



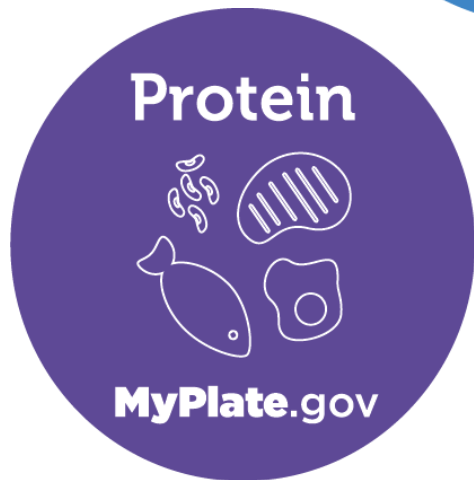
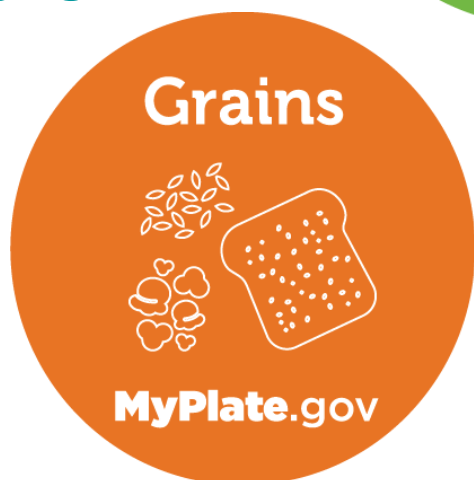
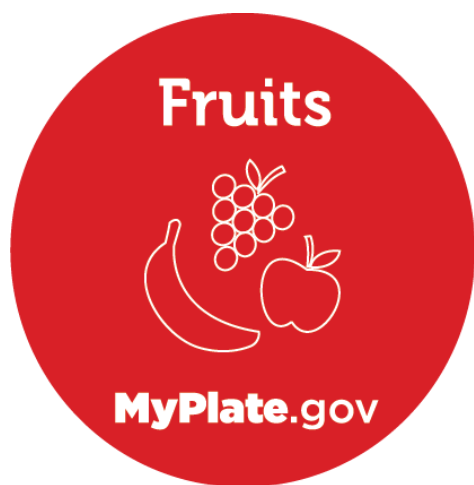
## BUILD A NO COST BREAKFAST MEAL

Choose at least 3 items  
or choose all 5!



## ITEMS NOT INCLUDED IN A NO COST MEAL

These items are available  
for purchase.



**STEP 1:**  
Choose  
1/2 cup  
of fruit



**STEP 2:**  
Choose at  
least 2 other  
food groups



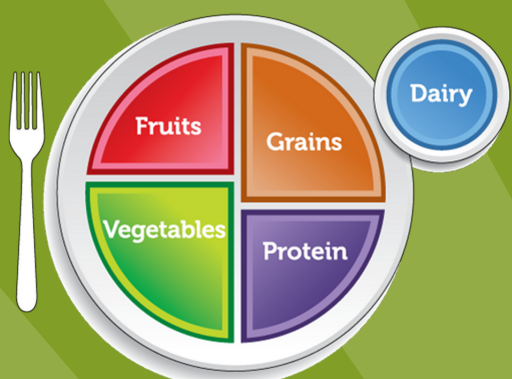
Vegetarian  
options are  
available



**SMART  
SNACKS  
cost extra**



**A LA CARTE  
items cost  
extra**



**ENERGIZE**

**FOCUS**

**ACHIEVE**

Start simple  
with MyPlate





## BUILD A NO COST LUNCH MEAL

#TEAMNUTRITION



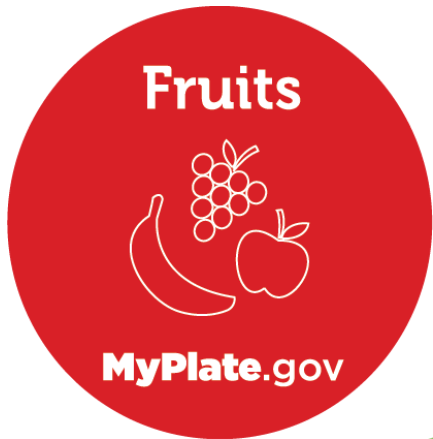
## ITEMS NOT INCLUDED IN A NO COST MEAL

These items are available for purchase.



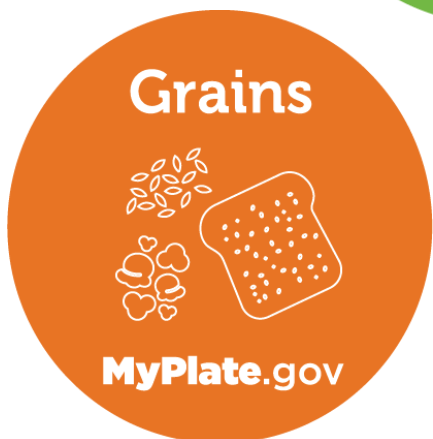
### STEP 2:

Choose at least 2 other food groups

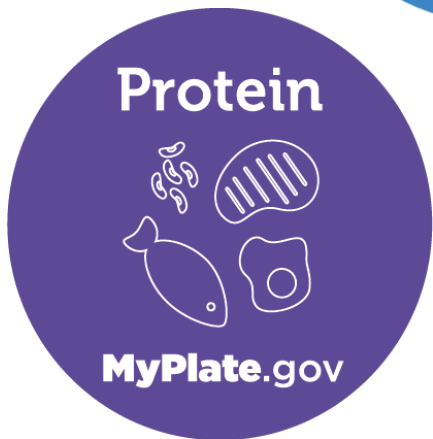


### STEP 1:

Choose 1/2 cup of fruit and/or vegetable



Vegetarian options are available



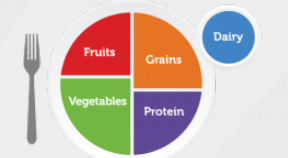
A LA CARTE items cost extra



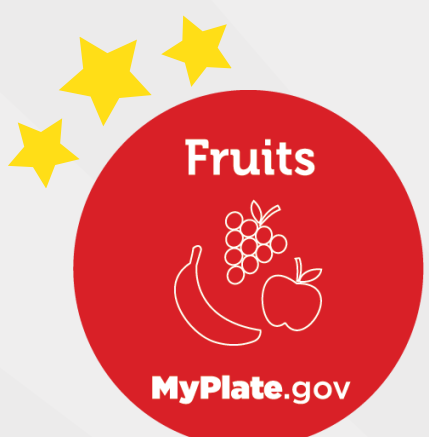
SMART SNACKS cost extra



## COLOR YOUR TRAY CHOOSE ALL 5 MEAL COMPONENTS!



Start simple with MyPlate

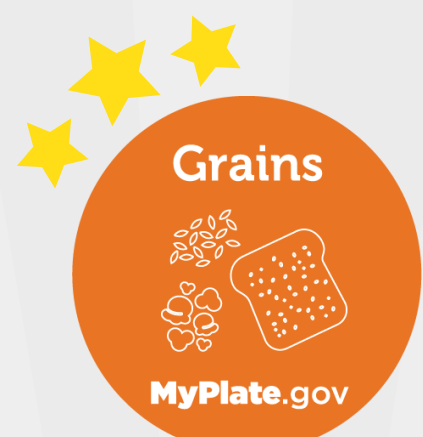


A FRUIT



A VEGGIE

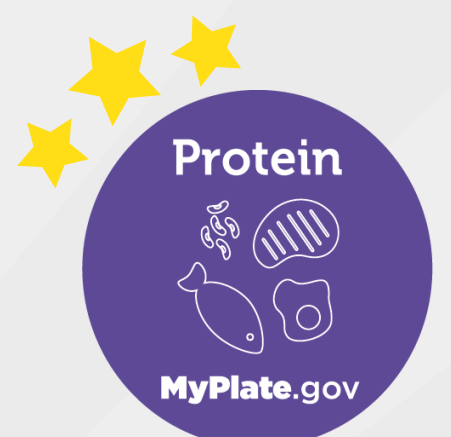
AND/OR



WHOLE GRAIN



A SERVING OF MILK



LEAN PROTEIN