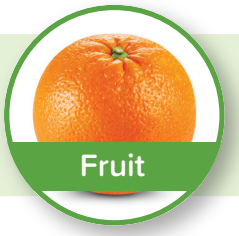
National School Lunch Program

Create a Meal

Take at least 3 food groups to create a meal

1. Select a 1/2 cup of Fruit or Vegetable (or both)
2. Pick at least two other food groups, such as Whole Grains, Protein, or a serving of Milk
3. Take a minimum of 3 food groups and a maximum of 5

Meal Examples:



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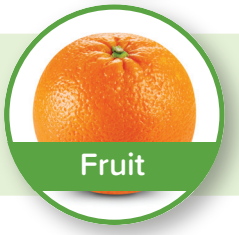

= **Meal**

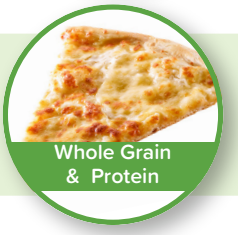


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= **Meal**



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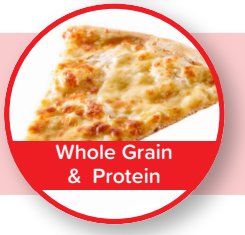
= **Meal**



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= **Meal**



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

This institution is an equal opportunity provider.

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