

Build A Breakfast



Take at least 3 food items to create a breakfast:

- Select a 1/2 cup of Fruit or Vegetables
- Pick a second serving of fruit or other foods like: Whole Grains, Lean Protein or a serving of Milk
- Choose a minimum of 3 food items
- Entrees count as 2 food items

Fruit		+		Entree			
Oatmeal		+	Fruit		+	Juice	
Fruit		+	Yogurt		+	Muffin	
Oatmeal		+	Fruit		+	Milk	
Entree		+	Milk				

MEAL

MEAL

MEAL

MEAL

NOT A MEAL

Meals must contain a fruit/vegetable to count as a meal