

What's included with Breakfast?

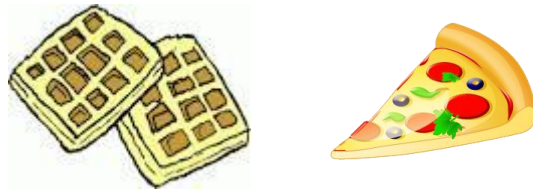
Three Components

1. Bread/Protein **2. Fruit/Vegetable** **3. Milk**

- You must take 2 of the 3 components to count as a “Type A” Meal
 - one of the components *must be* a fruit or vegetable
 - Entrées count as Protein, Bread, or a Combination
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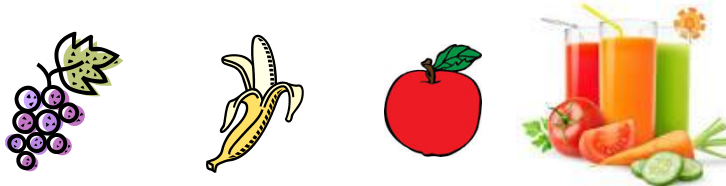
Choose One Entrée

(Bread, Protein, or a Combination)



Choose Fruit or Vegetable

(Must take at least one - 1 cup portion)



Choose One

(Milk)

