



# Build a Healthy Breakfast!

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

## Entrée Choices

Mini Pancake	=	2 items
Honey Bun	=	2 items
Saus. Biscuit	=	2 items
Cereal	=	1 item

## Fruit & Vegetable Choices

Apples	=	1 item
Orange Juice	=	1 item
Banana	=	1 item

## Milk Choices

1% White	=	1 item
Skim Chocolate	=	1 item

## Other Choices that are Part of the Meal

USDA is an equal opportunity provider.