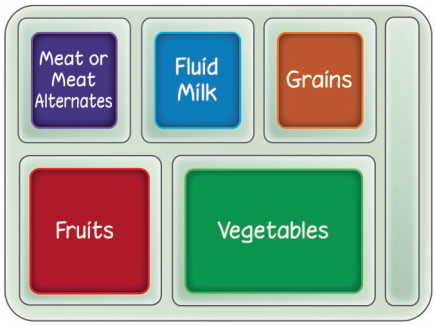

Build a Healthy Breakfast!

Choose at least 3 items, make sure to take a fruit or vegetable!

Entrée Choices

WG Pancake	=	2 items
Egg Sandwich	=	3 items
Bagel	=	2 items
Cereal	=	1 item

Fruit & Vegetable Choices

Applesauce	=	1 item
Orange Juice	=	1 item
Banana	=	1 item

Milk Choices

Skim White	=	1 item
1% White	=	1 item
Skim Chocolate	=	1 item

Other Choices that are Part of the Meal

Tri-Tator	=	0 items

USDA is an equal opportunity provider.