

Create A Lunch Meal

Take at least three food groups to create a meal

- Select 1/2 cup of **Fruit** or **Vegetable** (or both)
- Pick at least two other food groups, such as: **Whole Grains**, **Lean Protein**, or **a serving of Milk**
- Take a **minimum of three food groups** and a **maximum of 5**

MEAL EXAMPLES



Fruit



Whole Grain & Lean Protein



MEAL



Vegetables



Fruit



Milk



MEAL



Fruit



Whole Grain & Lean Protein



MEAL



Fruit



Vegetables



Whole Grain & Lean Protein



MEAL



Whole Grain & Lean Protein



Milk



NOT A MEAL