



BREAKFAST OPTIONS

According to the USDA Guidelines

You **MUST** take 3 of the 4 items offered and **ONE** item must be at least $\frac{1}{2}$ cup of **FRUIT**

LUNCH OPTIONS

According to the USDA Guidelines

You **MUST** take 3 of the 5 components offered and **ONE** component must be at least $\frac{1}{2}$ cup of **FRUIT** or **VEGETABLE**.