

# How to Make a Balanced Meal: — OFFER VS. SERVE —

**TAKE  
AT LEAST**  
**3**  
One Item Must Be  
a **Fruit** or **Veggie!**

**BREAKFAST**  
A COMPLETE  
BREAKFAST INCLUDES:



**2**  
1/2 cup  
fruit  
choices



**2**  
oz. of  
grains\*



**1**  
cup  
of milk

**TAKE**  
**3-5**  
One Item Must Be  
a **Fruit** or **Veggie!**

**LUNCH**  
A COMPLETE  
LUNCH INCLUDES:



**1**  
2 oz.  
protein  
item



**1**  
1/2 cup  
fruit  
choice



**2**  
1/2 cup  
vegetable  
choices



**2**  
oz. of  
grains



**1**  
cup  
of milk

*\*Protein may be  
substituted for Grains*