

# Today's Lunch Choices

Build a complete meal by selecting foods from at least 3 components, including 1/2 cup of fruit and/or vegetable.



**Protein\***

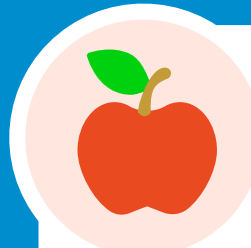
*\*Also known as meat/meat alternate.*



**Grains**



**Milk**



**Fruit**

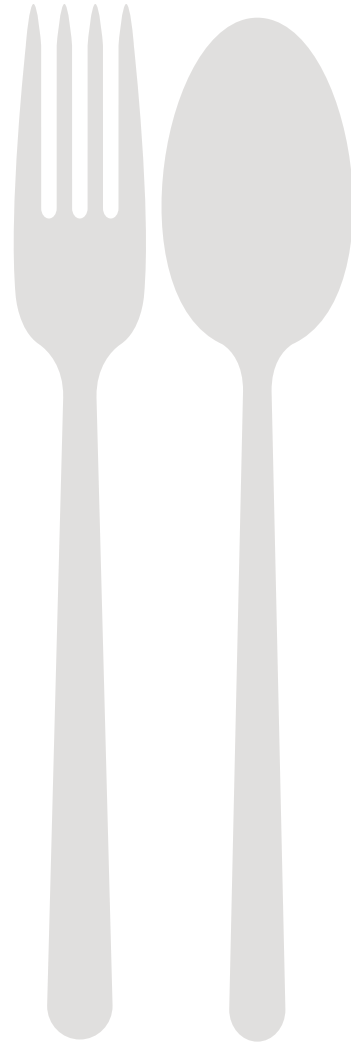


**Vegetable**



**FARM<sup>TO</sup>  
SCHOOL**

Local Foods Served Today



This institution is an equal opportunity provider.