

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 _____ _____ _____ _____	
 Fruit _____ _____ _____ _____	 Vegetables _____ _____ _____ _____	Notes:	

*Also known as meat/meat alternate



This institution is an equal opportunity provider.

