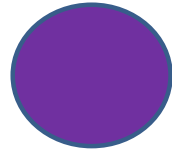


## Full Meal Deal

Select an Item from Each Color Category.  
Vegetables & Fruits may be up to 4 - 1/2 cup Servings.

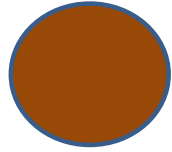
Grades 9 - 12



Entrée

Daily

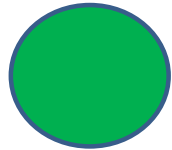
1 serving = (2 oz)



Bread / Grain

Daily

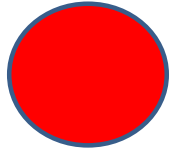
1 serving = (2 oz)



Vegetable

Daily

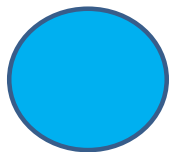
2 - 1/2 cup = 1 cup



Fruit

Daily

2 - 1/2 cup = 1 cup



Milk \*

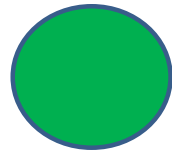
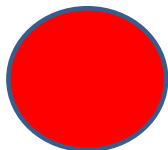
Daily

8 oz. = 1 fluid cup

\* Milk may be 1% White or Fat Free White, all flavored milks must be Fat Free.

## Lighter Meal Deal

From the above items, take 3 out of the 5 items.



1 item must be vegetable or fruit.