Build a Healthy Lunch

Select 3 or 4 or 5 Components

1. Start with Veggies

Select up to 2 servings
(Fresh &/or Cooked)

2. Next add Fruit Select up to 2 servings (Fresh, frozen, canned, dry)

3. Then choose Meat

4. & Whole Grains

5. Add YOUR Favorite Milk

At least 1 food must be a

½ cup Vegetable or a ½ cup Fruit

Grades 9 - 12

Carol H Gilbert Consulting