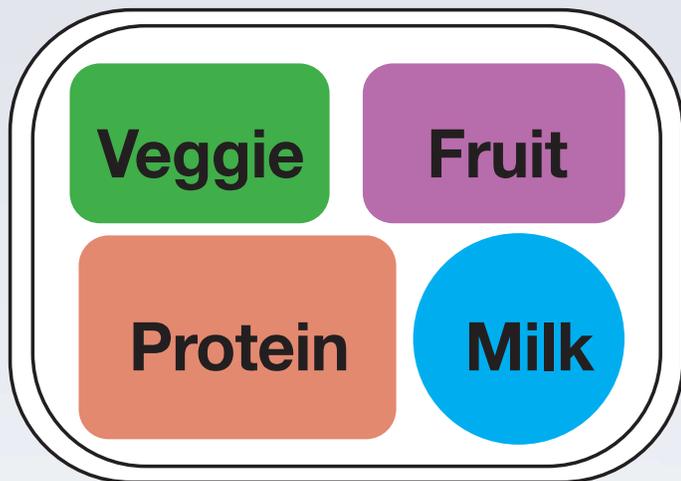


BUILD A GREAT TRAY, THE PANTHER WAY!

What Makes a Breakfast?

Select 3 items **TOTAL**

*Fruits, Vegetables,
Grains, Milk*



one must be a



Fruit

or



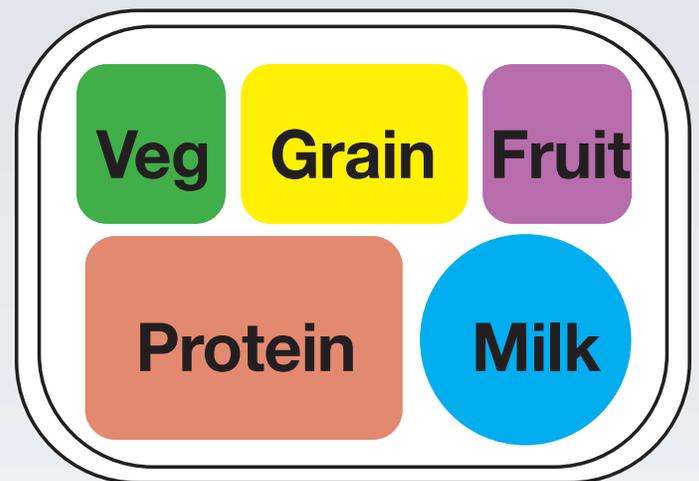
Vegetable

Take all 3 components to
build a **GREAT** tray!

What Makes a Lunch?

Select 3-5 items **components**

*Fruits, Vegetables, Grains,
Protein, Milk*



one must be a



Fruit

or



Vegetable

Take all 5 components plus
an extra veggie and fruit to
build a **Great** tray!