

Make it a Meal BREAKFAST

Any combination below must include 1 fruit and/or 100% juice to be reimbursable.

WHOLE GRAIN



You can choose one of these whole grain items such as pancakes, a breakfast bar, oatmeal or cereal.



FRUIT



You must choose at least 1 fruit and/or 100% juice.

MILK

Low-fat Milk.



OPTIONAL LEAN PROTEIN



Such as low-fat yogurt or breakfast sausage.



A REIMBURSABLE MEAL includes at least 3 different meal components listed above and 1 must be a fruit or vegetable. Meals that are not reimbursable will be a la carte.