Cov Khoom Xyaw Zaub Mov 3 Yam rau Pluas Tshais

(The 3 Food Components for Breakfast)

Txiv Hmab Txiv Ntoo	Mov Nplej/ Nqaij/Nqaij Sib Hloov	Mis Nyuj

Xaiv yam tsag kawg 3 yam khoom xyaw
(suav nrog txiv hmab txiv ntoo thiab/los sis zaub 1/2 khob)

Rau pluas zaub mov uas muaj txiaj ntsig zoo,
xaiv tag nrho yam!

WISCONSIN DEPARTMENT OF Public Instruction

Lub chaw no yog lub chaw muab kev pab cuam tsam thawj sib npaug zog.

WISCONSIN School Nutrition