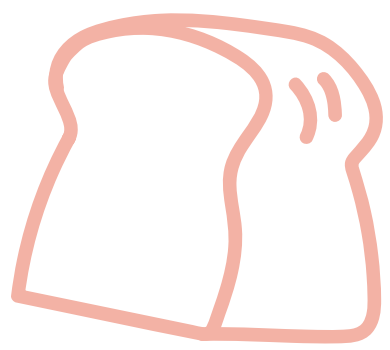
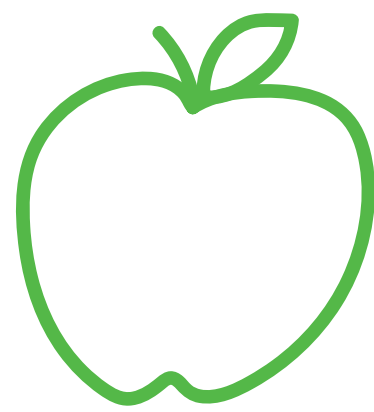


POWER YOUR DAY

with a healthy breakfast!



GRAINS



FRUIT



PROTEIN



MILK

**Take at least 3 food items including
a 1/2 cup of fruit.**

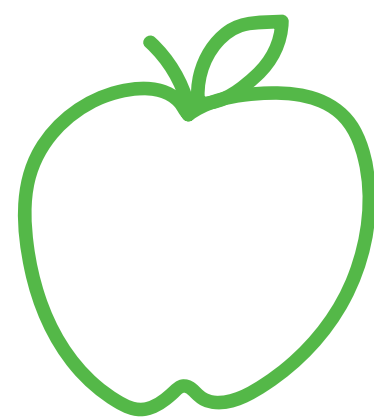
* Large grain items count as 2 food items. This institution
is an equal opportunity provider.

TAKE FIVE

for a healthy lunch!



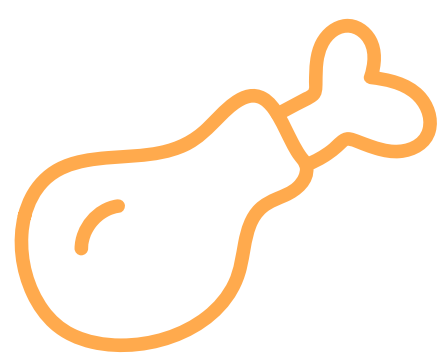
VEGGIES



FRUIT



GRAINS



PROTEIN



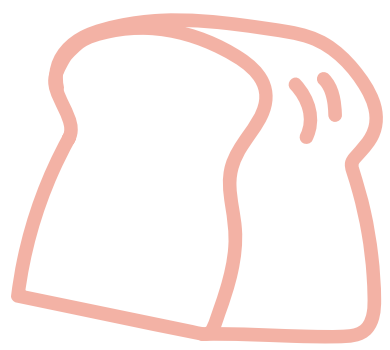
MILK

**Take between 3 to 5 components
including a 1/2 cup of fruit or veggies.**

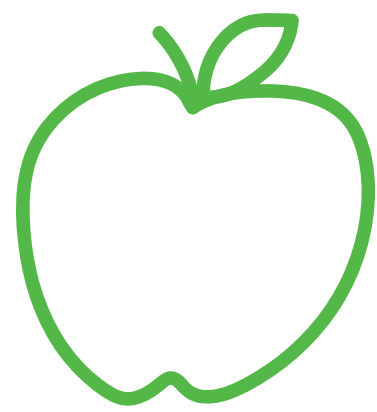
This institution is an equal opportunity provider.

POWER YOUR DAY

with a healthy breakfast!



GRAINS



FRUIT



PROTEIN



MILK

**Take all items
for a complete meal.**

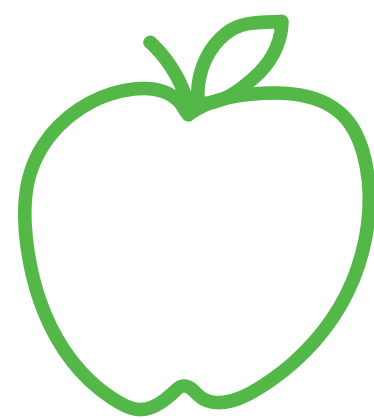
This institution is an equal opportunity provider.

TAKE FIVE

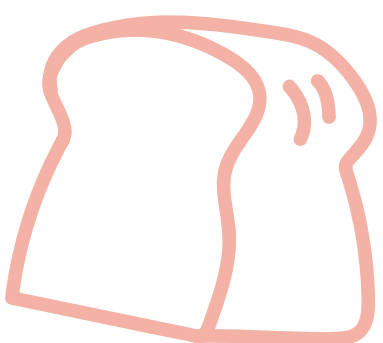
for a healthy lunch!



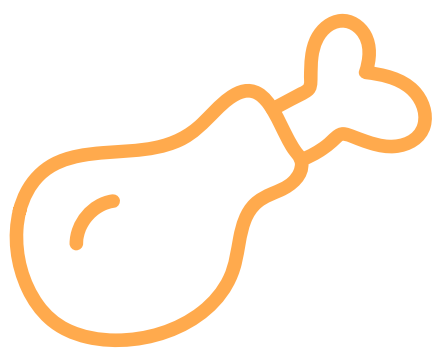
VEGGIES



FRUIT



GRAINS



PROTEIN



MILK

**Take all items
for a complete meal.**

This institution is an equal opportunity provider.