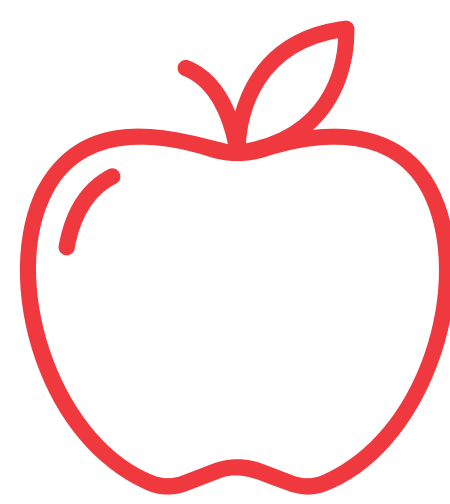


Take Five

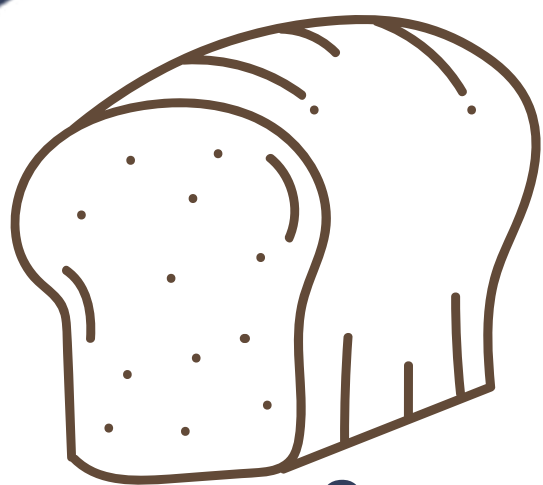
for a healthy lunch!



Veggies



Fruit



Grains



Protein



Milk

Take between 3 to 5 components
including a $\frac{1}{2}$ cup of fruit or veggies.