



# High School & Middle School Breakfast Meal

## Four Components

1. Bread 2. Protein 3. Fruit 4. Milk

You may take one entrée, up to two fruits and one milk. You may only take 1 fruit juice as one of the fruit choices. You must have at least one fruit or fruit juice to qualify as a meal.

**If you do not have a fruit or vegetable, it is not a meal, and you will be charged ala carte prices.**

### Choose One Entrée

(Bread), (Protein)

1-Bagel  
(2 breads)



1-(3.1z)  
Muffin  
(2 breads)



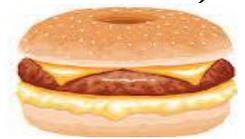
1-(2oz)  
Cereal  
(2 breads)



1-8oz Yogurt  
(2 protein)



1-Breakfast  
Sandwich  
(Bread &  
Protein)



### Choose Two Fruits

1-Fruit + 1-100% Juice



### Choose One Milk

(Milk 8oz.)

