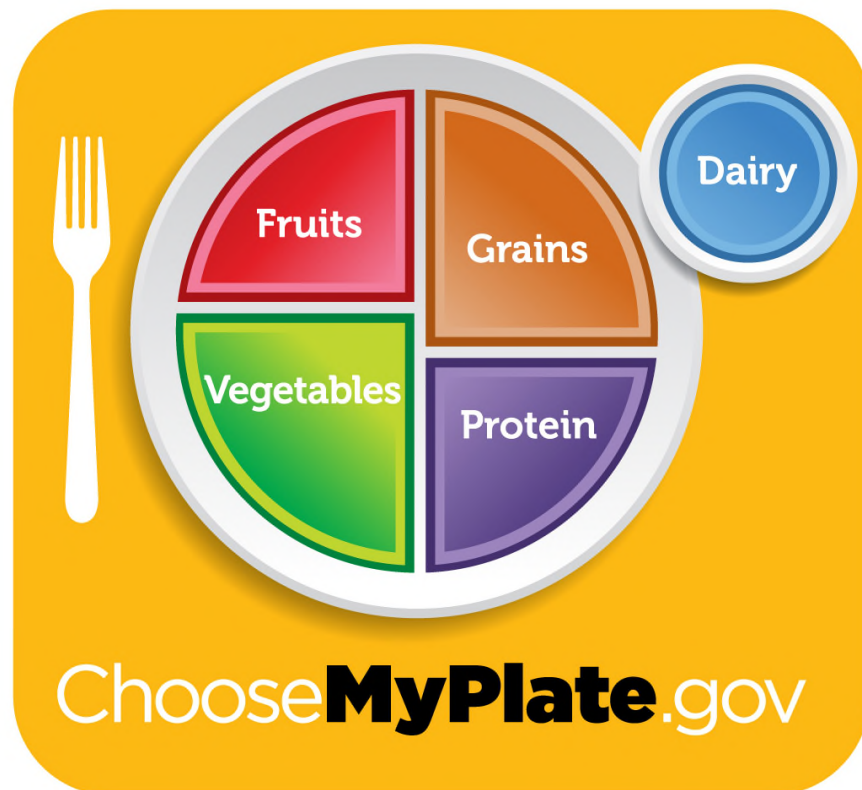


# BUILD YOUR BREAKFAST PLATE THE HEALTHY WAY



## What Comes With My Breakfast?

**Milk (1)**

**Fruit (or vegetable), (1 cup)\***

**Grain (2) or Grain/Protein (1/1)**

To receive the Meal Price, you must select at least 3 of the 4 breakfast components offered.

Everyone is encouraged to take all the items that make up a balanced meal.

\*To be considered a meal it must contain a minimum ½ cup serving of fruit or vegetable.

"This institution is an equal opportunity provider."



**POMPTONIAN**  
FOOD SERVICE