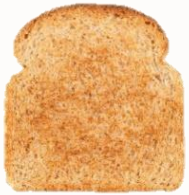
The 5 Food Components for Lunch

Vegetable

Fruit

Grain



Milk

Meat/Meat Alternate

Choose at least 3 components (including 1/2 cup fruit and/or vegetable)

For a nutritious meal, choose all 5!

WISCONSIN DEPARTMENT OF Public Instruction

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WISCONSIN School Nutrition