



RISE & SHINE ENTREES

Popcorn Chicken

Ten all natural nuggets made with dark meat chicken and artisan breaded with whole grain. Baked to perfection.

Whole Grain Muffin

Whole grain muffins made from scratch in different varieties like chocolate chip, blueberry, strawberry and banana

Whole Grain Cereals

Assorted whole grain cereals like Lucky Charms and Cinnamon Toast Crunch



WHAT MAKES A COMPLETE MEAL:

A food item is one of five food groups, in which a minimum of three needs to be selected to make a reimbursable meal.

P PROTEIN **G** GRAIN **V** VEGETABLES **F** FRUIT **D** DAIRY

- Choose 3-5 items (one must be a **FRUIT** or **VEGGIE**):
- Up to 2 **FRUIT** and/or **VEGETABLES** every day
- 1% white **MILK** or non-fat chocolate **MILK**

