

Today's Breakfast Choices

Build a complete meal by taking at least 3 items, including cup of fruit, vegetable, or a fruit/vegetable combination

Fruit/Vegetable/Juice

Apple -----1 item

Fruit Juice -----1 item



Milk

1% or skim ----- 1 item



Notes:



Grains/Entrees

Omelet -----1 Item

Cereal -----1 item

Toast-----1 item



Choose 2 Items