



← **FRUIT**
or
VEGGIES

Must take a serving of
fruit or veggies

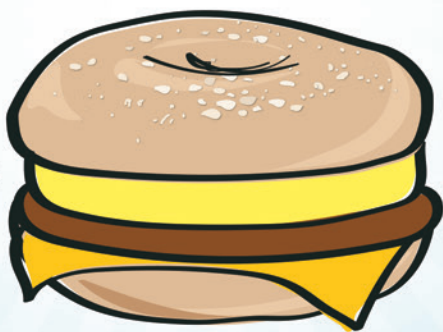


MILK

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!