

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[®]
Graham Crackers

Hot Breakfast

Daily Options Vary

Your Choice of Fruit and/ or Fruit Juice:

You may select 2 Fruits OR 1 Fruit + 1 Juice

Dried or Whole Fruit
Apple or Orange Juice

Your Choice of Milk:

1% White or Fat-free Chocolate, Strawberry, or Vanilla



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
- Carrots or Daily Featured Vegetable

Your Choice of Milk:

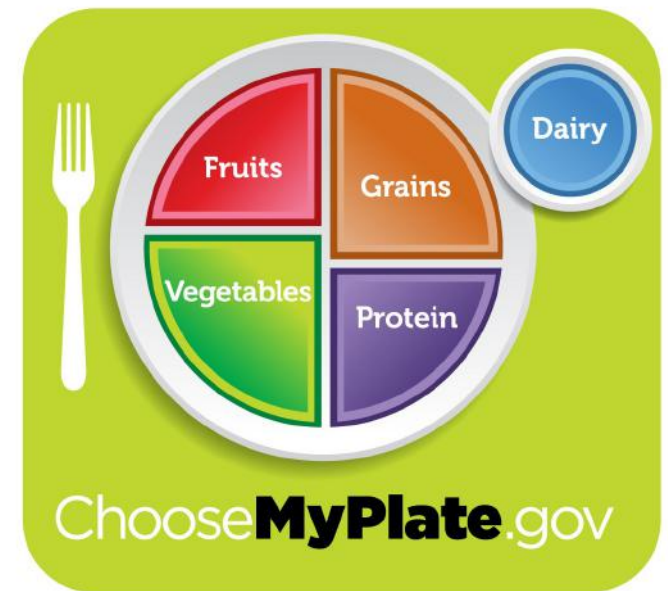
You may select 1 Milk

- 1% White or Fat-free Chocolate, Strawberry, or Vanilla

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!