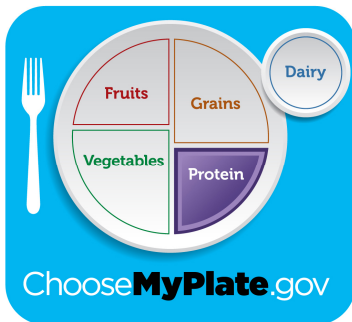
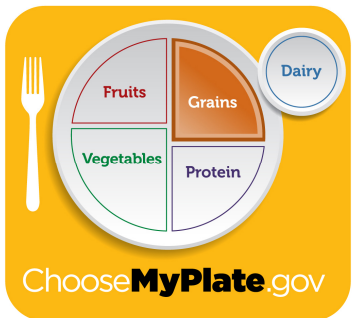


# Choose *Your* Plate Well!

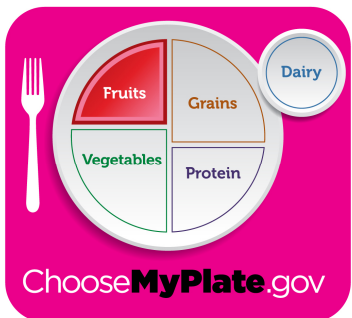
At lunch, you must take at least 3 out of the 5 food groups. One choice must be fruits or vegetables.



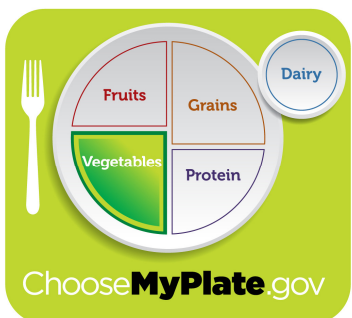
Protein Rich Entrée



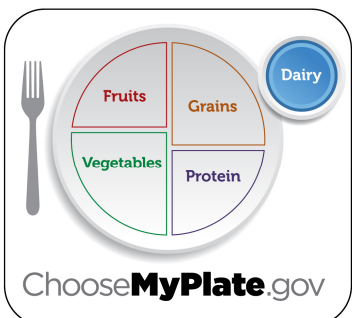
Grains



Fruits



Vegetables



Milk Options