

Create your meal from at least 3 of the following 5:

Protein, which makes you grow strong



1. Meat *or* meat alternate
2. Milk (skim, 1% white, or fat-free chocolate or strawberry)

Carbohydrates, which give you energy



3. Bread *or* grain
4. Fruit
5. Vegetable

A healthy meal should include a fruit and vegetable. Therefore, a la carte pricing will be charged if your meal DOES NOT include a 1/2 cup of fruit *or* vegetable.

