School Breakfast Program

Build a Breakfast

Take at least 3 food items to create a breakfast

1. Select a 1/2 cup of Fruit or Vegetable (or both)
2. Pick a second serving of fruit, or some other foods like Whole Grains, Protein or a serving of Milk
3. Take a minimum of 3 food items

Meal Examples:



+

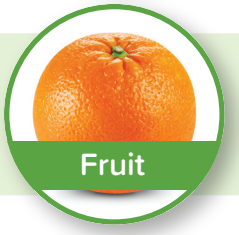

= **Meal**



+


+


= **Meal**

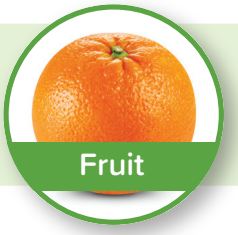


+


+


= **Meal**



+


+


= **Meal**



+


= **Not a Meal**
(No fruit or vegetable)

This institution is an equal opportunity provider.

chartwells
serving up happy & healthy