

Full Meal Deal

Select an Item from Each Color Category.

Grades 6 - 8



Entrée

Daily

1 serving = (1 oz)



Bread / Grain

Daily

1 serving = (1 oz)



Vegetable

Daily

3/4 cup



Fruit

Daily

1/2 cup



Milk *

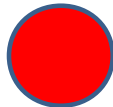
Daily

8 oz. = 1 fluid cup

* Milk may be 1% White or Fat Free White, all flavored milks must be Fat Free.

Lighter Meal Deal

From the above items, take 3 out of the 5 items.



1 item must be vegetable or fruit.