

SCHOOL LUNCH

CHOOSE AT
LEAST 3:



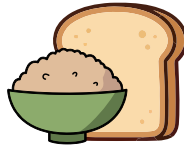
Fruit

Naturally sweet without added sugar, helps to support your immune system.



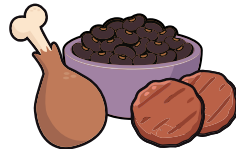
Vegetable

Choose from all the colors of the rainbow to get a variety of vitamins and minerals.



Grain

Whole grains for fiber and energy.



Protein

For muscle and brain development.



Milk

Hydrate with protein, healthy fats, vitamins & minerals.

Take at least a 1/2 cup of fruit and/or vegetables.

A COMPLETE LUNCH BLUEPRINT

