Select 3 or 4 Items from the 3 components

Component 1
Fruit (and optional vegetables)

Component 2
Milk

Component 3
Grains
(and optional meat/meat alternate)

Choose at least 3 items including:
½ cup of fruit or vegetable
For best nutrition, choose all 4 items

Note: Some grain components are more than 1 item

This institution is an equal opportunity provider.