

# CREATE-A-DAIRY DELICIOUS BREAKFAST BOWL

## GRAIN 1 OZ. EQ.\*

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

## FRUIT 1/2 CUP

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

## DAIRY 1 OZ. M/MA\*

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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).



THE DAIRY  
ALLIANCE

\*Ounce Equivalent \*Meat/Meat Alternate

# 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.



THE DAIRY  
ALLIANCE

\*Ounce Equivalent \*Meat/Meat Alternate