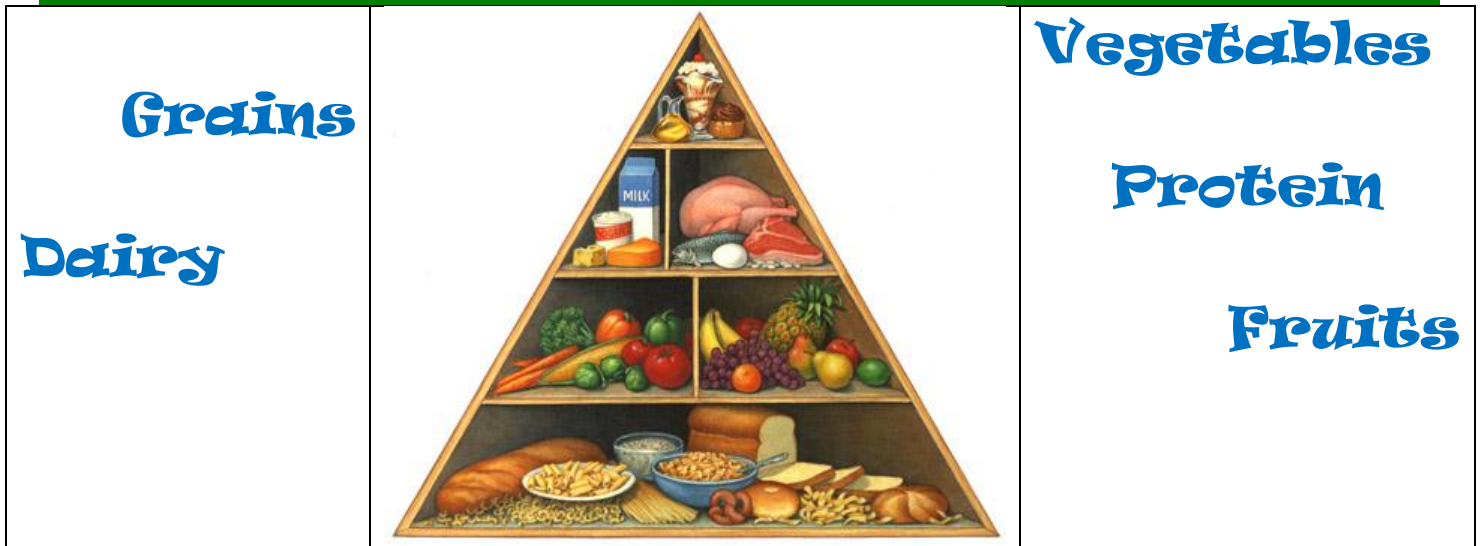


Let's Build a Nutritious Lunch



MAKE SMART CHOICES

<p>GRADES 9 - 12</p> <p>CHOICES</p> <p>PROTEIN - 2 OUNCES</p> <p>GRAINS - 2 OUNCES</p> <p>FRUIT - 1 CUP</p> <p>VEGETABLE - 1 CUP</p> <p>DAIRY - 1 CUP</p>	<p>OUR SERVINGS OF</p> <p>FRUIT & VEGETABLES</p> <p>ARE 4 OUNCES</p> <p>YOU MAY CHOOSE</p> <p>TWO EACH TO</p> <p>MAKE A SERVING</p>
<p>PROTEIN & GRAINS</p> <p>FRUITS</p> <p>VEGETABLES</p> <p>DAIRY</p>	<p>GOOD CHOICES</p> <p>MAKES</p> <p>A</p> <p>FULL MEAL</p>

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