

# HOW TO GRAB MY BREAKFAST

1



**ONE AT A TIME  
AT THE SERVICE  
TABLE**

2



**HOW HUNGRY  
AM I?**

3

**I CAN TAKE**



**1 PROTEIN**



**1 WHOLE GRAIN**



**1 FRUIT**



**CAREFUL!  
I DON'T TOUCH  
ANYTHING  
ELSE**

4



**I RETURN  
TO MY DESK**