

Healthy School Lunch Choices

You must choose items from at least 3 different components to make a complete lunch. Choose ALL 5 for the best lunch!

Meat/Meat Alternate



Bread/Grain

[This may be part of the entrée]



Fruits

Vegetables

Up to 4 Choices

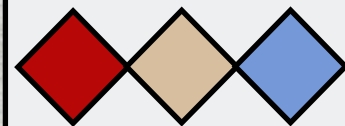
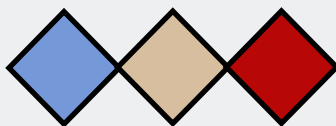
*Limitations Apply

Only 1 can be Fruit Juice



One choice must be a fruit or vegetable.

Milk



9-12 Grades