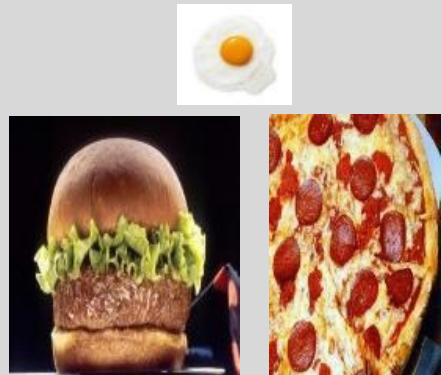



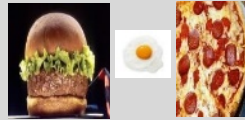













Offer Versus Serve

Each School Lunch Offers You....

<p>Meat or Meat Alternates</p> 	<p>Grains</p> 	<p>Fruits</p> 	<p>Vegetables</p> 	<p>Milk</p> 
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You choose, but must include a fruit or vegetable.

<p>1 Meat or Meat Alternates</p> 	<p>2 Grains</p> 	<p>1 Grains</p> 	<p>2 Fruits</p> 	<p>1 Fruits</p> 	<p>2 Vegetables</p> 	<p>3 Milk</p> 
<p>3 Fruits</p> 	<p>4 Vegetables</p> 	<p>5 Milk</p> 	<p>3 Vegetables</p> 	<p>4 Milk</p> 		

All 5 items or any 4 or any 3