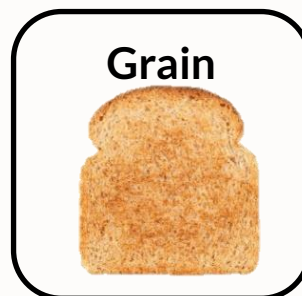
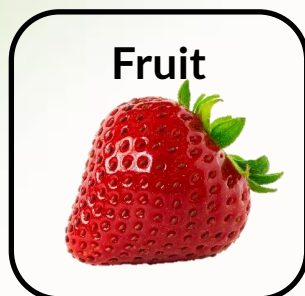


The 5 Food Components for Lunch



**Choose at least 3 components
(including ½ cup fruit and/or vegetable)**

For a nutritious meal, choose all 5!