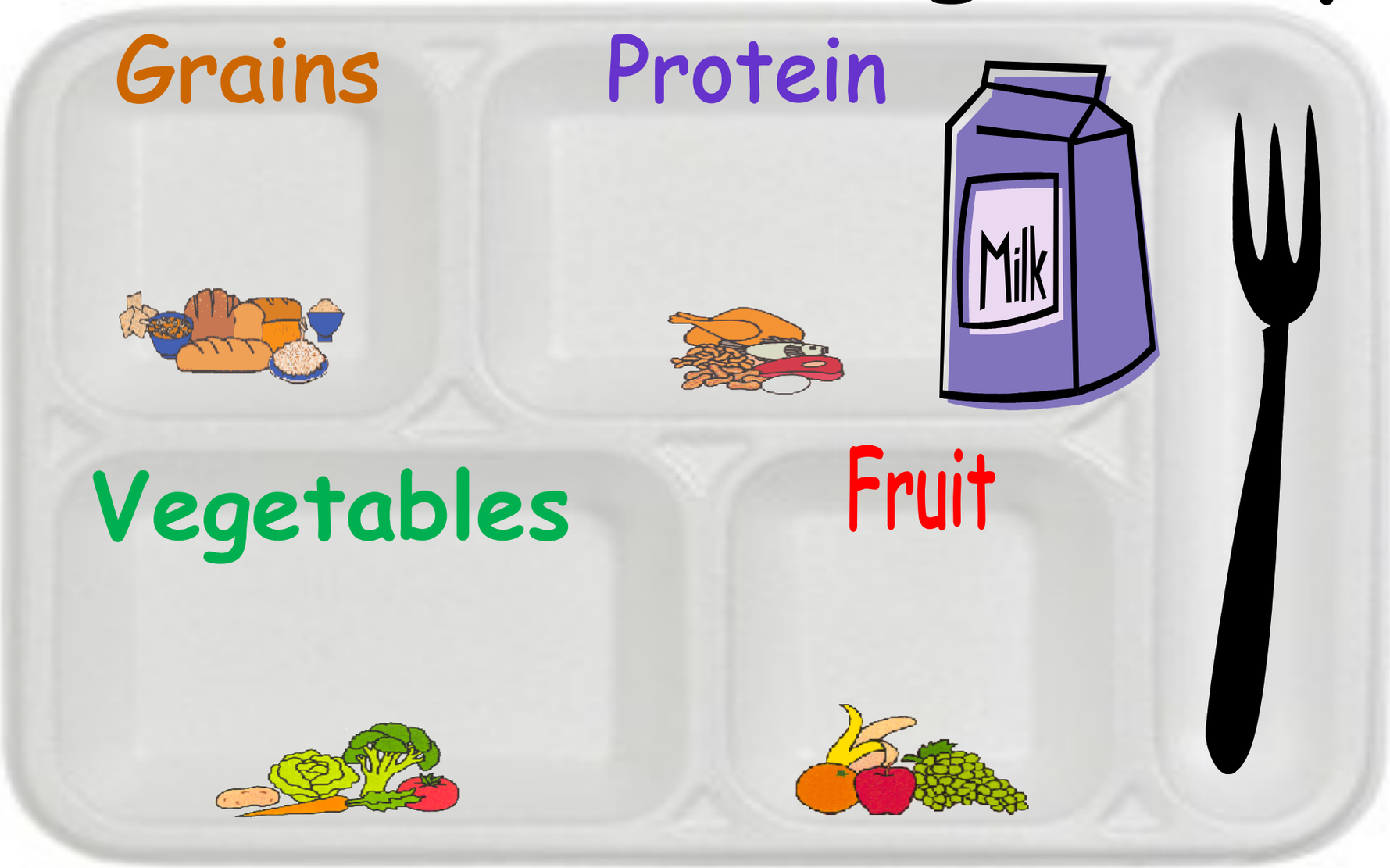
What Am I Eating Today?

A Healthy School Lunch
is from 3 to 8 items (one must be 1/2 cup fruit or vegetable)

A tray with all 8 would contain these servings:
Milk: 1
Fruit: 2
Vegetable: 2
Grain: 1-2
Protein/Meat: 1



Nondiscrimination Statement

In accordance with Federal Law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability.

To file a complaint of discrimination, write USDA, Director, Office of Adjudication, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call toll free (866) 632-9992 (Voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer.