BUILD A HEALTHY LUNCH-SALAD BAR

MEAT/MEAT ALTERNATES

Cheese-cheddar / mozzarella

Cottage Cheese

Turkey, Ham, Chicken

Eggs, Yogurt, Tuna

FLUID MILK

1%, Skim White

Skim Choc

Skim Strawberry

GRAINS-VARIETY DAILY

Crackers, Croutons, & Rolls

Pretzel, WG Chips, WG Tortilla Shell

WG Desserts-Occasionally

FRUITS-FRESH VARIETY DAILY

Banana, Grapes, Oranges, & Pears Apples, Melon, & Strawberries

FRUITS-VARIETY DAILY (canned)

Applesauce Mixed Fruit
Mand. Oranges Peaches
Pears Pineapple

VEGETABLES-VARIETY DAILY

Romaine Lettuce, Mixed Lettuce, Spinach Broccoli, Carrots, Cauliflower, & Cucumbers

Onions, Radishes, Tomatoes, Beans

Black Olives & Jalepenos Red & Green Peppers

Dressings

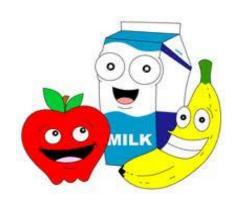
Ranch-low fat

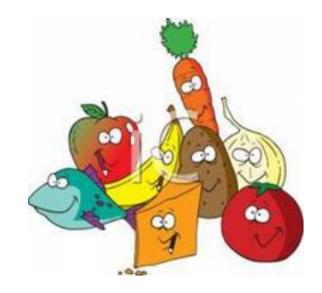
Raspberry Ving.

French

Dorothy Lynch Italian-low fat

[&]quot;This institution is an equal opportunity provider."





CHOOSE AT LEAST 3 DIFFERENT COLORED FOOD GROUPS
*****AT LEAST ONE BEING A FRUIT OR VEGETABLE*****