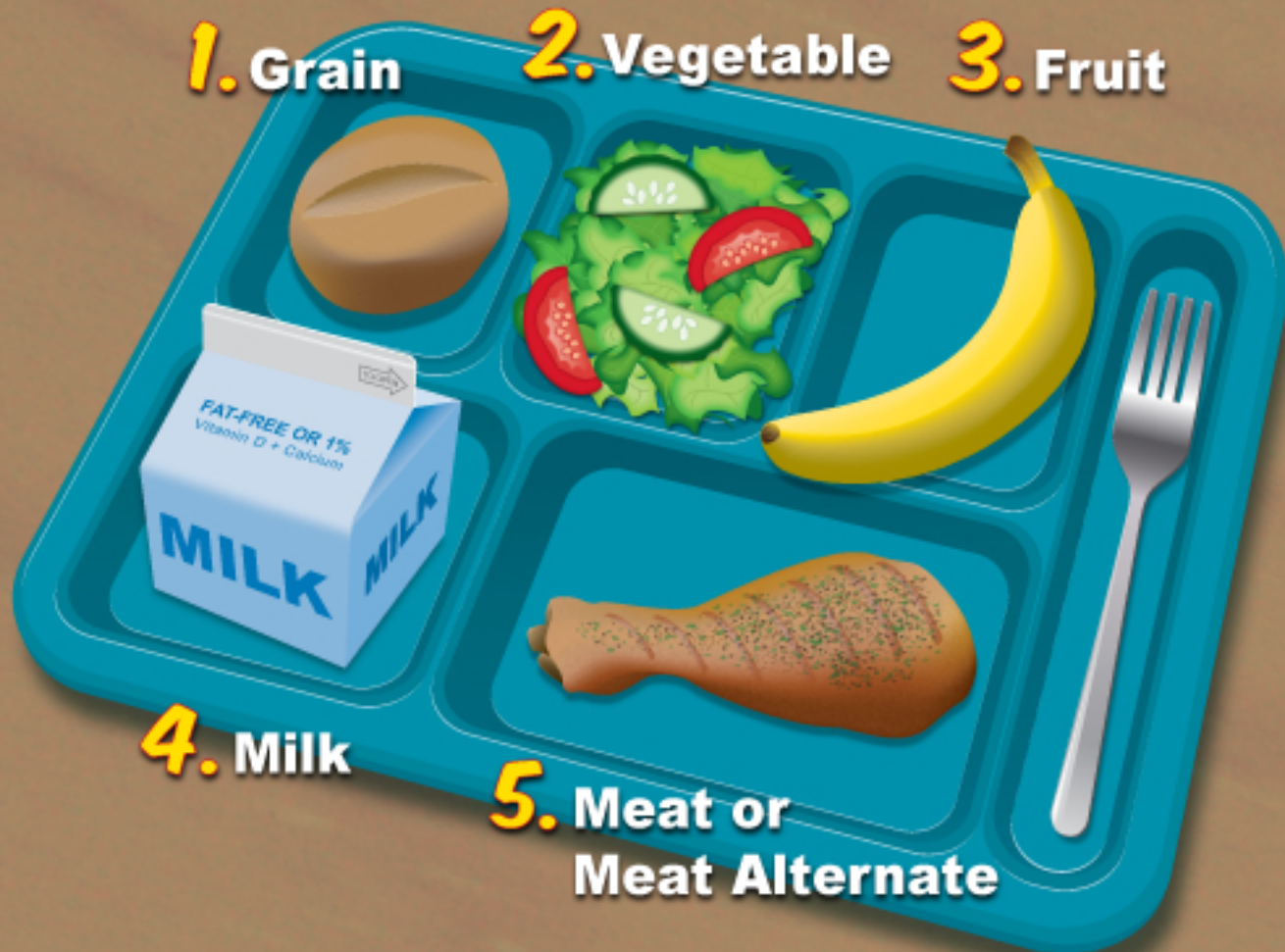


IT'S LUNCH...
TAKE 5!

- 1. Grain** **2. Vegetable** **3. Fruit**



- 4. Milk** **5. Meat or
Meat Alternate**

**CHOOSE AT LEAST 3, INCLUDING:
1/2 CUP OF FRUIT OR VEGETABLE AND
AT LEAST TWO OTHER FULL COMPONENTS**

5 FOR BEST NUTRITION, CHOOSE ALL 5!