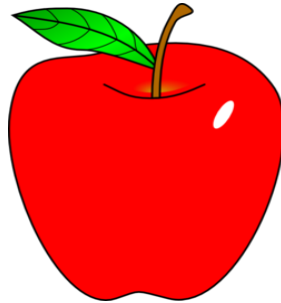


Breakfast

Build a Balanced Plate

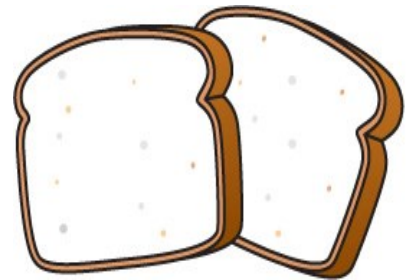


MILK



FRUIT

*May choose up to 2
1 juice allowed*



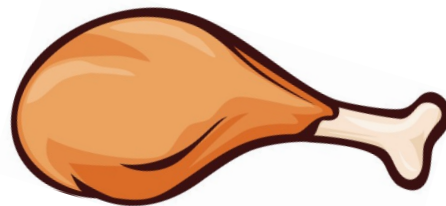
GRAIN

May choose up to 2



VEGETABLE

Optional

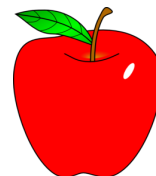


MEAT

Optional

**PICK 3
AT LEAST 3**

One must be a



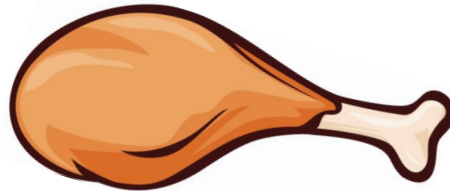
FRUIT

Lunch

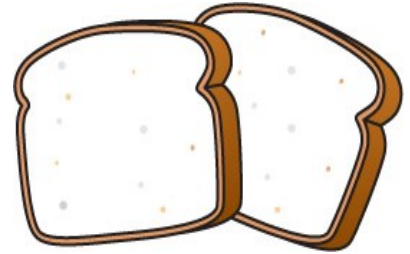
Build a Balanced Plate



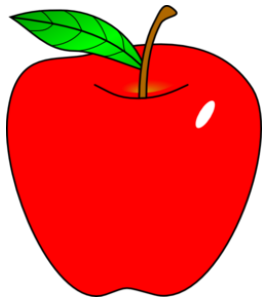
MILK



MEAT

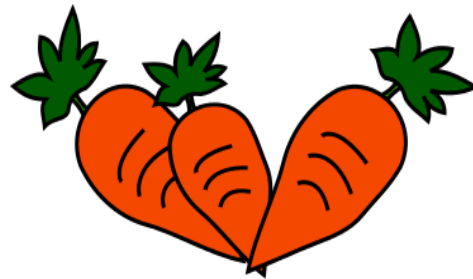


GRAIN



FRUIT

May choose up to 2

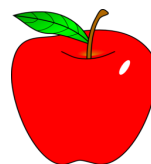


VEGETABLE

May choose up to 2

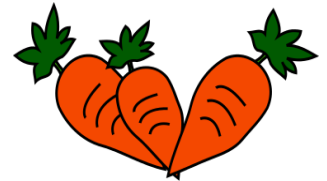
PICK 3
AT LEAST

One must be a



FRUIT

or



VEGETABLE

UCPS
UNION COUNTY PUBLIC SCHOOLS

