Pick at least 3:

- **Milk**: Add a serving of milk
- **Fruit or Veggies**: Must take a serving of fruit or veggies
- **Grain**: Choose a whole grain
- **Protein**: Pick a lean protein

Start your day with a BALANCED BREAKFAST

**DID YOU KNOW?** Eggs are jam-packed with protein & important vitamins & minerals that give you the energy to stay active & feel awesome!

**Tip**: Choose servings from at least 3 groups to qualify as a combo meal.