

Build a Healthy Breakfast

1

GRAIN

2

**Fruit or
Vegetable**

**Offer
vs.
Serve**

3

MILK

4



**The fourth
item offered
may be
another fruit,
or veggie,
grain, or
meat/meat
alternate**

**Choose at least 3 items from
the *four* offered**

- One MUST be 1/2 c. fruit (or vegetable)



THE 5 MEAL COMPONENTS FOR OVS LUNCH

1
**Meat/Meat
Alternate**

2
Grain

3
Fruit

**For Best
Nutrition,
Choose all
Five!!!**

4
Vegetable

5
Milk

Choose **AT LEAST 3**

- One MUST be 1/2 cup of
FRUIT or VEGETABLE
- The other TWO must be
FULL components

