



Build a Healthy Lunch!

ARIZONA DEPARTMENT OF EDUCATION

YOU Get to Pick (at least) 3!

Be sure to include *at least* ½ cup fruit, ½ cup vegetable, or ½ cup combination of the two.

The image shows a large rounded rectangle containing five food category boxes. On the left is a vertical box with a black fork icon. To its right are two rows of three boxes each. The top row contains: a box with a milk carton labeled "MILK", a box with a waffle, a round flatbread, and slices of bread labeled "Grain", and a box with french fries, salmon, and a burrito labeled "Meat/Meat Alternate". The bottom row contains: a box with broccoli, potatoes, a tomato, and bell peppers labeled "Vegetable", and a box with a banana, kiwi slices, watermelon, and blueberries labeled "Fruit".

Milk

Grain

Meat/Meat Alternate

Vegetable

Fruit