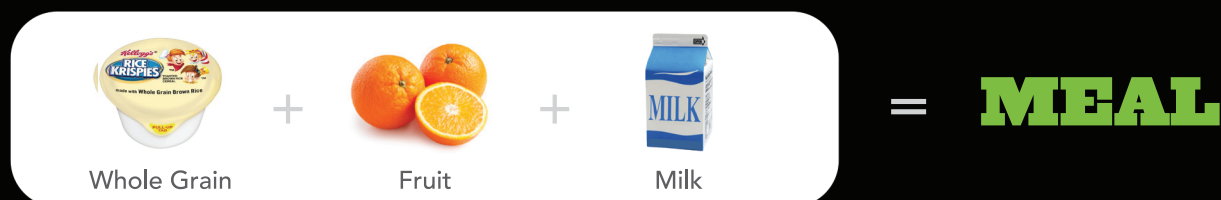
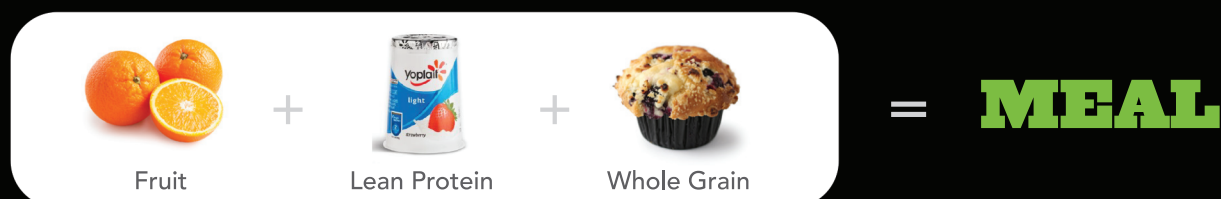
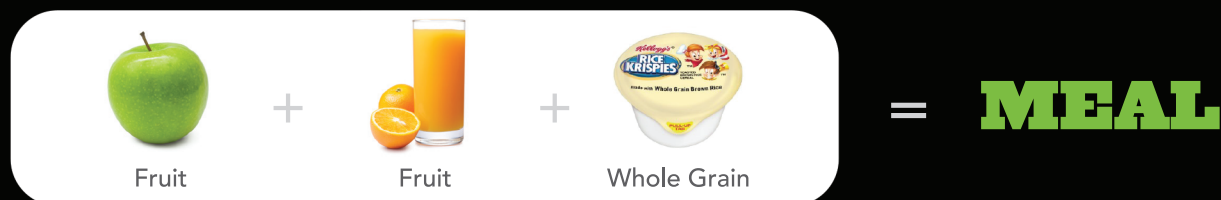


# BUILD A BREAKFAST

Take at least **3** food items to create a breakfast

1. Select a 1/2 cup of **Fruit** or **Vegetable** (or both)
2. Pick a second serving of fruit or some other foods like: **Whole Grains**, **Lean Protein**, or a **serving of Milk**
3. Take a **minimum of 3** food items

## MEAL EXAMPLES



This institution is an equal opportunity provider.