

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 _____ _____ _____ _____	
 Fruit _____ _____ _____ _____	 Vegetables _____ _____ _____ _____	Notes: 	

*Also known as meat/meat alternate



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