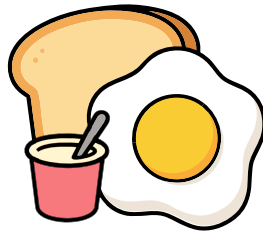


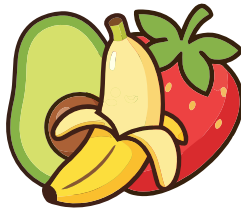
SCHOOL BREAKFAST

**CHOOSE AT
LEAST 3:**



Grain/Protein

Energy to fuel your day.



Fruit/Vegetable

Vitamins and minerals
to help you learn!



Milk

For strong bones.

Take at least a 1/2 cup of fruit and/or vegetables.

A COMPLETE BREAKFAST BLUEPRINT

