

Build a Healthy Breakfast!

Students must choose at **LEAST 3 items** but **NOT more than 4 items**

Students may either take one item from the red column **OR** one item from the grey column **PLUS** one item from the black column.

One Item MUST be a fruit!

Choose Your Entree

COUNTS AS 2

Breakfast Pizza
Breakfast Sandwich
Breakfast Burrito
Breakfast Bowl
Omelet
Bagel

OR

COUNTS AS 1

Cereal
Zee Zees Bar
Toast
Muffin
Breakfast Bar
Coffee Cake

PLUS

1

Yogurt
String Cheese
Cheese Cubes
Egg

Complete Breakfast

COUNTS AS 3

Fruit Parfait with Granola

Can Select
1
Other Item

Milk Choices

COUNTS AS 1

Skim White
OR
1% White



Fruit & Vegetable Choices

COUNTS AS 1

Raisin
Applesauce
Fresh Fruit
Dehydrated Fruit



**WISCONSIN RAPIDS
PUBLIC SCHOOLS**