



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:

 +  +  +  = **Meal**

Fruit + Vegetables + Grain & Protein + Milk

 +  +  = **Meal**

Fruit + Vegetables + Grain & Protein

 +  = **Meal**

Vegetables + Grain & Protein

 +  +  = **Meal**

Fruit + Grain + Milk

 +  = **Not a Meal**
(No fruit or vegetable)

Grain & Protein + Milk

This institution is an equal opportunity provider.