Cov Khoom Xyaw Zaub Mov 5 Yam rau Pluas Su

(The 5 Food Components for Lunch)

Zaub	Txiv Hmab Txiv Ntoo	Mov Nplej	Mis Nyuj	Nqaij/Nqaij Sib Hloov

Xaiv yam tsag kawg 3 yam khoom xyaw
(suav nrog txiv hmab txiv ntoo thiab/los sis zaub 1/2 khob)

Rau pluas zaub mov uas muaj txiaj ntsig zoo,
xaiv tag nrho 5 yam!

WISCONSIN DEPARTMENT OF Public Instruction

Lub chaw no yog lub chaw muab kev pab cuam tsam thawj sib npaug zog.

WISCONSIN School Nutrition