

fruit

vegetable

grain

milk

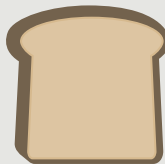
protein



Always choose a fruit or vegetable!



CHOOSE AT LEAST 3
for best nutrition, enjoy some of all offered!



Every lunch needs a fruit or a vegetable and at least two other food groups to make it complete.