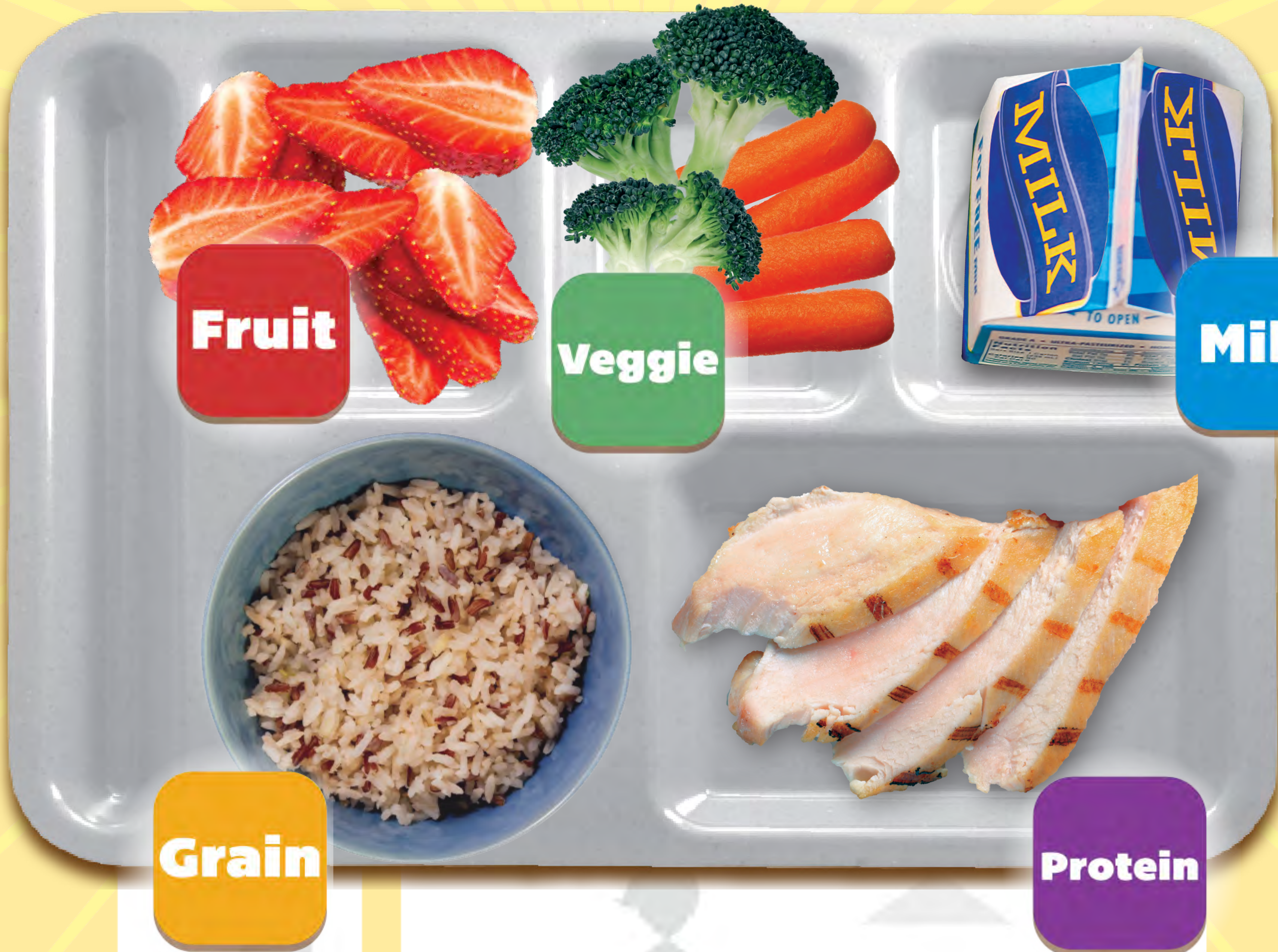




Color Your Lunch Tray!

Choose **3** or more food groups

Pick at least **1/2** cup fruit and/or vegetable



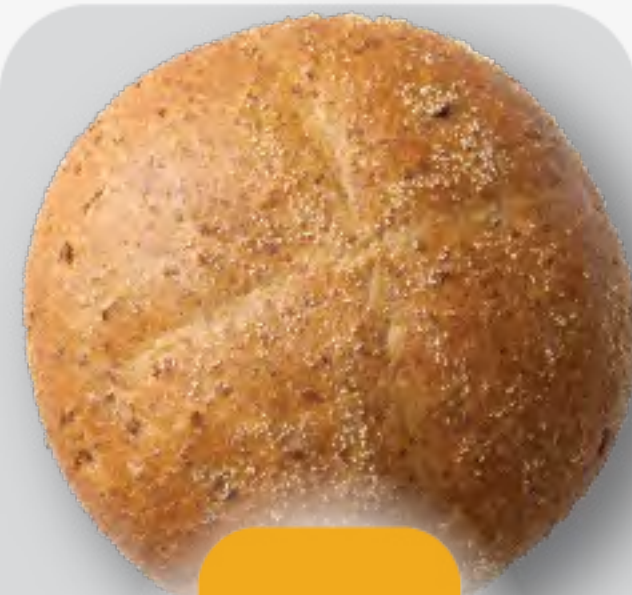
#5formaxflavor



5 food groups =
Maximum Flavor



Milk



Grain



Fruit



Veggie



Protein



Select at least 1/2 cup
fruit and/or vegetable



Choose at least
3 food groups



COLOR is FLAVOR

#5formaxflavor



Choose 3 or more
colorful food groups



Take at least 1/2 cup
fruit and/or vegetable

