

BREAKFAST

Pick
Right.

Be
Bright!

Pick 3!
CHOOSE $\frac{1}{2}$ CUP OF **FRUITS** PLUS
AT LEAST 2 OTHER FOOD ITEMS

OR
CHOOSE
THEM
ALL!



Choose: 1
Choice of Daily
Entree

GRAINS



Choose: 1 or 2
 $\frac{1}{2}$ cup of Fruit
and/or
4 oz 100% Fruit
Juice

FRUITS



Choose from:
1% Milk
or
Skim Milk

MILK