



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

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

BUILD A BALANCED BREAKFAST!

CHOOSE
•AT LEAST•

3
ITEMS

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



Choose a
WHOLE GRAIN



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



Pick a **LEAN**
PROTEIN



Add a serving
of **MILK**