

# MYPLATE GUIDE TO SCHOOL BREAKFAST

## for Families



### FRUITS

A full cup of fruit is available every day, providing nutrients that are important for kids' health, such as potassium, dietary fiber, vitamin C, and folate (folic acid).



### MILK

Kids and teens need the calcium, protein, and vitamin D found in milk for strong bones, teeth, and muscles.



### VEGETABLES

Every breakfast does not include vegetables, but schools may offer them in place of fruits.



### GRAINS

Starting every day the whole grains way gives kids and teens B vitamins, minerals, and fiber to feel fuller longer so they stay alert to concentrate at school.



### PROTEIN FOODS

Some breakfast menus may offer items such as eggs, nuts, or meats to pair with whole-grain options.



Visit [teamnutrition.usda.gov](http://teamnutrition.usda.gov) for additional tips and activities.

