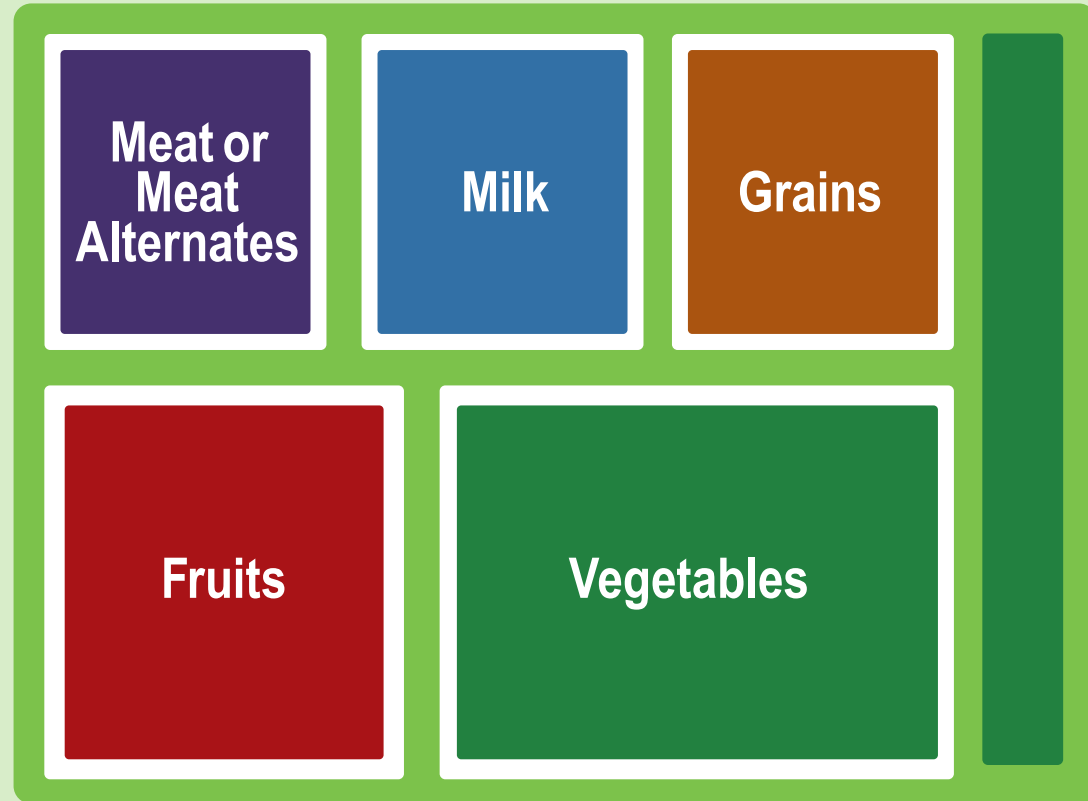


Today's Menu



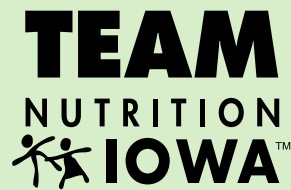
Meat or Meat Alternates

Grains

Vegetables

Fruits

Milk



Choose 3 or more food groups,
take at least 1/2 cup fruit or vegetable!