

CREATE YOUR *School Breakfast*



**1-2
GRAINS**

AND/OR



**1-2
PROTEINS**



**1-2
FRUITS**

AND/OR



**1-2
VEGETABLES**



**1
MILK**



**CHOOSE
3, 4, OR 5 ITEMS**



**1 CHOICE MUST BE A
FRUIT/FRUIT JUICE
OR VEGETABLE**



**YOU
DECIDE!**
(BUT ASK FOR HELP IF NEEDED)