

CREATE-A-DAIRY DELICIOUS BREAKFAST BOWL

GRAIN

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

FRUIT

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

DAIRY

Yogurt; plain, vanilla, Greek-style, cottage cheese, ricotta cheese.

STEP 1

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

STEP 2

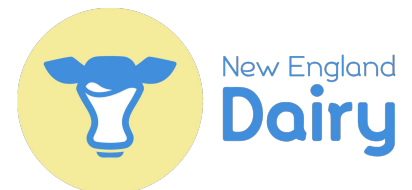
Layer up! Add your favorite fruit option. Focus on whole fruits.

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

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

FRUIT

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

VEGETABLE

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

DAIRY

Yogurt; plain, vanilla, Greek-style, cottage cheese, ricotta cheese.

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.