



# Breakfast Meal Training!



## STEP 1: May choose

- 1 Milk

## STEP 2: May choose

- 1 serving of the following (Counts as 2):

Bagel Bites

Egg & Bacon with Toast

Breakfast Sandwich

Pancake & Sausage on a Stick

Breakfast Taco

OR

- 1-2 servings of the following (Counts as 1):

Biscuit

Cinnamon Roll

Pancake

Cereal

Cinnamon Toast

Sausage

Chicken Patty

French Toast Sticks

Yogurt

Muffin

## STEP 3: MUST choose

- 1 Juice OR
- 2 Fruits OR
- 1 Juice & 1-2 Fruits

Choose at least 3 items for a complete meal. One item MUST be 1 Juice or 2 Fruits. ●  
A La Carte prices will be charged if meal does not meet guidelines.