How to Make a Balanced Meal:
OFFER VS. SERVE

YOU MAY **TAKE AT LEAST 3**
One Item Must Be a Fruit or Veggie!

YOU MAY **TAKE 3-5**
One Item Must Be a Fruit or Veggie!

BREAKFAST
A COMPLETE BREAKFAST INCLUDES:

- **2** 1/2 cup fruit choices
- **2** oz. of grains*
- **1** cup of milk

**Protein may be substituted for Grains*

LUNCH
A COMPLETE LUNCH INCLUDES:

- **1** 2 oz. protein item
- **1** 1/2 cup fruit choice
- **2** 1/2 cup vegetable choices
- **2** oz. of grains
- **1** cup of milk





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