The 5 Meal Components You pick at least 3!



Full Meal - Hot

Vegetable or salad
Fruit
Milk
Grain or bread
Meat or meat alternate

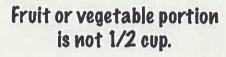


Full Meal - Salad

No



Why?









No fruit or vegetable selected.





No fruit or vegetable selected.





Healthy portions, but needs a meat or meat alternate, grain or milk.



REMEMBER: 1 of your picks must be at least 1/2 cup of fruit or vegetable.

