

Today's Breakfast Choices

Build a complete meal by selecting at least 3 items, including ½ cup of fruit, vegetable, or fruit/vegetable combination.



Fruit/Vegetable/Juice



_____ item (s)
_____ item (s)
_____ item (s)
_____ item (s)

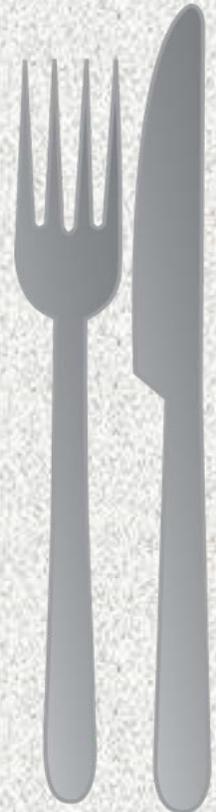
May Select _____ item (s)



Milk

_____ 1 item
_____ 1 item
_____ 1 item
_____ 1 item

May Select _____ item (s)



Notes:



Grains/Breakfast Entrees



_____ item (s)
_____ item (s)
_____ item (s)
_____ item (s)

May Select _____ item (s)



This institution is an equal opportunity provider.



Today's Lunch Choices

Build a complete meal by selecting foods from at least 3 groups, including ½ c of fruit, vegetable, or a fruit/vegetable combination.

| | | | |
|---|---|---|--|
|  Protein* _____ _____ _____ _____ |  Grains _____ _____ _____ _____ |  Milk _____ _____ _____ _____ |  |
|  Fruit _____ _____ _____ _____ |  Vegetables _____ _____ _____ _____ | Notes: | |

*Also known as meat/meat alternate



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