

# Build a Healthy Breakfast!

Students must choose at **LEAST 3 items** and one item **MUST** be a fruit



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

## Choose Your Entree

**COUNTS AS  
2**

Breakfast Pizza  
Breakfast Sandwich  
Breakfast Burrito  
Stuffed Hashbrown  
Bagel

**OR**

**COUNTS AS  
1**

Cereal  
Cereal Bar  
Graham Crackers  
Muffin  
Oatmeal Bar  
Coffee Cake

**PLUS**

**COUNTS AS  
1**

Yogurt  
String Cheese  
Cheese Cubes  
Sun Butter  
Egg

## Complete Breakfast

**COUNTS AS  
3**

Breakfast Bowl with Biscuit  
Fruit Parfait with Granola

Can Select  
1  
Other Item

## Milk Choices

**COUNTS AS  
1**

Skim White  
OR  
1% White



Limit 1  
Extra Milk  
\$.50 each

## Fruit & Vegetable Choices

**COUNTS AS  
1**

Applesauce  
Fresh Fruit  
Dehydrated Fruit