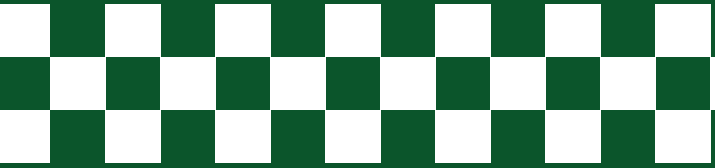


Build Your Tray The Healthy Way!



Choose at least

3
ITEMS

1 must be a fruit or a veggie.

Please take at least 1/2 cup.



Start with a:

- VEGETABLE

or

- FRUIT

Better yet, choose both!



- Choose Whole Grains

- Pick a Meat/ Meat Alternative

- Add a Serving of Milk