#### What makes a GREAT school day? BREAKFAST!

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Whole Grains + Fruit or Veggie + Protein + Milk = 1 Balanced Breakfast

line

# BUILD A BALANCED A BREAKFAST! CHOOSE AT LEAST.

### Choose a WHOLE GRAIN

## Take a **FRUIT** or **VEGGIE**

# Pick a LEAN PROTEIN

Add a serving

of MILK

1 must be a fruit or a veggie. Please take at least 1/2 cup.

ITEMS

This institution is an equal opportunity provider.