

What is
500 to 625 calories?

What is
Offer 1 cup lowfat milk (100 kcals),
½ cup of fresh fruit (50), 2 ounces of
whole grains (200) and two ounce of
lean meat(150)?

What is
75 milligrams?

What is
1¾ whole egg(with yolk) and
unlimited amounts of egg whites or
egg beaters (low cholesterol egg
product)?

What is
Fat free or lowfat milk, cheese and
yogurt,
lean meat choices, and
whole grains?

What is
1000 to 1250 milligrams sodium?

What is
Lower sodium versions of ham,
sausage, and potato products and
freshly prepared recipes with little
added salt?

What is
5 to 6 grams of fiber (1 gram of fiber
per 100 calories of the meal)?

What is
Dietary fiber, both soluble and
insoluble?

What is
Fresh fruits and vegetables, whole
grains, legumes, and nuts/seeds?

What is
Calories from total fat?

What is
Calories from saturated fat?

What is
Protein?

What is
Complex carbohydrate?

What is
Simple sugar?

What is
Break the Fast?

What is
25% of the RDAs (recommended
dietary allowances) for calories,
protein, vitamins A and C, and
minerals iron and calcium?

What is
Breakfasts are often low in calories
for the age grade grouping (food
based or NSMP analyzed
separately)?

What is
Sugar and caffeine?

What is....
School Breakfast?!

What is
Vitamin A?

What is
Vitamin C, found in fruits and
vegetables?

What is
Iron?

What is
Calcium, found in milk, cheese and
yogurt?

What is
Prepare foods with little added salt or
sodium?

What is
Lower sodium convenience (pre-
prepared) foods when possible?

**Directions: Print page of labels
and have colored index cards
available. The labels vertically are**

**Left hand column (top and
bottom)
Menu Know How – 5 Yellow
cards
Idaho IQ – 5 Blue cards**

**Middle column (top and bottom)
Energize Me – 5 Pink cards
Breakfast Bites – 5 White cards**

**Right hand column – includes two
answers for Daily Double
Daily Dose – 6 Green cards**