

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

**TAKE
AT LEAST
3**
One Item Must Be
a Fruit or Veggie!

**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

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

**Protein may be
substituted for Grains*