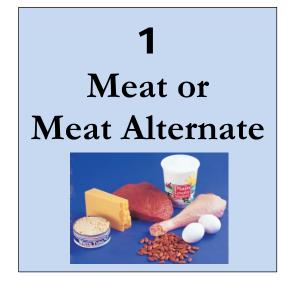
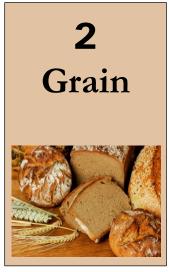
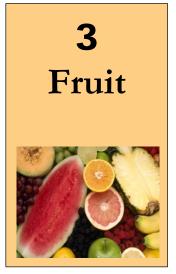
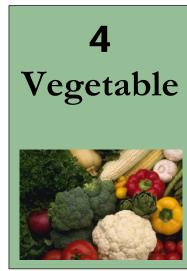
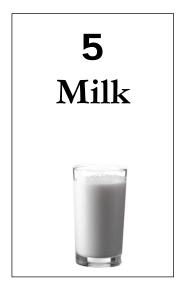
The 5 Meal Components for School Lunch











You choose at least 3 including

- ½ cup of fruit or vegetable
- at least two other full components

For best nutrition, choose all 5!

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