



BRIGHTER BREAKFASTS MAKE PROTEIN VEGGIE

 CHOOSE AT LEAST 3 ITEMS TAKE AT LEAST 1/2 CUP FRUIT OR VEGETABLE TO MAKEITAMEAL

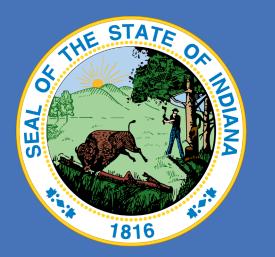
GRAIN

MILK

FRUIT







INDIANA EDUCATION

