

# Helping Your Student Make Good Choices for School Breakfast

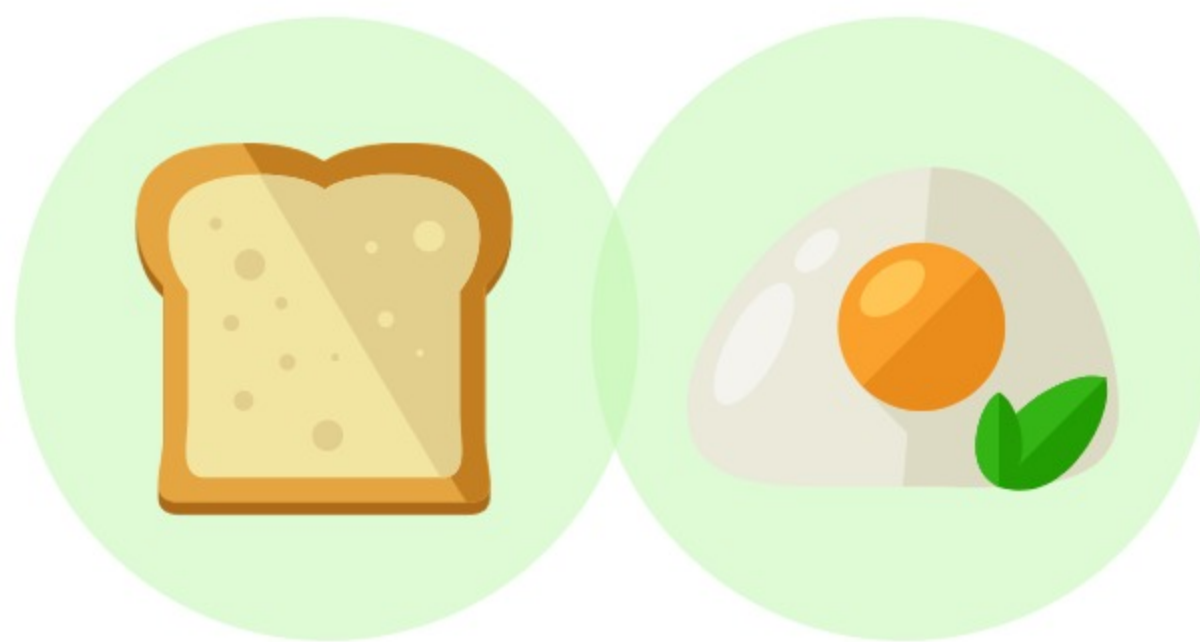


## Breakfast Components



**FRUIT**  
(fresh, dried, or juice)

**MILK**



**2 GRAINS** or  
**1 GRAIN + 1 MEAT/**  
meat alternate

Breakfast offers these 4 items.

Students **must select 3** of these items for a complete (and USDA reimbursable) meal - one of which must be a fruit or vegetable.

The formula is simple:

**Grain**



Muffins  
Pancakes  
English Muffin  
Cold cereal  
Toast

**Protein**



Eggs  
Cheese  
Yogurt  
Milk  
Meats

**Fruit**



Apples  
Oranges  
Bananas  
Raisins

## Balanced Combination

**GOOD** example combinations to eat almost every day!



Harvest muffin

+



String cheese

+



Fresh fruit



Fresh fruit

+



English muffin sandwich

+



Milk

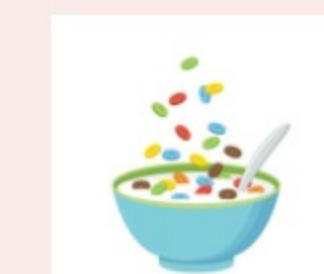
**NOT-SO-GOOD** combination

that's okay every once in a while



Milk

+



Cereal

+



Juice

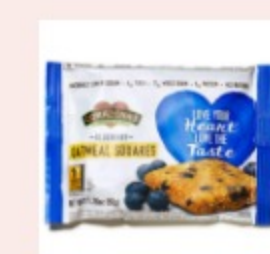
*Too much sugar!*

*Swap the juice with fresh fruit (for fiber).*



Juice

+



Breakfast bar

+



Raisins

*Too much sugar!*

*Swap the juice with milk (for protein).*

**WHY** is it important to have a balanced combination in the morning?

Stay fuller longer! You will have steady energy to actively learn and play until lunchtime.

Sugar Content

