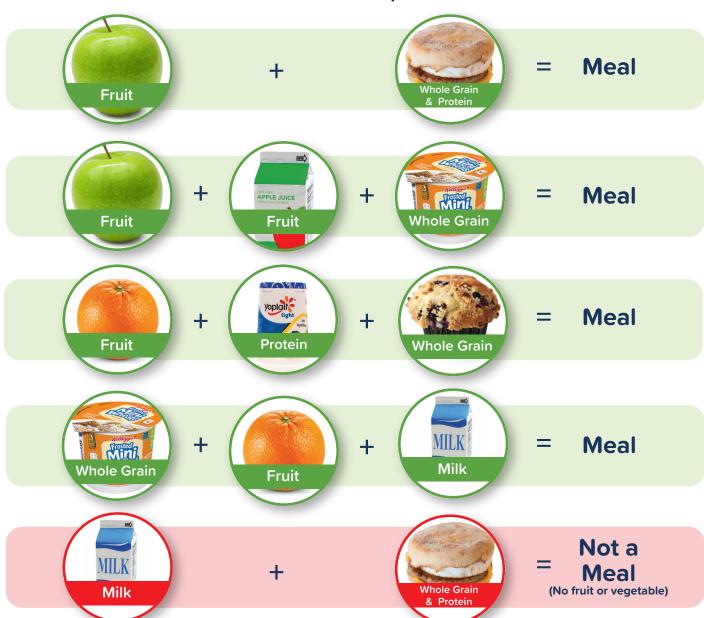
## **Build a Breakfast**

## 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:**



This institution is an equal opportunity provider.

