



**FRUITS**

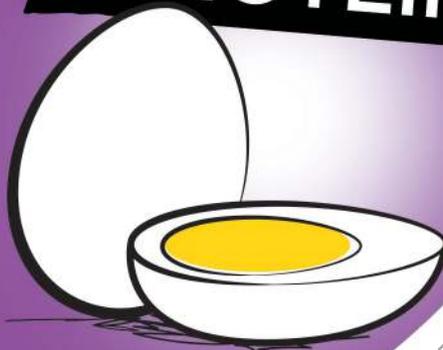


**GRAINS**

**VEGGIES**



**PROTEIN**



**DAIRY**



Build a  
Balanced  
Breakfast  
**WITH**  
**MyPlate**  
Activity