



Protein Box Options

Mix and Match

Recipe Type: Breakfast

Meal Components: 1 oz eq WGR grain, 1 oz m/ma, 1/2 cup fruit

Meat/Meat Alternate	Portion Size for 1 oz M/MA Equivalent **	WGR Grains	Portion Size for 1 oz Grain Equivalent	Fruits	Portion Size for 1/2 cup Contribution
Nut Butter Dip*	#10 disher 6 Tbsp = .375 cups	Bagel	1 oz 1/2 bagel	Berries	1/2 cup
Yogurt, variety	1/2 cup	Graham Crackers	1 oz	Melon	1/2 cup
Cheese stick	1 each	Muffin Bar	1 oz	Grapes	1/2 cup
Cheese cubes	1 oz	Muffin	1 oz	Canned or Frozen fruit	1/2 cup
Hard-boiled egg	1/2 egg	Granola	1 oz eq 1/2 cup	Raisins	1/4 cup
Nut butter	2 Tablespoons			Oranges	1/2 cup

*Nut Butter Dip is a Dairy MAX recipe.

**For a Protein Plus Box, choose 2 m/ma options.