

Build A Breakfast

Take at least three food items to create a breakfast

- Select 1/2 cup of **Fruit** or **Vegetable** (or both)
- Pick a second serving of fruit or some other foods like: **Whole Grains, Lean Protein, or a serving of Milk**
- Take a **minimum of three** food items

MEAL EXAMPLES



Fruit



Whole Grain & Lean Protein



MEAL



Fruit



Fruit



Whole Grain



MEAL



Fruit



Lean Protein



Whole Grain



MEAL



Whole Grain



Fruit



Milk



MEAL



Milk



Whole Grain & Lean Protein



NOT A MEAL