## BUILD YOUR PLATE THE HEALTHY WAY



## What Comes With My Lunch?

To receive the Meal Price, you must select at least 3 of the 5 Food Components listed above.

At least 1 of your selections must be a fruit or a vegetable component in order to receive the meal price. Take a Trip to the Farm Stand!

The Farm Stand comes with each meal offered and includes vegetables from 5 specific sub groups each week (Dark green, Red/Orange, Beans/Peas, Starchy, Other).

Everyone is encouraged to take all the items that make up a balanced meal.
To be considered a meal it must contain a minimum $\frac{1}{2}$ cup serving of fruit or vegetable.

