

# Breakfast

A student breakfast includes the full serving of the following food groups:

## Grains



Toast



Cereal



Bagel

## Fruits



Banana



100% Juice



Applesauce

## Milk



Skim White Milk



Skim Flavored Milk



1% White Milk

## Meat/Meat Alternate (Optional)



Yogurt



Cheese Stick



Scrambled Eggs