

Build a Healthy LUNCH

**OFFER VS.
SERVE**

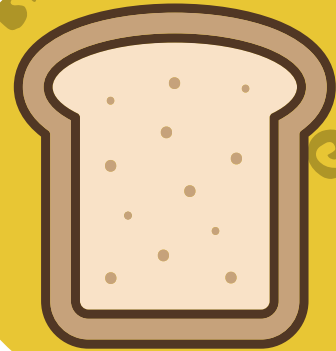
Vegetable



Fruit



Grain



Milk



Meat/Meat Alternate



Choose at least 3, including:
1/2 cup fruit or vegetable and at
least 2 other full components.