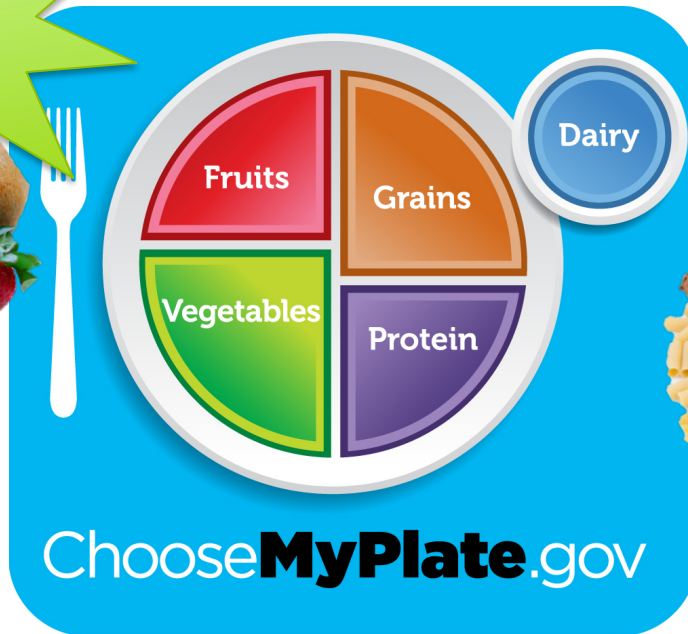




What Do I Need On **MyPlate?** at Breakfast

To have a full meal at breakfast, please select 3 items from the following:

Must take
 $\frac{1}{2}$ cup fruit!



You must take 3 full servings.

This institution is an equal opportunity provider.