



# How to Make a Lunch Meal

**Choose at least 3 food groups, but you may take from all 5 groups.  
One item must be a FRUIT or a VEGGIE.**

**Take items from ALL groups for maximum value!**

<b>FRUIT</b> May Take 1 Fruit or Juice	<b>MILK</b> May Take 1	<b>VEGGIE</b> May Take 1 or 2 No Duplicate Items
<b>PROTEIN</b>		<b>GRAIN</b>
May Take 1 Protein and 1 Grain		
Most Entrees Combine the Protein and Grain		

**All menu items are available for individual purchase. Snack items are marked for individual sale.**