

CHOOSE YOUR BREAKFAST

- **SELECT AT LEAST 3 ITEMS**
- **MUST SELECT ½ CUP OF FRUIT OR VEGETABLE**



Grain & Meat
Breakfast Sandwich

+



Vegetable
Salsa

= Meal



Grain
Cereal

+



Meat
Egg

+



Fruit
Apple

= Meal



Grain
Muffin

+



Vegetable
Tator Tots

+



Milk

= Meal



Grain
Pancake

+



Fruit
Banana

+



Milk

= Meal



Meat
Yogurt

+



Milk

= No Meal