



# Breakfast Meal Training!

## STEP 1: May choose

- **1 Milk**

## STEP 2: May choose

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

Breakfast Bowl                      Ham/Cheese Croissant  
Breakfast Sandwich                Frittata (Omelet)  
Yogurt Parfait

**OR**

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

Biscuit                      French Toast Sticks                Pancakes  
Cereal                        Hard Boiled Egg                      Sausage  
Chicken Patty                Muffins                                    Yogurt  
Cinnamon Roll

## STEP 3: **MUST** choose

- **1 Juice                      OR**  
**1 Juice and 1 Fruit                      OR**  
**1-2 Fruits**



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