

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

CHOOSE AT LEAST 3 DIFFERENT COLORED FOOD GROUPS

***** AT LEAST ONE BEING A FRUIT OR VEGETABLE *****

Dressings

Ranch-low fat Raspberry Ving.
 French
 Dorothy Lynch
 Italian-low fat



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