# What Will You Choose 

 For Breakfask Today?

## You can start your tray with Milk

## Choose an Entrée:

 1 or 2 Grains or 1 Grain \&Add
or 1 cup of
Vegetable

A minimum of $1 / 2$ cup serving of fruit or ( $1 / 2$ cup correctly substituted vegetable) MUST accompany a reimbursable breakfast.

Choose Items to Fill your Tray 3 is Good. 4 is Best.

