

Build a Breakfast

Choose at least 3 food items including at least ½ cup of fruits or vegetables to build a breakfast. Choose 4 items for best nutrition!

1. Select at least ½ cup of fruits or vegetables (½ cup of fruit or vegetable is 1 item).
2. Pick a second serving of fruit, or some other foods like grains, protein, or milk.
3. Take a minimum of 3 food items.

Meal Examples:



This institution is an equal opportunity provider.