What Makes a Lunch?

Requirement: Select 3-5 Components*

Must select 3-5 components to meet USDA National School Lunch Requirements

Each color dot below represents a meal component:

- **FRUITS**
- **VEGETABLES**
- **GRAINS**
- **PROTEIN**
- **MILK**

*1 component needs to be a fruit or vegetable

*Visit www.usda.gov