

## Breakfast Menu

### FRUIT CHOICES (1/2 C eq. ea.)

1 or 2

Apple (small)

Orange (cutie pie, small)

Banana (1/2)

½ Cup applesauce

½ Cup diced peaches

½ Cup diced pears

½ Cup grapes

½ Cup berries

1 Pkg fruit splash raisels

¼ Cup dried papaya, figs, or dates

### GRAIN CHOICES (1oz grain eq. each)

1 or 2

Donut hole

Square donut

Pop tart

Cereal Bowlpak

BeneFIT bars

Muffins

Brownie bar

Cereal Bar

Goldfish Graham

### MMA (1 MMA eq. ea.)

0 or 1

Cheese stick

Beef stick

Boiled egg

Breakfast drink

### MILK (8 oz)

0 or 1

Plain 1%

Chocolate Skim