

# Today's Lunch Choices

Build a complete meal by selecting foods from at least 3 groups, including a ½ c of fruit, vegetable, or a fruit/vegetable combination.

 **Protein\***

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 **Grains**

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 **Milk**

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\*Also known as meat/meat alternate

 **Fruit**

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 **Vegetables**

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**Notes:**



USDA is an equal opportunity provider and employer.



# Today's Breakfast Choices

Build a complete meal by selecting at least 3 items, including ½ cup of fruit, vegetable or fruit/vegetable



## Fruit/Vegetable/Juice



\_\_\_\_\_ item (s)  
\_\_\_\_\_ item (s)  
\_\_\_\_\_ item (s)  
\_\_\_\_\_ item (s)

May Select \_\_\_\_\_ item(s)



## Milk

\_\_\_\_\_ 1 item  
\_\_\_\_\_ 1 item  
\_\_\_\_\_ 1 item

May Select \_\_\_\_\_ item(s)

## Notes:



## Grains/Breakfast Entrees



\_\_\_\_\_ item (s)  
\_\_\_\_\_ item (s)  
\_\_\_\_\_ item (s)  
\_\_\_\_\_ item (s)

May Select \_\_\_\_\_ item(s)



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