

# 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

May Select \_\_\_\_\_ item(s)

## Notes:



## Grains/Breakfast Entrees



\_\_\_\_\_ item (s)  
\_\_\_\_\_ item (s)  
\_\_\_\_\_ item (s)  
\_\_\_\_\_ item (s)

May Select \_\_\_\_\_ item(s)

