

# WHAT'S INCLUDED WITH BREAKFAST?

## Four Items

1. Bread 2. Protein 3. Fruit 4. Milk

You must take at least three items out of four to count as a Meal. However, you may take all four items.

## Choose Entrée (equals two items)

(Bread), (Protein)



Check Menu for Daily Selections

## Choose Fruit



Fruit

4 oz. 100% Fruit Juice



## Choose

Milk 8 oz.

