

# Build a Healthy Breakfast

All breakfasts MUST include a fruit and/ or fruit juice.

*What sounds  
delicious today?*

## Choose any Two:

Cereal  
Yogurt  
Cinnamon Gripz<sup>®</sup>  
Pop-tart<sup>®</sup>

## Hot Breakfast

Daily Options Vary

## Your Choice of Fruit and/ or Fruit Juice:

*You may select 2 Fruits OR 1 Fruit + 1 Juice*

Dried Fruit or Fruit Cup  
Apple or Orange Juice

## Your Choice of Milk:

1% White or Fat-free Chocolate



# Build a Balanced Tray

**A COMPLETE LUNCH has at least THREE FOOD GROUPS**

All lunches **MUST** include a fruit or vegetable.

## Your Choice of Entrée:

*You may select 1 Entrée*

- Featured Entrée
- Power Pack

## Your Choice of Fruits & Vegetables:

*You may select 2 Different Fruits + 2 Vegetables*

- Whole Fruit, Cut Fruit, or Fruit Cup
- Fresh or Cooked Vegetable

## Your Choice of Milk:

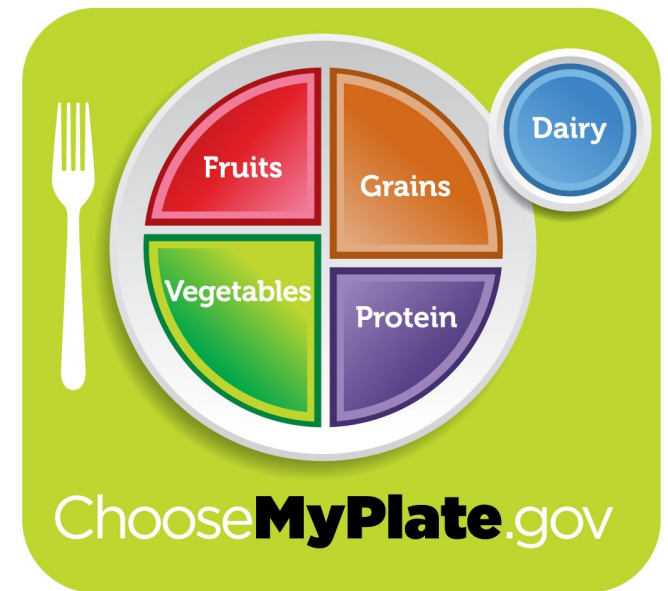
*You may select 1 Milk*

- 1% White or Fat-free Chocolate

## Additional Grain:

*You may select 1 Additional Grain with entrees*

- Sometimes there is a breadstick, roll, or muffin to pair with your Entrée



There are a total of FIVE food groups!