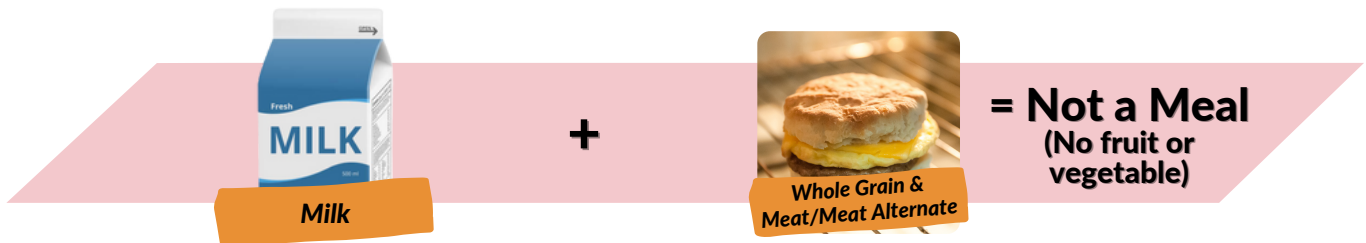
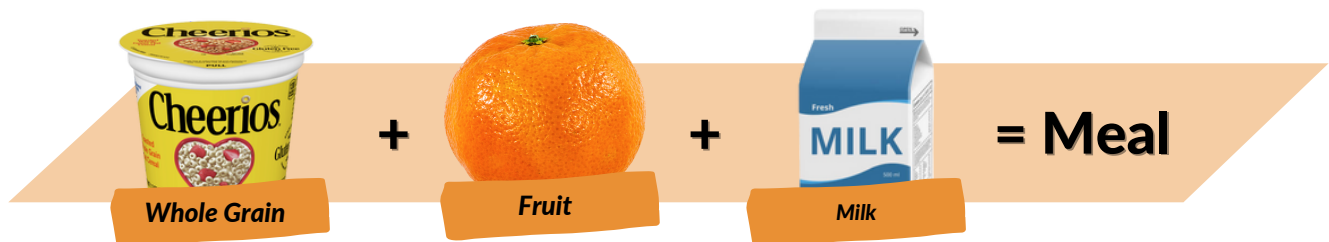
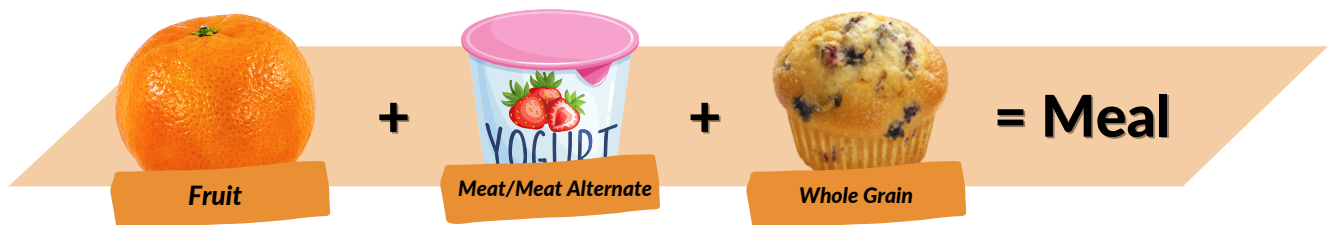
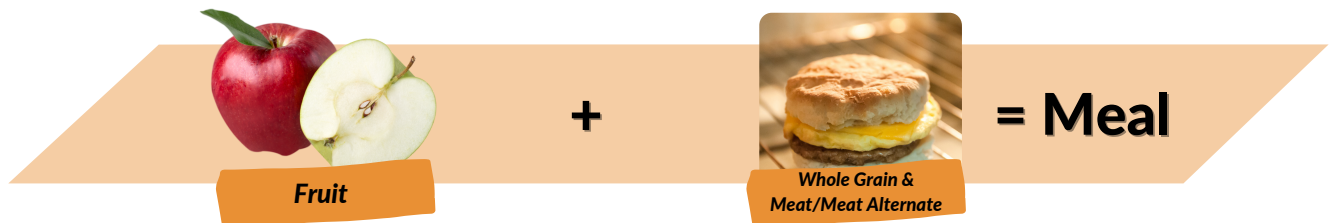


Create a Breakfast

Take at least 3 food items to create a breakfast

1. Select a 1/2 cup of Fruit or Vegetable (or both)
2. Pick a second serving of fruit, or some other foods like whole grains, protein, or a serving of milk
3. Take a minimum of 3 food items

Meal Examples:



CENTRAL YORK
— SCHOOL DISTRICT —

Food and Nutrition
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