

choose at least
3 food groups

MILK

GRAIN

FRUIT

PROTEIN

VEGGIE

fill up with all five!

my lunch
vibe...

**GOOD
FOOD
GOOD
MOOD**

MILK

FRUIT

GRAIN

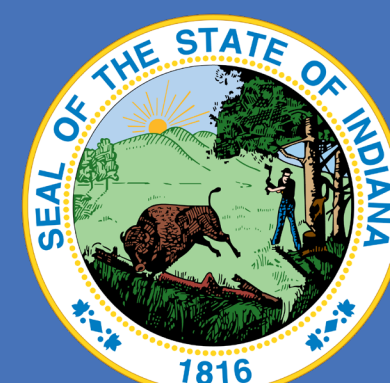
select at least 1/2 cup fruit and/
or vegetable to make it a meal

PROTEIN

VEGGIE



AMERICAN DAIRY
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Winners Drink Milk®



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