



# Breakfast Meal Training!

## STEP 1: May choose

- 1 Milk

## STEP 2: May choose

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

Breakfast Sandwich

Breakfast Taco

Pancake & Sausage on a Stick

Ham/Cheese Croissant

Scrambled Egg/Bacon & Toast

Bagel Bites

OR

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

Biscuit

Cinnamon Toast

Pancakes

Cereal

French Toast Sticks

Sausage

Chicken Patty

Muffins

Waffle Sticks

Cinnamon Roll

Yogurt

## 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.