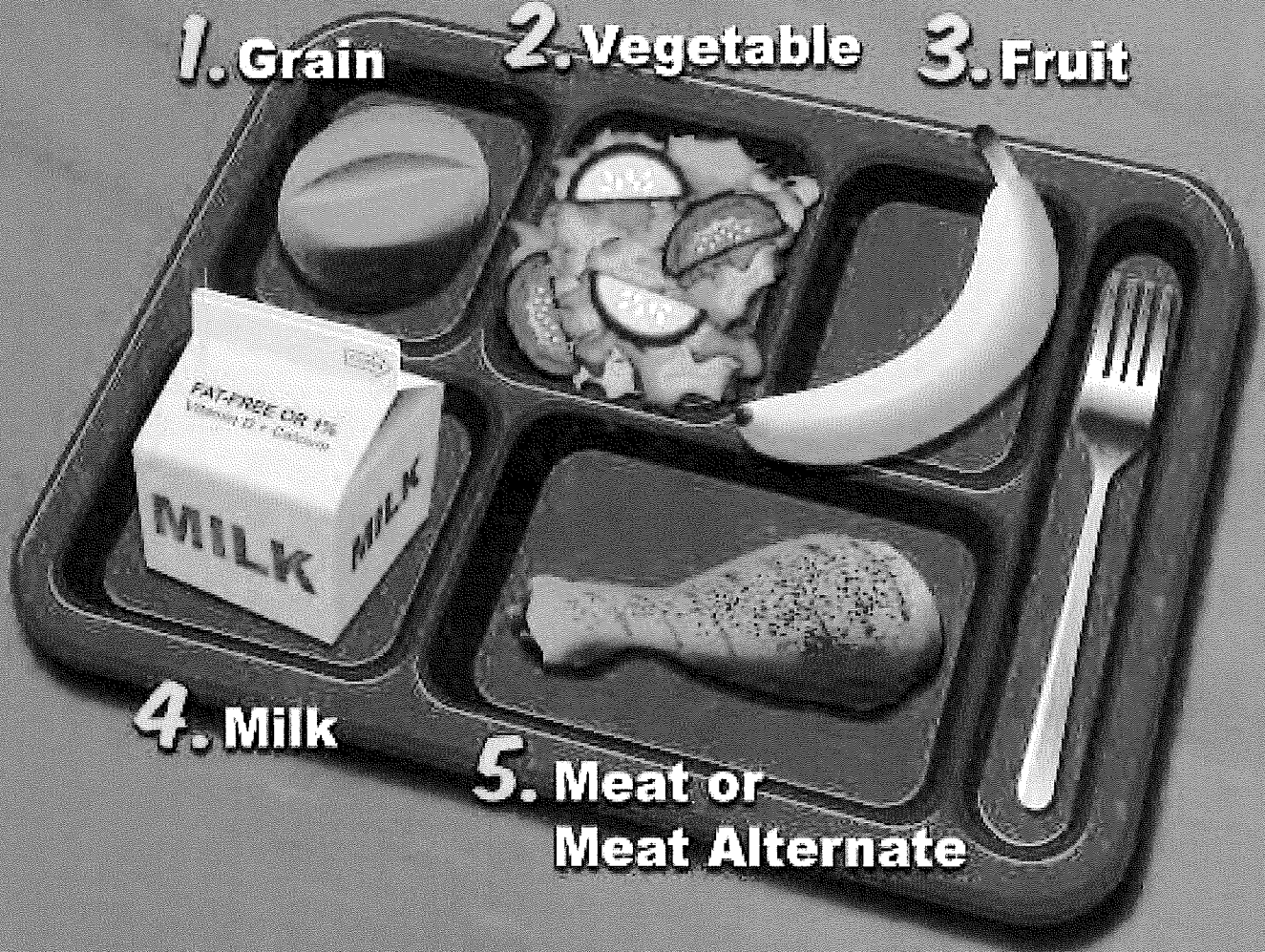


IT'S LUNCH...
TAKE 5!

1. Grain 2. Vegetable 3. Fruit



4. Milk 5. Meat or
Meat Alternate

CHOOSE AT LEAST 3, INCLUDING:

**1/2 CUP OF FRUIT OR VEGETABLE AND
AT LEAST TWO OTHER FULL COMPONENTS**

5 FOR BEST NUTRITION, CHOOSE ALL 5!