



# What Do I Need On My Plate at Lunch?

To have a full meal at lunch, please select 3 out of the 5 components offered.

***Remember : one must be a 1/2 cup of a fruit or veggie!***

veggies



protein



grains



fruit



milk



This Institution is an equal opportunity provider



# What Do I Need On My Plate at Breakfast?

To have a full meal at breakfast, please select 3 out of the 4 items offered.

***Remember: one must be a 1/2 Cup of a fruit or veggie!***



This Institution is an equal opportunity provider

veggies



protein



grains



fruit



milk

