

# Today's Lunch Choices

Build a complete meal by selecting foods from at least 3 groups, including a ½ c of fruit, vegetable, or a fruit/vegetable combination.

 **Protein\***

---

---

---

---

---

 **Grains**

---

---

---

---

---

 **Milk**

---

---

---

---

---

\*Also known as meat/meat alternate

 **Fruit**

---

---

---

---

---

 **Vegetables**

---

---

---

---

---

**Notes:**



This institution is an equal opportunity provider.

