

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:



+



= Meal



+



+



= Meal



+



+



= Meal



+



+



= Meal



+



= **Not a Meal**
(No fruit or vegetable)

This institution is an equal opportunity provider.