Offer versus Serve for Breakfast

Select 3 or 4 Items from the 3 components

Component 1

Fruit (and optional vegetables)

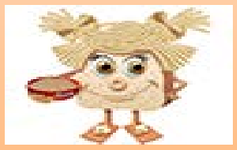
Component 2

Milk

Component 3

Grains

(and optional meat/meat alternate)



Choose at least 3 items including:

½ cup of fruit or vegetable

For best nutrition, choose all 4 items

Note: Some grain components are more than 1 item

This institution is an equal opportunity provider.