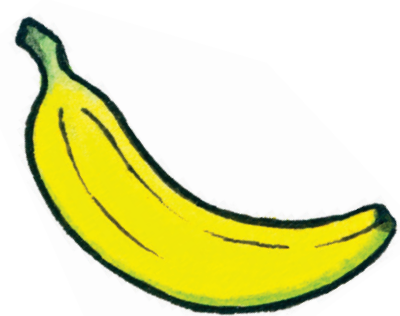


Create A Meal

Five food groups are offered for lunch:
Protein, Grain, Vegetables, Fruits, and Milk

- Start with a Fruit or Vegetable (or both)
- Add some other foods like: Protein, Grain, and Milk
- Take a minimum of 3 food groups

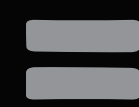
MEAL EXAMPLES



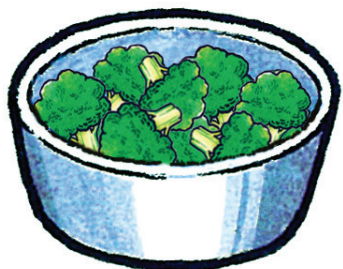
Fruit



Grain and Protein



MEAL



Vegetable



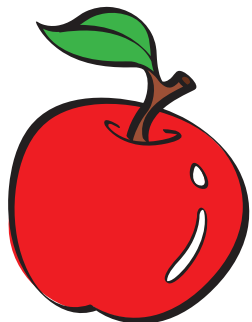
Grain



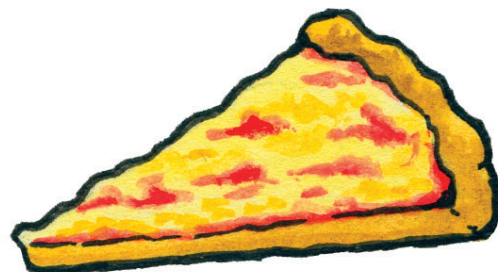
Milk



MEAL



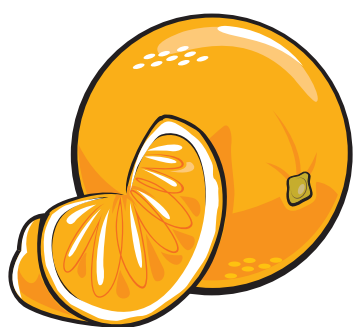
Fruit



Grain and Protein



MEAL



Fruit



Vegetable



Grain and Protein



MEAL



Vegetable



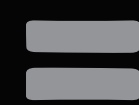
Grain



Protein



Milk



MEAL



Grain and Protein



Milk

(No Fruit or
Vegetable)



NOT A MEAL