

CREATE-A-DAIRY DELICIOUS BREAKFAST BOWL

GRAIN 1 OZ. EQ.*

Cereal, pancake, French toast, waffle dunker, granola, oats, graham crackers.

FRUIT 1/2 CUP

Grapes, mango, berries, kiwi, bananas, peaches, apples, pineapples, raisins.

DAIRY 1 OZ. M/MA*

Yogurt; plain, vanilla, Greek-style (4 oz.), cottage cheese (2 oz.), ricotta cheese (2 oz.).

STEP 1

Dairy with...your bowl!
Select a low-fat yogurt or cheese option to begin your dairy delicious breakfast bowl.

STEP 2

Layer up! Add your favorite fruit option. Focus on whole fruits.

STEP 3

Choose a grain. Don't forget, make half your grains whole grains!

STEP 4

Add flavor by experimenting with spice blends (cinnamon).

CREATE-A-DAIRY DELICIOUS LUNCH BOWL

GRAIN 1 OZ. EQ.*

Tortilla variety, quinoa, whole grain rice, whole grain pasta, pita bread, flat bread.

FRUIT 1/2 CUP VEGETABLE 1/2 CUP

Grapes, mango, berries, kiwi, bananas, peaches, apples, pineapples, raisins.

Tomato, lettuce, beans, peppers, cucumbers, olives, peas, onions, spinach, broccoli.

DAIRY 1 OZ. M/MA*

Yogurt; plain, vanilla, Greek-style (4 oz.), cottage cheese (2 oz.), ricotta cheese (2 oz.).

STEP 1

Select a low-fat yogurt or cheese option, such as ricotta or cottage cheese for your dairy delicious lunch bowl.

STEP 2

Choose a variety of vegetables; including steamed or roasted. Or add your favorite fruit option. Focus on whole fruits.

STEP 3

Choose a grain. Don't forget make half your grains whole grains!

STEP 4

Add flavor by experimenting with toppings and spice blends.

*Ounce Equivalent *Meat/Meat Alternate

