

# Create a Lunch

Choose at least 3 food groups with at least ½ cup of fruits or vegetables to create a lunch. Take all 5 food groups for best nutrition!

1. Select at least ½ cup of fruits or vegetables.
2. Pick at least two other food groups, such as fruits, vegetables, grains, protein, or milk.
3. Take a minimum of 3 food groups and a maximum of 5.

## Meal Examples:



This institution is an equal opportunity provider.