

Helping Your Student Make Good Choices for School Breakfast

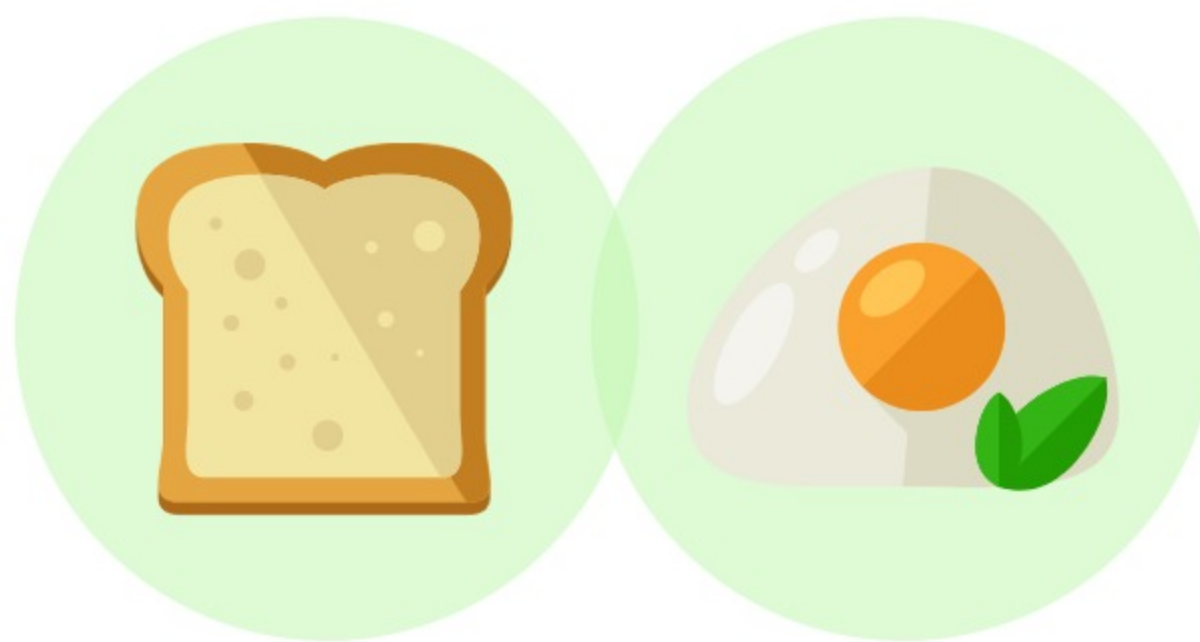


Breakfast Components



FRUIT
(fresh, dried, or juice)

MILK



2 GRAINS or
1 GRAIN + 1 MEAT/
meat alternate

Breakfast offers these 4 items.

Students **must select 3** of these items for a complete (and USDA reimbursable) meal - one of which must be a fruit or vegetable.

The formula is simple:

Grain



Muffins
Pancakes
English Muffin
Cold cereal
Toast



Protein



Eggs
Cheese
Yogurt
Milk
Meats



Fruit



Apples
Oranges
Bananas
Raisins

Balanced Combination

GOOD example combinations to eat almost every day!



Harvest muffin



String cheese



Fresh fruit



Fresh fruit



English muffin sandwich



Milk

WHY is it important to have a balanced combination in the morning?

Stay fuller longer! You will have steady energy to actively learn and play until lunchtime.

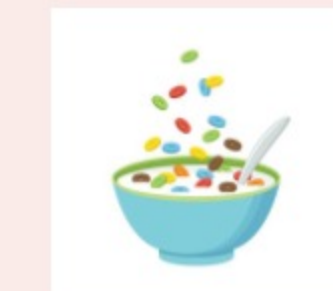
Sugar Content



NOT-SO-GOOD combination that's okay every once in a while



Milk



Cereal



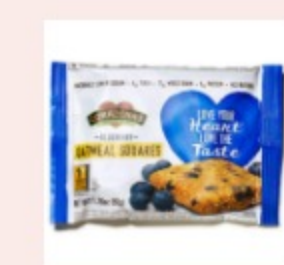
Juice

Too much sugar!

Swap the juice with fresh fruit (for fiber).



Juice



Breakfast bar



Raisins

Too much sugar!

Swap the juice with milk (for protein).