

How to Make a Breakfast Meal

ITEM ONE	
Milk Component	<p><u>Choose One Milk:</u></p> <p>1% Milk</p> <p>Nonfat Milk</p>

ITEM TWO	
Fruit/Vegetable Component	<p><u>Choose One or More Fruit/Vegetable:</u></p> <p>100% Juice</p> <p>Canned Fruit</p> <p>Fresh Fruit</p> <p>Hash Brown</p>

ITEMS THREE AND FOUR	
Grain and Meat/Meat Alternate Component	<p>Choose <u>Only One</u> Grain/Meat*:</p> <p>Bagel</p> <p>Breakfast Sandwich</p> <p>French Toast with Sausage</p> <p>OR</p> <p>Choose <u>One or Two</u> Grain/Meat:</p> <p>Muffin</p> <p>Cereal</p> <p>Yogurt</p> <p>Cheese Stick</p>

STUDENTS MUST SELECT AT LEAST 3 ITEMS and 1 MUST be a Fruit and or Vegetable

*Items in this group count as 2 separate items (1 meat + 1 grain OR 2 grains OR 2 meats)