



Breakfast Meal Training!



STEP 1: May choose

- 1 Milk

STEP 2: May choose

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

Bagel Bites	Frittata (Omelet)
Breakfast Sandwich	Ham/Cheese Croissant
Breakfast Taco	Pancake & Sausage on a Stick
	Yogurt & Oatmeal Bar

OR

- 1-2 servings of the following (Each counts as 1):

Biscuit	Cinnamon Roll	Muffin
Cereal	French Toast Sticks	Pancake
Chicken Patty	Hard Boiled Egg	Sausage

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.