

What makes a "Meal Deal"?

1 GREAT TRAY

A healthy lunch consists of five components:

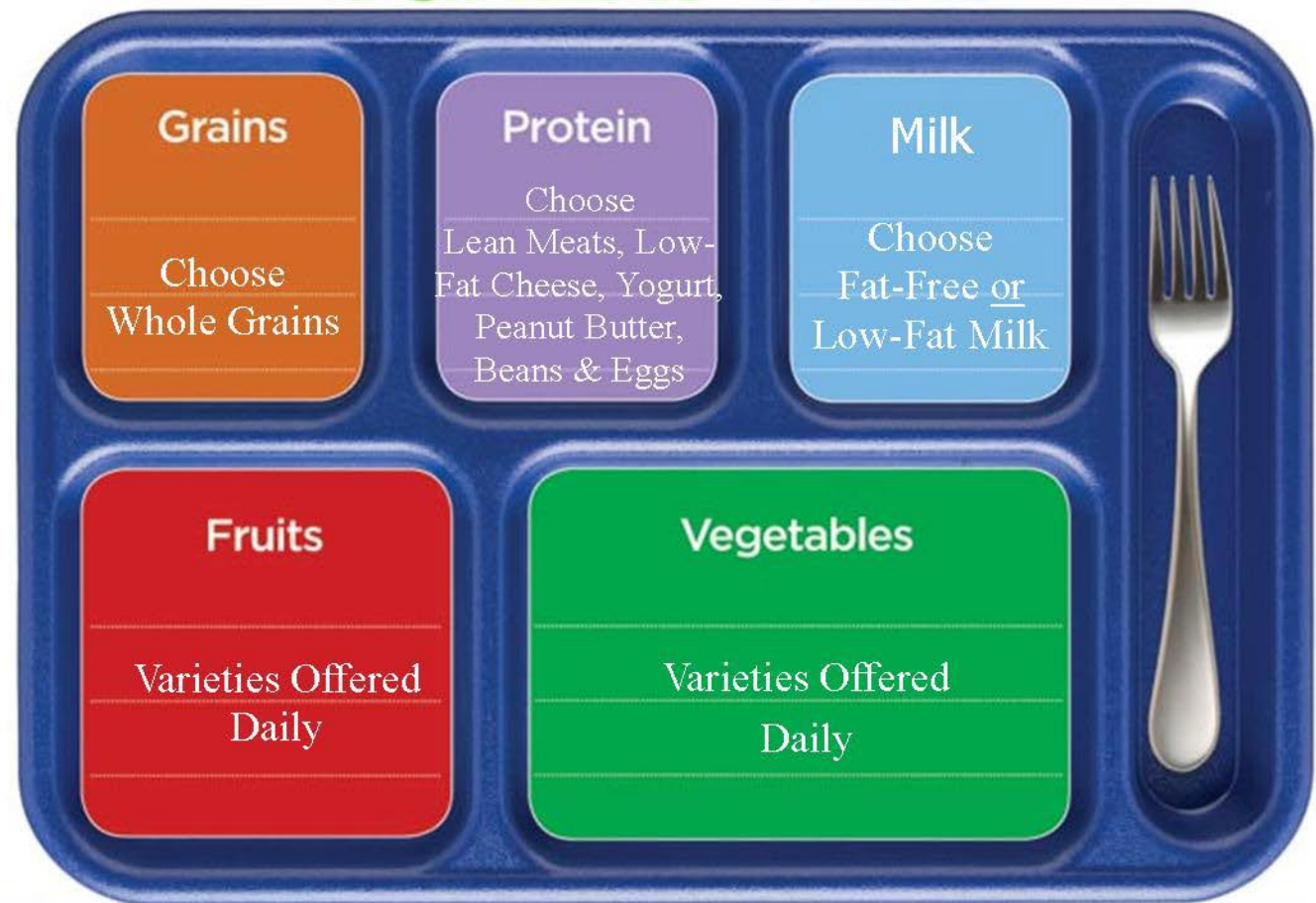
Milk

Fruit

Vegetable

Grain

Protein



Eat Smart! Make choices from all five food groups daily!

Students are **REQUIRED** to choose 3 of the 5 components with at least 1 fruit or vegetable to make a lunch.