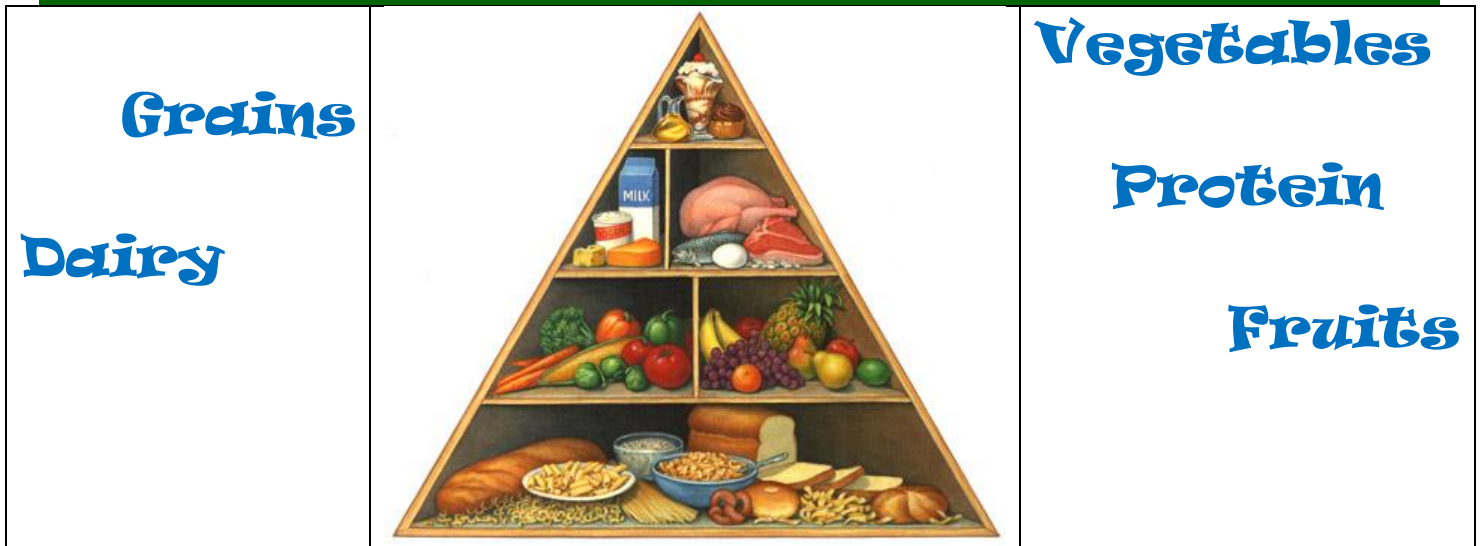


# Let's Build a Nutritious Lunch



## MAKE SMART CHOICES

<p><b>GRADES K - 5</b></p> <p><b>CHOICES</b></p> <p><b>PROTEIN - 2 OUNCES</b></p> <p><b>GRAINS - 2 OUNCES</b></p> <p><b>FRUIT - 1/2 CUP</b></p> <p><b>VEGETABLE - 1/2 CUP</b></p> <p><b>DAIRY - 1 CUP</b></p>	<p><b>GRADES 6 - 8</b></p> <p><b>CHOICES</b></p> <p><b>PROTEIN - 2 OUNCES</b></p> <p><b>GRAINS - 2 OUNCES</b></p> <p><b>FRUIT - 1/2 CUP</b></p> <p><b>VEGETABLE - 1/2 CUP</b></p> <p><b>DAIRY - 1 CUP</b></p>
<p style="text-align: center;"><b>PROTEIN &amp; GRAINS</b></p> <p style="text-align: center;"><b>FRUITS</b></p> <p style="text-align: center;"><b>VEGETABLES</b></p> <p style="text-align: center;"><b>DAIRY</b></p>	<p><b>GOOD CHOICES</b></p> <p><b>MAKES</b></p> <p><b>A</b></p> <p><b>FULL MEAL</b></p>

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