Must choose 1 or 2 items (must have at least 1)

Fruit

May choose 1 or 2 items (some items count as 2)

Grains & Meat

May choose 1 item

Milk

Do you have 2 or 3 other items?

Enjoy your Breakfast!

USDA is an equal opportunity employer.
LUNCH

*Meat/Meat Alternate
  - May choose 1 serving

*Grains
  - May choose 1 serving

**Fruit
  - May choose 1 or 2 servings

**Vegetables
  - May choose 1 or more servings

Milk
  - May choose 1 serving

Check your Tray…

Do you have a fruit or a vegetable?

YES

Do you have at least 2 other items?

YES

Enjoy your lunch!

*Some items may count as 2  **Must have at least 1 fruit or vegetable

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