

Smart Choices for a Complete School Meal

Complete Student Breakfast Meals include food choices from daily menu items. Select from each of the following:

- ☀ 2 servings of **Grains** (such as cereal choice with toast)
or
- ☀ 1 serving of **Grain** and 1 serving of **Meat/Meat Alternate**
(such as breakfast pizza, sandwich, grain snack & yogurt)

*** 2 Fruit and/or Vegetable* Serving Choices:**

- ☀ Fresh Fruit/Vegetable Choice
 - ☀ Chilled Canned Fruit Cup Choice
 - ☀ 4-ounce 100% Juice Choice
 - ☀ ¼ cup Dried Fruit
- ☀ 1 **Milk** Choice from Low-fat, Fat Free,
Reduced-Fat or Whole Milk

Jump Start Your Day with a Complete Breakfast...
the best nutrition value!

*May select one, ½ cup fruit/vegetable juice with any other fruit/vegetable choice. May not select two juices. A second juice may be purchased for a small additional charge. May select two canned or dried fruit servings or one fresh fruit choice with any other fruit choice.

Some items, like breakfast pizza, breakfast sandwiches, etc., count as 2 items.
Ask for help if needed.

*Schools may substitute vegetables for fruits at breakfast; if done once weekly, any vegetable subgroup may be used. If done two or more times weekly, vegetables from at least two different subgroups must be offered.