

Today's Lunch Choices

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

 <h2>Protein*</h2> <hr/> <hr/> <hr/> <hr/> <hr/>	 <h2>Grains</h2> <hr/> <hr/> <hr/> <hr/> <hr/>	 <h2>Milk</h2> <hr/> <hr/> <hr/> <hr/> <hr/>	
 <h2>Fruit</h2> <hr/> <hr/> <hr/> <hr/> <hr/>	 <h2>Vegetables</h2> <hr/> <hr/> <hr/> <hr/> <hr/>	<h2>Notes:</h2>	

*Also known as meat/meat alternate



This institution is an equal opportunity provider.



Today's Breakfast Choices

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



Fruit/Vegetable/Juice



_____ item (s)
_____ item (s)
_____ item (s)
_____ item (s)

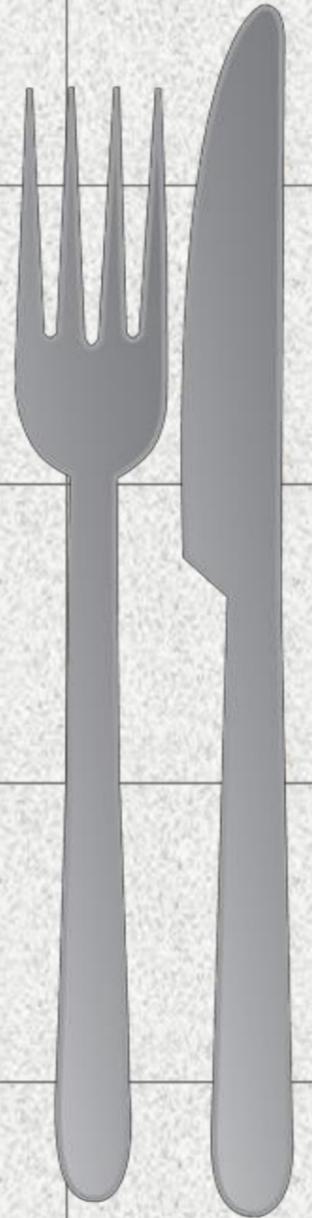
May Select _____ item(s)



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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