

# Make it a Free Meal

## HOW DO I MAKE MY BREAKFAST FREE?

Your school breakfast comes with all 3 food groups. Selecting at least  1 grain and  1 fruit will make it a **free meal!**



Grains (*whole grain bagels, cereal, muffins, pancakes*)



Fruit (*selection of fruits, 100% fruit juice*)



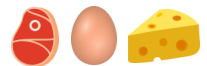
Milk (*under the USDA guidelines milk is part of the free meal, however, bottled water is not because it is not considered nutritionally equivalent to milk.*

*Please refer to your school district's a la carte price list that includes price for bottled water and other snack items.)*

## HOW DO I MAKE MY LUNCH FREE?

Your school breakfast comes with all 5 food groups. Selecting at least  3 of the 5 food groups (one must be a fruit or vegetable) will make it a **free meal!**

You can choose up to 2 fruits and 2 vegetables. For the healthiest meal choose all 5 food groups!



Meat or Meat Alternative



Grains



Vegetable



Fruit (*selection of fruits, 100% fruit juice*)



Milk (*under the USDA guidelines milk is part of the free meal, however, bottled water is not because it is not considered nutritionally equivalent to milk. Please refer to your school district's a la carte price list that includes price for bottled water and other snack items.)*