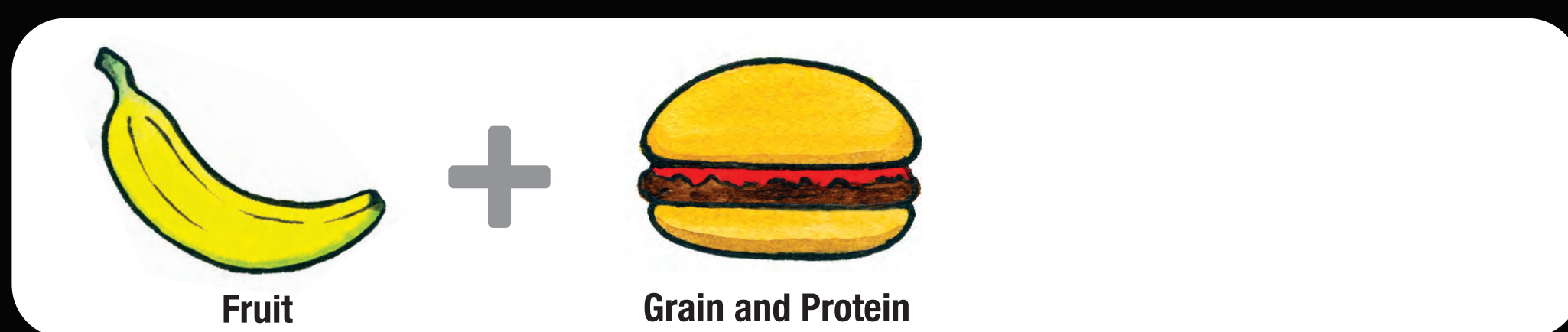


Create A Meal

Five food groups are offered for lunch:
Protein, Grain, Vegetables, Fruits, and Milk

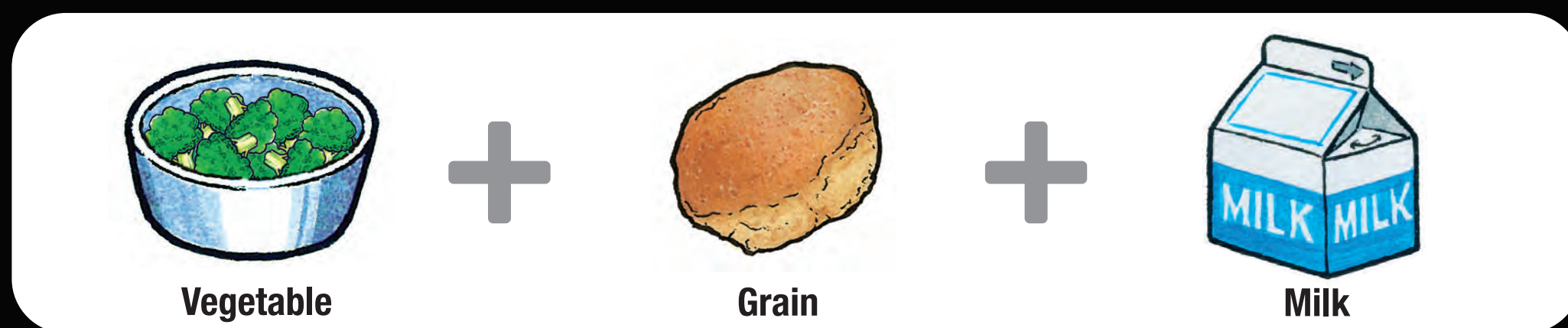
- Start with a Fruit or Vegetable (or both)
- Add some other foods like: Protein, Grain, and Milk
- Take a minimum of 3 food groups

MEAL EXAMPLES



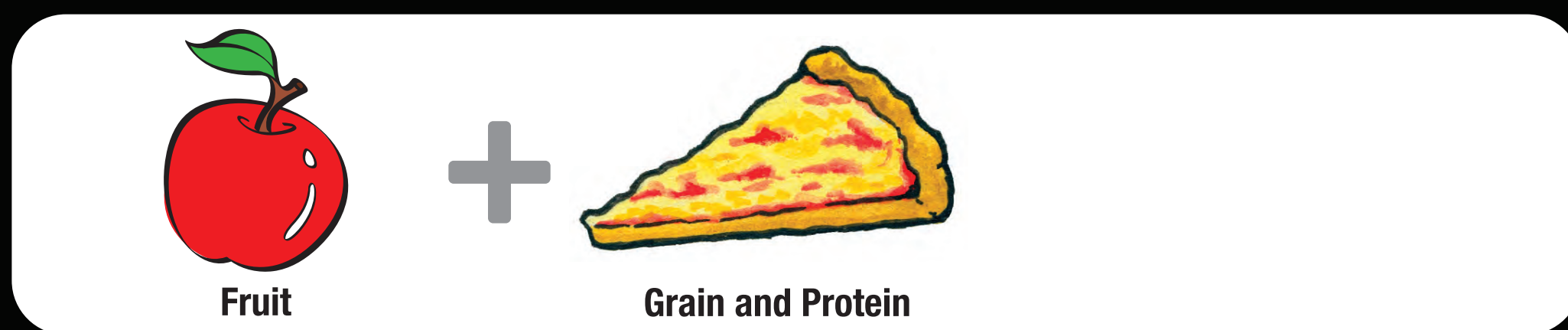
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MEAL



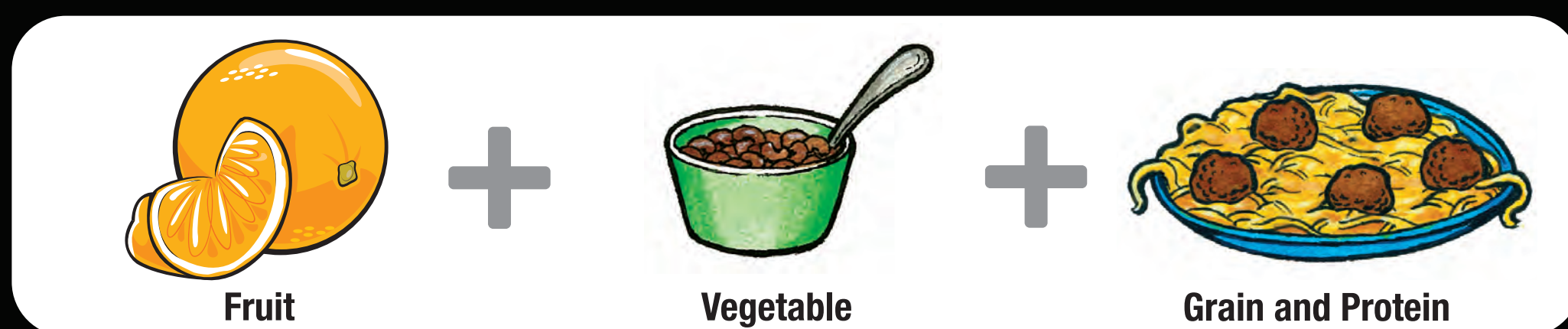
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MEAL



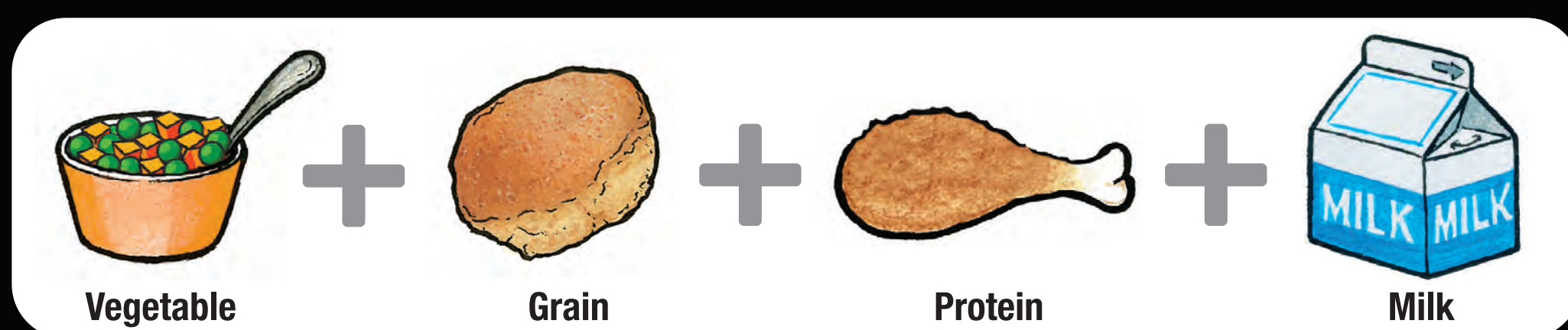
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MEAL



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MEAL



=

MEAL



(No Fruit or Vegetable)

=

NOT A MEAL