



How to Make a Lunch Meal

**Choose at least 3 food groups, but you may take from all 5 groups.
One item must be a FRUIT or a VEGGIE.**

Take items from ALL groups for maximum value!

FRUIT May Take 1 or 2 Limit 1 Juice No Duplicate Items	MILK May Take 1	VEGGIE May Take 1 or 2 No Duplicate Items
PROTEIN		GRAIN
May Take 1 Protein and 1 Grain		
Most Entrees Combine the Protein and Grain		

All menu items are available for individual purchase. Snack items are marked for individual sale.