



← **FRUIT**  
or  
**VEGGIES**  
Must take a serving of  
fruit or veggies



**MILK**

Add a serving of milk

**Pick  
at least  
3**



**PROTEIN** →  
Pick a lean protein



← **GRAIN**  
Choose a  
whole grain

Start your day with a **BALANCED**

# **BREAKFAST**

**DID YOU KNOW?** Eggs are jam-packed with protein & important vitamins & minerals that give you the energy to stay active & feel awesome!



**Tip** Choose servings from at least 3 groups to qualify as a combo meal.



**incredible!**