arising from personal or bodily injuries, property damage or otherwise, or recovered against any of the above that may arise from or be alleged to be caused by the negligence or willful acts of DISTRICT.
- W. Allow the contracted Head Start Dietician access to the DISTRICT'S kitchen/ food preparation area for annual monitoring and check-up visits as needed.
- X. The DISTRICT will assure that no Title III (C) funds have been applied to the cost of or Title III (C) commodities used for the preparation of these meals.

Section 2. COUNTY's Responsibilities:

- A. Request by fax/telephone, no later than 8:30 a.m., an accurate number of meals to be delivered by DISTRICT on each weekday (lunch count for the current day and breakfast count for the following day). Errors in count called in shall be the responsibility of the COUNTY.
- B. Notify the DISTRICT of necessary increases or decreases in number of meal orders within reasonable amount of time of the scheduled delivery time. Errors in meal order counts made by COUNTY shall be the responsibility of COUNTY.
- C. Ensure that a COUNTY representative is available at each delivery at the specified time on each specified pick-up date to receive, inspect and sign for the requested number of meals. The individual will verify the temperature, quality and quantity of each meal service delivery. COUNTY assures the DISTRICT that this individual will be trained and knowledgeable in the record keeping and meal requirements of USDA, and in health and sanitation practices.
- D. Provide personnel to serve meals clean the serving and eating areas and assemble transport carts and auxiliary items for pick-up/ delivery by the COUNTY no later than 2 p.m.
- E. Be responsible for the food once it is received by COUNTY.
- F. Notify the DISTRICT within five (5) business days of receipt of the next month's proposed menu of any changes, additions, or deletions that will be required in the menu request.
- G. Pay the DISTRICT within 30 days of receipt of invoice the full amount as presented on the monthly itemized invoice. COUNTY agrees to notify the DISTRICT within reasonable amount of time from receipt regarding any discrepancy in the invoice.

H. Actual served meals will be reported at point of service as required by USDA and this number will be used for all reporting and billing.

I. COUNTY will be billed for and pay for the number of modeling meals ordered.

J. Request lunches for field trips two weeks in advance.

K. The COUNTY agrees to defend, indemnify and hold harmless the DISTRICT, its Board of Trustees, officers, agents and employees, individually and collectively, from and against all costs, losses, claims, demands, suits, actions, payment and judgments arising from personal or bodily injuries, property damage or otherwise, or recovered against any of the above that may arise from or be alleged to be caused by the negligence or willful acts of COUNTY.

L. Responsibility for the supervision of Head Start program and staff shall be the COUNTY'S solely and exclusively.

Section 3. Term

The term of this agreement for food service shall be September 1, 2019-June 30, 2020. This agreement may be cancelled by either party upon one hundred eighty (180) days written notice to the other party. It may be renewed under the same terms and conditions by mutual agreement of both parties.

IN WITNESS WHEREOF, THE PARTIES HERETO HAVE EXECUTED THIS AGREEMENT AS OF THE DATES INDICATED BELOW:


IN WITNESS WHEREOF, THE PARTIES HERETO HAVE EXECUTED THIS AGREEMENT AS OF THE DATES INDICATED BELOW:

DISTRICT Official Signature
Debra Hendricks
Superintendent, Sylvan USD
(209) 574-5000

COUNTY Official Signature
Don Gatti
Deputy Superintendent, Business Services
(209) 238-1900

Date

Date



Michael Maaske
Director of Food Services
(209) 574-5607

Date

8/13/19


see attached

Account Number

Budget Approval

 8-9-19
Department Approval / Director

Division Approval

 8/12/19

PROCEDURE

Area: Program Operations

Subject: PO-D03 Child Nutrition

Reference: Grantee Policy PO-D03, 1302.46(ii), 1302.44

Procedure:

Identification of Child's Nutritional Health Needs

1. At time of application, parent/guardian will complete the Child Information Sheet in order for the program to identify any dietary concerns prior to child enrollment. If there are any dietary "red flags" listed on the form, the form shall be sent to designated health staff in order to initiate a dietary plan to include food substitutions due to allergies, cultural/religious preference, special feeding instructions (e.g. G-tube) etc. Pending child enrollment, the Head Start Nurse will contact parent to determine child's need. If a food substitution is needed, parent/guardian will be given a Special Meals Accommodations form to take to child's health care provider to complete. If the substitution is needed due to a food allergy, an Individual Health Care Plan form will also be given to the parent/guardian to take to child's health care provider to pursue any medications needed at the facility during program hours, especially rescue medications for potential anaphylaxis. Nurse will notify the facility staff of the need for facility staff to follow up with ensuring food substitutions are in place. Head Start Nurse will train staff on any anaphylaxis/medication plans as appropriate.
2. The designated staff taking the application will also check with families to ensure they have enough food in the home and if not, give food bank referrals as appropriate. Designated staff will also ensure if family qualifies for WIC, a WIC referral will also be made.
3. Within 30 days of the first day of enrollment, parent/guardian will complete the Health History form that includes the Nutrition Assessment. The Head Start nurse will review to determine any nutritional needs of the child that were not previously identified. The nurse will follow up with parent/guardian to determine any additional action (e.g.: nutrition education, Special Meals Accommodations, dietitian consult referral, etc.) needed. Nurse will notify the facility staff of the need for the facility to follow up with

requirements of each child, including children with special dietary needs and children with disabilities.

1. Ensure each child in a program that operates for fewer than six hours per day receives family style meals and snacks that provide one third to one half of the child's daily nutritional needs.
2. Ensure each child in a program that operates for six hours or more per day receives family style meals and snacks that provide one half to two thirds of the child's daily nutritional needs, depending upon the length of the program day.
3. Serve three- to five-year-olds meals and snacks that conform to current USDA requirements and are high in nutrients and low in fat, sugar, and salt.
4. Feed infants and toddlers according to their individual developmental readiness and feeding skills as recommended in USDA requirements and ensure infants and young toddlers are fed on demand to the extent possible.
5. Ensure bottle-fed infants are never laid down to sleep with a bottle.
6. Serve all children in morning center-based settings who have not received breakfast upon arrival at the program a nourishing breakfast **regardless of time child arrives at the center.**
7. Provide appropriate healthy snacks and meals to each child during playgroups in the home-based option.
8. During meals, food is not used as a punishment or reward, and each child is encouraged, but not forced, to eat or taste his/her food. Educators are to interact with the children, using meal time as an educational opportunity. Sufficient time will be allowed for each child to comfortably eat.
9. Parents/Guardians and appropriate community agencies are involved in planning, implementing, and evaluating the agencies' nutrition services.
10. Facility Menus will be sent at a minimum of 30 days prior to food service to the Head Start Registered Dietitian Consultant to review to ensure menus reflect the current USDA and Head Start standards/guidelines and to ensure a variety of food is served, which broadens each child's food experiences and are culturally and developmentally appropriate for the children served.
11. Facilities will ensure that food substitutions are available if needed if food delivered does not meet USDA/Head Start guidelines or is not an acceptable food substitution for identified children's needs.

SCHEDULE B—NSD 2050B

CHILD AND ADULT CARE FOOD PROGRAM
MEAL PATTERN FOR OLDER CHILDREN

SNACKS (SELECT TWO OF THESE FIVE COMPONENTS) ¹⁵	AGES 1–2	AGES 3–5	AGES 6–12	AGES 13–18 ²
MILK, FL ³	½ CUP (4 OZ)	½ CUP (4 OZ)	1 CUP (8 OZ)	1 CUP (8 OZ)
VEGETABLES ⁴	½ CUP	½ CUP	¾ CUP	¾ CUP
FRUITS ⁴	½ CUP	½ CUP	¾ CUP	¾ CUP
GRAINS ^{6, 7} WGR OR ENRICHED BREAD OR WGR OR ENRICHED BISCUIT, ROLL, MUFFIN, ETC. OR WGR, ENRICHED, OR FORTIFIED COOKED BREAKFAST CEREAL ⁸ , CEREAL GRAIN, AND/OR PASTA OR WGR, ENRICHED, OR FORTIFIED READY-TO-EAT BREAKFAST CEREAL (DRY COLD) ^{8, 9} FLAKES OR ROUNDS PUFFED CEREAL GRANOLA	½ SLICE ½ SERVING ¼ CUP ½ CUP ¾ CUP ⅞ CUP	½ SLICE ½ SERVING ¼ CUP ½ CUP ¾ CUP ⅞ CUP	1 SLICE 1 SERVING ½ CUP 1 CUP 1¼ CUP ¼ CUP	1 SLICE 1 SERVING ½ CUP 1 CUP 1¼ CUP ¼ CUP
M/MA LEAN MEAT, FISH, OR POULTRY OR TOFU, SOY PRODUCT, OR ALTERNATE PROTEIN PRODUCTS ¹¹ OR CHEESE OR EGG (LARGE) OR YOGURT, PLAIN OR FLAVORED, UNSWEETENED OR SWEETENED ^{14, 16} OR COOKED DRY BEANS OR DRY PEAS ¹² OR PEANUT BUTTER, SOY NUT BUTTER, OR OTHER NUT OR SEED BUTTERS OR PEANUTS, SOY NUTS, TREE NUTS, OR SEEDS	½ OZ ½ OZ ½ OZ ½ EGG ¼ CUP ⅞ CUP 1 TBSP ½ OZ	½ OZ ½ OZ ½ OZ ½ EGG ¼ CUP ⅞ CUP 1 TBSP ½ OZ	1 OZ 1 OZ 1 OZ ½ EGG ½ CUP ¼ CUP 2 TBSP 1 OZ	1 OZ 1 OZ 1 OZ ½ EGG ½ CUP ¼ CUP 2 TBSP 1 OZ

¹ Offer versus serve is an option for at-risk afterschool participants only.² Age group applies to at-risk programs and emergency shelters. Larger portion sizes than specified may need to be served to children ages 13–18 to meet their nutritional needs.³ Must serve unflavored whole milk to children age one. Must serve unflavored low-fat (1 percent) or unflavored fat-free (skim) milk for children ages 2–5. Must serve unflavored low-fat (1 percent), unflavored fat-free (skim), or flavored fat-free (skim) milk to children six years and older.⁴ Pasteurized full-strength juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day.⁵ M/MA may be used to meet the entire grains requirement a maximum of three times a week for breakfast. One oz of M/MA is equal to 1 oz eq of grains.⁶ At least one serving per day, across all eating occasions, must be WGR. Grain-based desserts do not count towards meeting the grains requirement.⁷ Beginning October 1, 2019, oz eq are used to determine the quantity of creditable grains.⁸ Breakfast cereals must contain no more than 6 g of sugar per dry oz (no more than 21.2 g sucrose and other sugars per 100 g of dry cereal).⁹ Beginning October 1, 2019, the minimum serving size specified in this section for ready-to-eat breakfast cereals must be served. Until October 1, 2019, the minimum serving size for any type of ready-to-eat breakfast cereals is ¼ cup for children ages 1–2; ½ cup for children ages 3–5; and ¾ cup for children ages 6–18.¹⁰ A vegetable may be used to meet the entire fruit requirement. When two vegetables are served at lunch or supper, two different types of vegetables must be served.¹¹ Alternate protein products must meet the requirements in Appendix A per 7 CFR, Section 226.20.¹² Cooked dry beans or dry peas may be used as a meat alternate or as a vegetable component; but **cannot** be counted as both components in the same meal.¹³ No more than 50 percent of the requirement shall be met with nuts (peanuts, soy nuts, tree nuts) or seeds. Nuts or seeds shall be combined with another M/MA to fulfill the requirement. To determine combinations, 1 oz of nuts or seeds is equal to 1 oz of cooked lean meat, poultry, or fish.¹⁴ Yogurt must contain no more than 23 g of total sugars per 6 oz.¹⁵ Juice cannot be served when milk is served as the only other component.¹⁶ Commercially added fruit or nuts in flavored yogurt cannot be used to satisfy the second component requirement in snacks.

Breakfast		
Milk ¹ , Fluid (fl)	Milk ¹ , fl	1 cup ²
Vegetable/Fruit ³	Vegetables/Fruits ³ , or portions of both	½ cup
Grains {ounce (oz) equivalent (eq)} ^{4, 5, 6}	<ul style="list-style-type: none"> Whole grain-rich (WGR) or enriched bread WGR or enriched bread product, such as rolls, muffins, or biscuits WGR, enriched or fortified cooked breakfast cereal⁷, cereal grain, and/or pasta WGR, enriched or fortified ready-to-eat breakfast cereal (dry, cold)^{7, 8} <ul style="list-style-type: none"> Flakes or rounds Puffed cereal Granola 	2 slices 2 servings 1 cup 2 cup 2½ cup ½ cup
Lunch or Supper		
Milk ¹ , fl	Milk ¹ , fl (lunch only—milk is not required for supper)	1 cup ²
Vegetable ³	Vegetables ³	½ cup
Fruit ^{3, 9}	Fruits ^{3, 9}	½ cup
Grains (oz eq) ^{4, 6}	<ul style="list-style-type: none"> WGR or enriched bread WGR or enriched bread product, such as rolls, muffins, or biscuits WGR, enriched, or fortified cooked breakfast cereal⁷, cereal grain, and/or pasta 	2 slices 2 servings 1 cup
Meat/Meat Alternates (M/MA) ¹⁰ Lean Meat, Fish, Poultry (edible portion) or one of the following:	<ul style="list-style-type: none"> Lean meat, fish, poultry Tofu, soy product, or alternate protein product¹¹ Cheese Yogurt, plain or flavored, sweetened or unsweetened¹² Egg (large) Cooked dry beans or peas Peanut butter, soy nut butter, other nut or seed butters Peanuts, soy nuts, tree nuts, seeds, or whole roasted peas 	2 oz 2 oz 2 oz 1 cup or 8 oz 1 egg ½ cup 4 tablespoon (tbsp) 1 oz = 50%
AM or PM Snack (select two different food components)		
Milk ¹ , fl	Milk ¹ , fl	1 cup
Vegetable ³	Vegetables ³	½ cup
Fruit ³	Fruits ³	½ cup
Grains (oz eq) ^{4, 6}	<ul style="list-style-type: none"> WGR or enriched bread WGR or enriched bread product, such as rolls, muffins, or biscuits WGR, enriched, or fortified cooked breakfast cereal⁷, cereal grain, and/or pasta WGR, enriched, or fortified ready-to-eat breakfast cereal (dry, cold)^{7, 8} <ul style="list-style-type: none"> Flakes or rounds Puffed cereal Granola 	1 slice 1 serving ½ cup 1 cup 1¼ cup ¼ cup
M/MA ¹⁰ Lean Meat, Fish, Poultry or one of the following:	<ul style="list-style-type: none"> Lean meat, fish, poultry Tofu, soy product, or alternate protein product¹¹ Cheese Yogurt, plain or flavored, sweetened or unsweetened¹² Egg (large) Cooked dry beans or peas Peanut butter, soy nut butter, other nut, or seed butters Peanuts, soy nuts, tree nuts, seeds, or whole roasted peas 	1 oz 1 oz 1 oz ½ cup or 4 oz ½ egg ¼ cup 2 tbsp 1 oz