

# Today's Breakfast Choices

All Three Components are Included in Your Complete Breakfast.



**Fruit/Vegetable/Juice**



---

---

---

---



**Milk**

---

---

---

---

**Notes:**



**Grains/Breakfast Entrees**



---

---

---

---



This institution is an equal opportunity provider.



# Today's Lunch Choices

All Five Components are Included in Your Complete Lunch.



**Protein\***

---

---

---

---



**Grains**

---

---

---

---



**Milk**

---

---

---

---

\*Also known as meat/meat alternate



**Fruit**

---

---

---

---



**Vegetables**

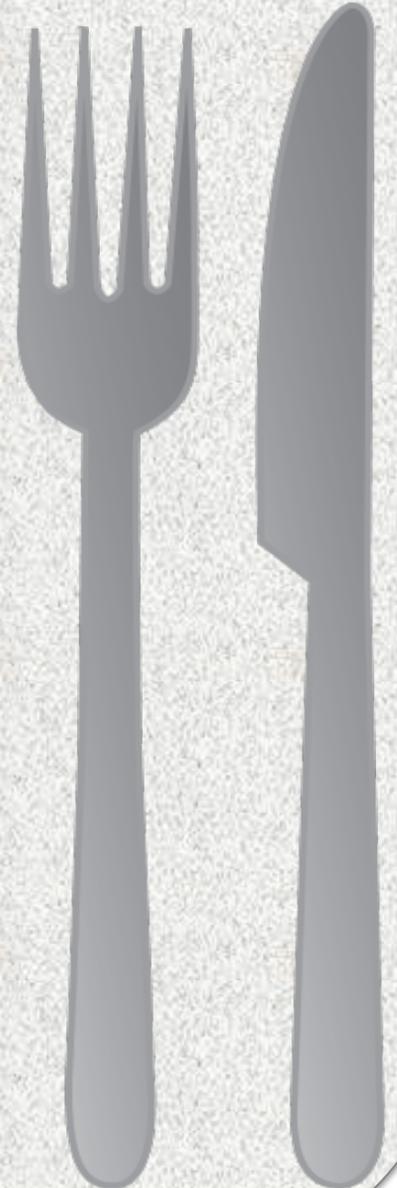
---

---

---

---

**Notes:**



This institution is an equal opportunity provider.

