

CREATE YOUR *School Lunch*



**1-2
PROTEINS**



**1-2
GRAINS**



**1-2
FRUITS**



**1-2
VEGETABLES**



**1
MILK**



**SELECT AT LEAST
3 OPTIONS**



**1 CHOICE MUST
BE A **FRUIT** OR
VEGETABLE**



**THE REST IS
UP TO YOU!**
(BUT ASK FOR HELP IF NEEDED)