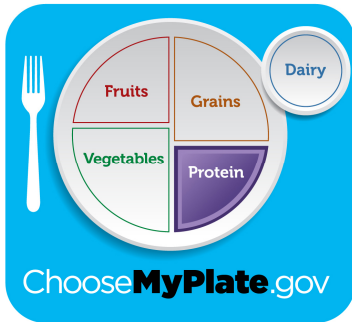


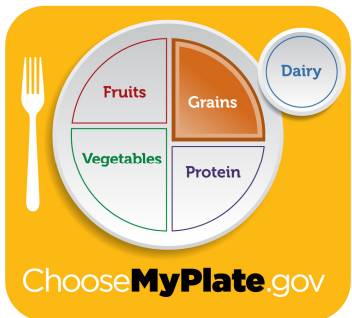
Choose *Your* Plate Well!

At lunch, you must take at least 3 out of the 5 colors!

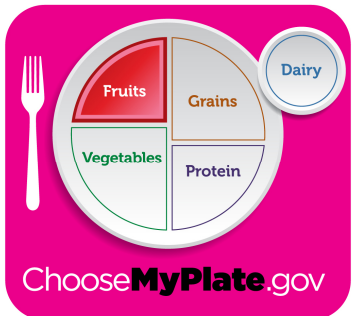
One color must be **Green** or **Red**!



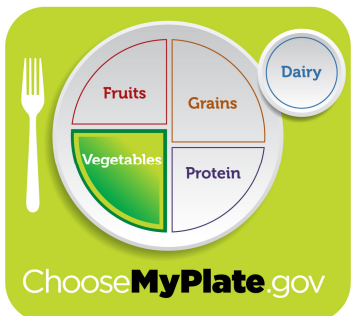
Protein Rich Entrée (**Blue Group**)



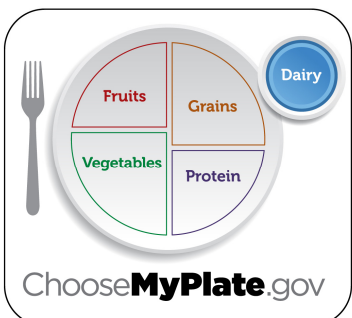
Grains (**Orange Group**)



Fruits (**Red Group**)



Vegetables (**Green Group**)



Milk Options (**White Group**)