

What's for Breakfast?

Have some fruit or fruit juice every morning!

Here are some ways to have fruit in the morning:

JUMP 'N JIVE
COME ALIVE WITH FRUIT!
Approved by the Wisconsin Nutrition Education Program and UNL/CEA

- SARAHAN**
- APPLES**
- PEARS**
- ORANGES**
- GRAPEFRUIT**
- PEACHES**

Ballot Box



- Fruit
- Bread, Cereal, Rice, & Pasta
- Milk, yogurt & cheese
- Meat, Poultry, Fish, Dry Beans, Eggs and Nuts
- Miscellaneous

Additional informational cards and brochures on the table.

