

Build a Healthy Lunch

Select 3 or 4 or 5 Components

1. Start with Veggies

Select up to 2 servings
(Fresh &/or Cooked)



2. Next add Fruit Select 1 serving (Fresh, frozen, canned, dry)



3. Then choose (1) Meat 4. & Whole Grains



5. Add YOUR Favorite Milk



At least 1 food must be a

$\frac{1}{2}$ cup Vegetable or a $\frac{1}{2}$ cup Fruit