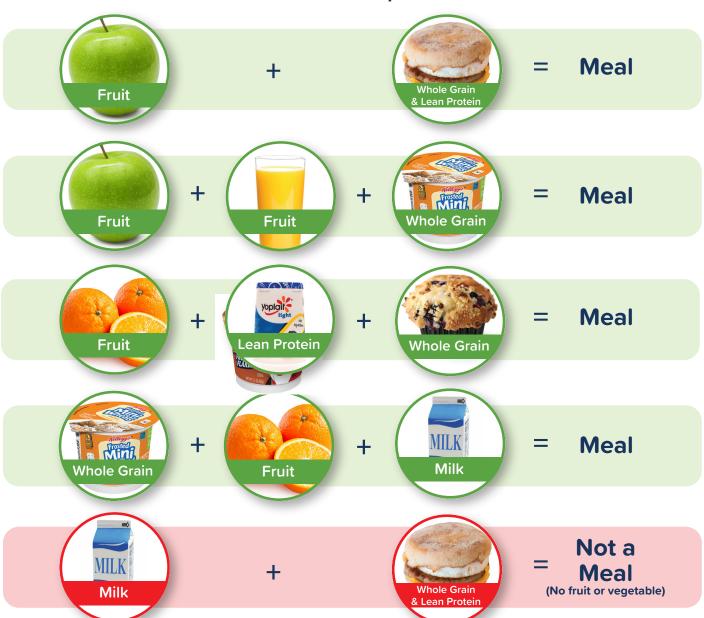
Build a Breakfast

Take at least 3 food groups to create a breakfast

- 1. Select a 1/2 cup of Fruit or Vegetable (or both)
- 2. Pick at least two other food groups, such as Whole Grains, Lean Protein, or a serving of Milk
- 3. Take a minimum of 3 food groups and a maximum of 5

Meal Examples:



This institution is an equal opportunity provider.

