

Always  
choose  
a fruit or  
vegetable!

# choose at least 3

for best nutrition, enjoy some of all offered!

How  
about a  
serving  
of milk?

Try a  
whole grain  
or lean  
protein.

Every breakfast needs a fruit or a vegetable and  
at least two other food items to make it complete.



HEALTH  
IS ACADEMIC

Mississippi  
RECIPES for SUCCESS

DEVELOPED BY THE  
MISSISSIPPI DEPARTMENT OF EDUCATION