

Solon Community Schools



Waukee Middle School



Waukee Elementary



Des Moines Public Schools



Decorah Community Schools

*Friends are like peanut butter and jelly;
they always stick together.*

Build a Healthy Breakfast!
Choose at least 2 items,
make sure to take a fruit or vegetable!

Entrée Choices	Waffles	= 2 items
	Egg Sandwich	= 3 items
	Eggs	= 2 items
	Cereal	= 1 item
Fruit & Vegetable Choices	Applesauce	= 1 item
	Orange Juice	= 1 item
	Banana	= 1 item
	Yogurt	= 1 item
Milk Choices	Skim Milk	= 1 item
	1% Milk	= 1 item
	Skim Chocolate	= 1 item
To-Go	= 0 items	

Example

Eat Smart To Play Hard

Choose MyPlate

VEGETABLES Give your body the energy it needs to play hard.

PROTEIN Give your body the energy it needs to play hard.

DAIRY Give your body the energy it needs to play hard.



New London

