

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

