# SUMMER MEALS CHEAT SHEET 

## Healthy Breakfast Examples (must choose all 3 components):

| Milk | Fruit/Vegetable | Grains/Bread |
| :---: | :---: | :---: |
| 1 cup $1 \%$ milk (unflavored) | 1 mandarin orange | 1 slice whole grain toast |
| 1 cup fat-free milk (unflavored) | $1 / 2$ cup berries | $3 / 4$ cup whole grain cereal (ex: Cheerios, Kix) |
| 1 cup $1 \%$ milk (unflavored) | 1 small banana | Whole grain muffin (low sugar) |
| 1 cup $2 \%$ milk (unflavored) | $1 / 2$ cup canned peaches in $100 \%$ juice | Whole grain english muffin |

Healthy Lunch \& Supper Examples (must choose all 4 components):

| Milk |  |  |  |
| :---: | :---: | :---: | :---: | :---: |
| 1 cup fat-free milk <br> (unflavored) | Fruit/Vegetable <br> $1 / 2$ cup sliced strawberries | Grains/Bread | Meat/Meat Alternative |

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## Healthy Snack (Supplement) Examples (choose 2 of the 4 components):



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