## Today’s Menu

- **Meat or Meat Alternates**
- **Fluid Milk**
- **Grains**
- **Fruits**
- **Vegetables**

Choose at least 3 colors. Make sure to take a fruit or vegetable to make a lunch!

### Fruit Choices

### Vegetables Choices

### Meat or Meat Alternate Choices

### Grain Choices

### Fluid Milk Choices

Other choices that are part of the meal today: