Reimbursable School Meal Pattern Pre-Assessment

Four-digit identifier

1. A food component in the School Lunch Program is:
   a. an optional accommodation requiring a medical note.
   b. a specific food offered for the student to select.
   c. one of three food groups that comprise a reimbursable meal.
   d. one of five food groups that comprise a reimbursable meal.

2. A food component in the School Breakfast Program is:
   a. an optional accommodation requiring a medical note.
   b. one of three food groups that comprise a reimbursable meal.
   c. a specific food offered for the student to select.
   d. one of five food groups that comprise a reimbursable meal.

3. A food item in the School Breakfast Program is:
   a. an optional accommodation requiring a medical note.
   b. a specific food offered for the student to select.
   c. one of three food groups that comprise a reimbursable meal.
   d. one of five food groups that comprise a reimbursable meal.

4. Choices in the school meal program are:
   a. offering different food items within the same meal component.
   b. required for the fruit and vegetable component.
   c. considered an "extra" food item.
   d. offered only at lunch but not at breakfast.

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5. School may offer vegetables at breakfast:
   a. only after 1 cup of fruit has been offered.
   b. no more than half of the required weekly fruit servings.
   c. only to students who refuse the fruit option.
   d. in place of fruits.

6. For the purpose of OVS, schools may offer fruit and milk smoothies:
   a. as long as the smoothie is made using only 1 cup of fat-free unflavored milk.
   b. as long as the smoothie is made with only juice and fruit.
   c. as long as the milk in the smoothie is not the only variety of milk offered.
   d. as long as the smoothie is only offered at breakfast as an “extra” food.

7. Dry beans or peas:
   a. can be credited as a meat alternate or vegetable.
   b. can only be served once a week.
   c. can be served only at lunch.
   d. cannot be credited due to little nutrient value.

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