



Enjoy a Healthy Lunch!

ARIZONA DEPARTMENT OF EDUCATION

Select all five components to build a complete lunch!

Students must be served all 5 components in their minimum required amounts.

The image shows five categories of food components arranged in a grid within a large rounded rectangle. On the far left is a vertical panel containing a black silhouette of a fork. To its right are two rows of three panels each. The top row contains: 1) A carton of milk labeled "MILK". 2) Grain, represented by a whole wheat roll, a round flatbread, and two slices of white bread. 3) Meat/Meat Alternate, represented by fried chicken nuggets, a piece of salmon, and a hard-boiled egg. The bottom row contains: 1) Vegetable, represented by broccoli, a tomato, a yellow bell pepper, a purple bell pepper, and kidney beans. 2) Fruit, represented by a banana, kiwi slices, watermelon slices, and blueberries. Each panel has its category name written in bold black text at the bottom.