

# BREAKFAST

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1. Milk - 1/2 pint
  2. Fruit, Vegetable or Juice - 1/2 cup
  3. Bread or Bread Alternate - 2 servings
  4. Meat or Meat Alternate - 2 servings
- or one serving from each

You May Refuse ONE Food Item From Any Component.

STATE OF ALABAMA  
DEPARTMENT OF EDUCATION

