

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)	½ 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)	½ cup canned peaches in 100% juice	Whole grain english muffin

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

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Milk	Fruit/Vegetable	Grains/Bread	Meat/Meat Alternative	
1 cup fat-free milk (unflavored)	½ cup green beans ½ cup sliced strawberries	Whole grain roll	2 oz. grilled chicken nuggets	
1 cup 1% milk (unflavored)	3/4 cup broccoli	½ cup brown rice	2 oz. low fat cheese (can be topping for broccoli)	
1 cup 2% milk (unflavored)	³ / ₄ cup pineapple in 100% juice	Whole grain tortilla (for bean & cheese burrito)	½ cup low sodium or no salt added beans and 1 oz. low fat cheese	
1 cup 1% milk (unflavored)	½ cup reduced sodium (or homemade) tomato sauce ½ cup cooked zucchini	½ cup whole grain pasta	2 oz. lean ground beef (90/10)	



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



