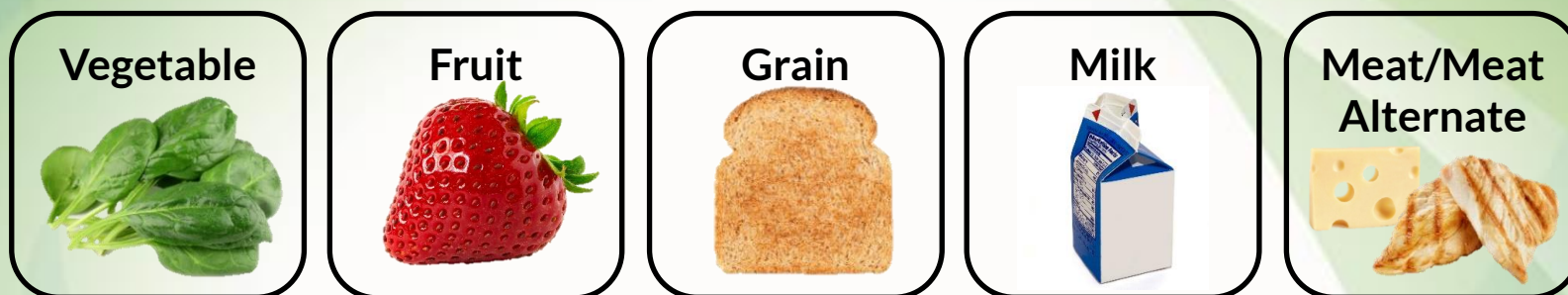


# The 5 Food Components for Lunch



**Choose at least 3 components  
(including ½ cup fruit and/or vegetable)**

**For a nutritious meal, choose all 5!**