

How to Make a Breakfast

ITEM ONE	
Milk Component	Choose One: 1% Milk Nonfat Milk Nonfat Flavored

ITEM TWO	
Fruit/Vegetable Component	Choose One or More: 100% Juice Canned Fruit Fresh Fruit

ITEMS THREE AND FOUR	
Grain and Meat/Meat Alternate Component	Choose <u>Only One</u> Grain/Meat*: Bagel Breakfast Sandwich French Toast with Sausage OR Choose <u>One or Two</u> Grain/Meat: Muffin Cereal Yogurt Cheese Stick
	<small>*Items in this group count as 2 separate items (1 meat + 1 grain OR 2 grains OR 2 meats)</small>

STUDENTS MUST SELECT AT LEAST 3 ITEMS

including a minimum $\frac{1}{2}$ cup fruit