



# Enjoy a Healthy Breakfast!

ARIZONA DEPARTMENT OF EDUCATION

## Select all three components to build a complete breakfast!

Students must be served the three required items (milk, fruit/juice/vegetable, and grain) in the minimum required amounts.

**Milk**

**Grain**

**Fruit, Juice, and/or Vegetable!**

The image displays four categories of breakfast items within a large rounded rectangular frame. On the left is a vertical panel with a black fork icon. To its right are three horizontal panels. The top panel, labeled 'Milk', shows a carton of milk. The middle panel, labeled 'Grain', shows a whole wheat roll, two bagels, a slice of bread, and a bowl of cereal. The bottom panel, labeled 'Fruit, Juice, and/or Vegetable!', shows a variety of items including broccoli, watermelon slices, a tomato, a carton of apple juice, a banana, kiwi slices, an apple, and two bell peppers.