

Build a Healthy Breakfast!

You may choose 3-4 items, one of which must be 1/2 cup of fruit, vegetable or juice.

Entrée Choices

Next to entrée name, indicate G if crediting as a Grain or M if crediting as a Meat/Meat Alternate

= 2 items

= 2 items

= 2 items

= 1 item

Fruit & Vegetable Choices

= 1 item

= 1 item

= 1 item

Milk Choices

= 1 item

= 1 item

= 1 item

Other Choices that are Part of the Meal

= 0 items