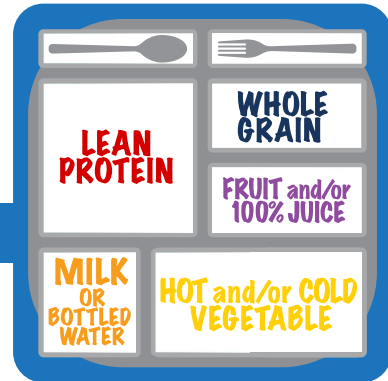


# Tewksbury School District

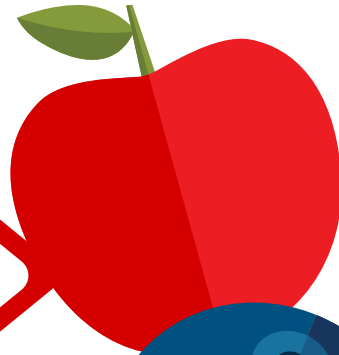
## SCHOOL LUNCHES COME WITH 5 COMPONENTS:



### LEAN PROTEIN



You can choose one of these lean protein items such as chicken, a hamburger, or low-fat cheese.



### WHOLE GRAIN



You can choose one of these whole grain items such as bread, rice, or pasta.



### FRUIT and/or 100% JUICE

You can choose a fruit and/or 100% juice.



### HOT and/or COLD VEGETABLE

You can choose a hot and/or a cold vegetable.



### MILK OR BOTTLED WATER

Low-Fat Milk or Small Water

