

# 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?**

**Yes**



Fruit or vegetable portion  
is not 1/2 cup.



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.**

