

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
Smoothie

OR

**COUNTS AS
1**

Cereal
Cereal Bar
Muffin

PLUS

**COUNTS AS
1**

Yogurt
String Cheese
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**

Raisin
Applesauce
Fresh Fruit
Dehydrated Fruit