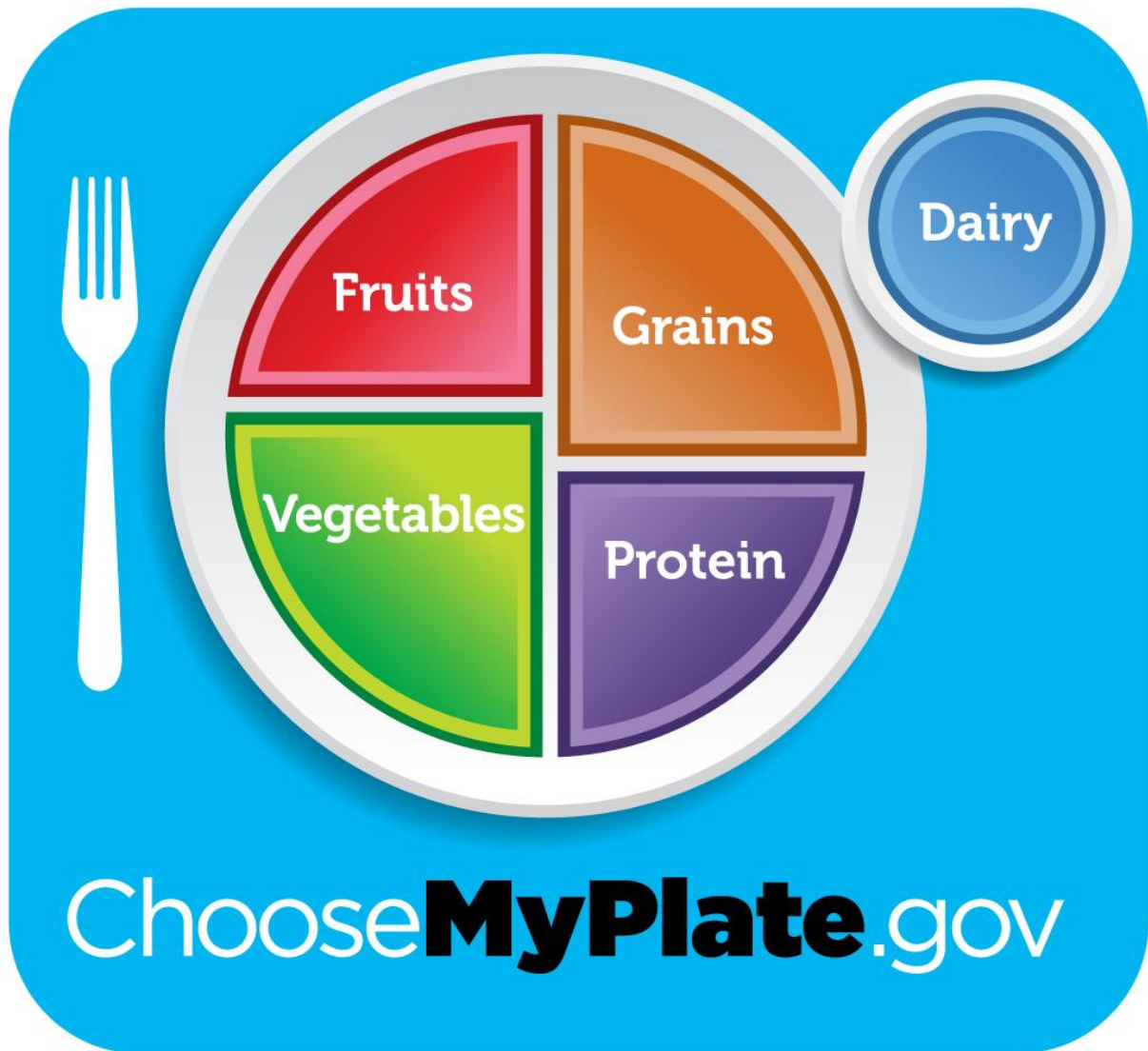


# BUILD YOUR PLATE THE HEALTHY WAY



## 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.

"This institution is an equal opportunity provider."



**POMPTONIAN**  
FOOD SERVICE