How to Make a Breakfast

**ITEM ONE**

Choose One:
- 1% Milk
- Nonfat Milk
- Nonfat Flavored

**ITEM TWO**

Choose One or More:
- 100% Juice
- Canned Fruit
- Fresh Fruit

**ITEMS THREE AND FOUR**

Choose Only One Grain/Meat*:
- Bagel
- Breakfast Sandwich
- French Toast with Sausage

OR

Choose One or Two Grain/Meat:
- Muffin
- Cereal
- Yogurt
- Cheese Stick

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

**STUDENTS MUST SELECT AT LEAST 3 ITEMS**
including a minimum ½ cup fruit