

Today's Breakfast Choices

Build a complete meal by selecting at least 3 items, including ¼ cup of fruit, vegetable or fruit/vegetable combination.



Fruit/Vegetable/Juice

_____	_____	item(s)
_____	_____	item(s)
_____	_____	item(s)
_____	_____	item(s)
_____	<u>May Select</u>	item(s)

Milk/Dairy

_____	_____	item(s)
_____	_____	item(s)
_____	_____	item(s)
_____	_____	item(s)
_____	<u>May Select</u>	item(s)

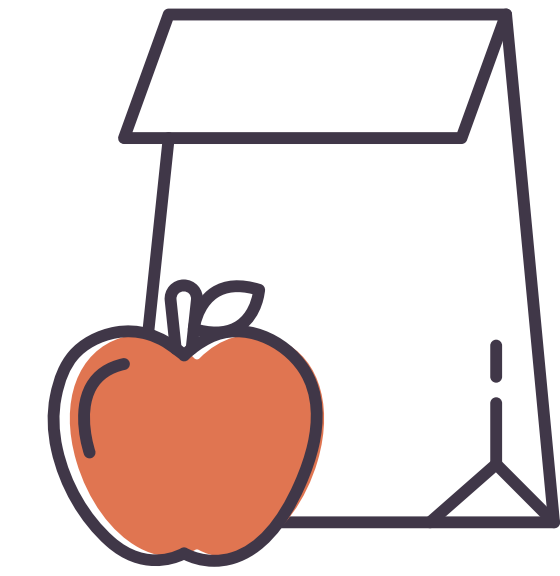
Notes

Grains/Breakfast Entrees

_____	_____	item(s)
_____	_____	item(s)
_____	_____	item(s)
_____	_____	item(s)
_____	<u>May Select</u>	item(s)

Today's Lunch Choices

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



Protein*

Also known as Meat/Meat Alternative

Grains

Milk/Dairy

Fruits

Vegetables

Notes
