

What Does a **Full** Lunch Tray Look Like?

1 Milk:

Milk contains calcium and vitamin D, which help to build strong bones and teeth. **Milk** helps to build your bones while you are growing, which is especially important for kids and teens from elementary school all the way through high school!

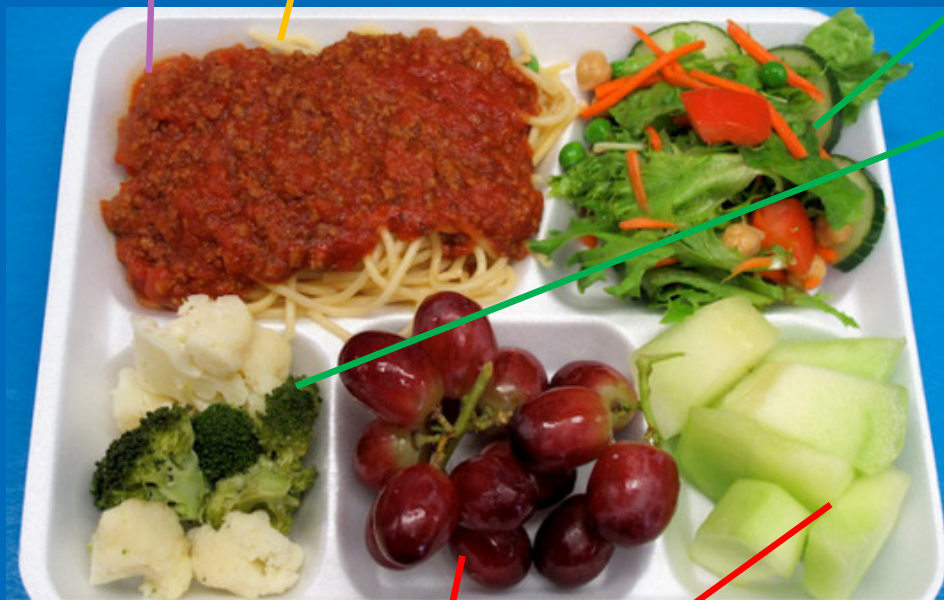


1 Entrée:

Entrees include **Protein** and **Grains**. **Protein** helps to build muscle, your skin and your blood! The combination of **Protein** and **Grains** keeps you fuller longer. All **Grains** in your school lunch are **Whole Grains**; **Whole Grains** are more nutritious and are always the better option!

Up to 2 Vegetable Sides:

Hot or cold, **Vegetables** are a great addition to any lunch! **Vegetables** are low in calories and high in fiber. Foods high in fiber keep you fuller longer, as well as keeping your digestive tract healthy! **Vegetables** contain important vitamins and minerals that help your body fight off diseases by strengthening your immune system.



Up to 2 Fruit Sides,

only 1 fruit choice can be a juice:

Fruit contains important nutrients such as, potassium, fiber, vitamin C, folate, and many more! Eating **Fruit** can help protect against some cancers, heart disease, obesity and type 2 diabetes!



Metz
CULINARY MANAGEMENT