

How to Make a Balanced Meal: — OFFER VS. SERVE —



BREAKFAST A COMPLETE BREAKFAST INCLUDES:



2
1/2 cup
fruit
choices

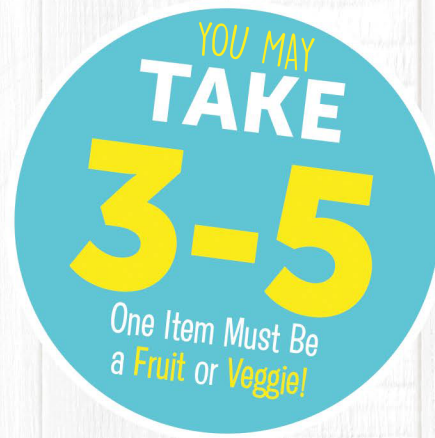


2
oz. of
grains*



1
cup
of milk

**Protein may be
substituted for Grains*



LUNCH A COMPLETE LUNCH INCLUDES:



1
2 oz.
protein
item



2
1/2 cup
fruit
choice



2
1/2 cup
vegetable
choices



2
oz. of
grains



1
cup
of milk