



**B
R
E
A
K
F
A
S
T**

Fruit

- Must choose 1 or 2 items (must have at least 1)

Grains & Meat

- May choose 1 or 2 items (some items count as 2)

Milk

- May choose 1 item

Check your Tray...

Do you have a fruit ?

Y
E
S

Do you have 2 or 3 other items?

Y
E
S

Enjoy your Breakfast!



*Meat/Meat Alternate

- May choose 1 serving

*Grains

- May choose 1 serving

**Fruit

- May choose 1 or 2 servings

**Vegetables

- May choose 1 or more servings

Milk

- May choose 1 serving

Check your Tray...

Do you have a fruit or a vegetable?

YES

Do you have at least 2 other items?

YES

Enjoy your lunch!

L
U
N
C
H