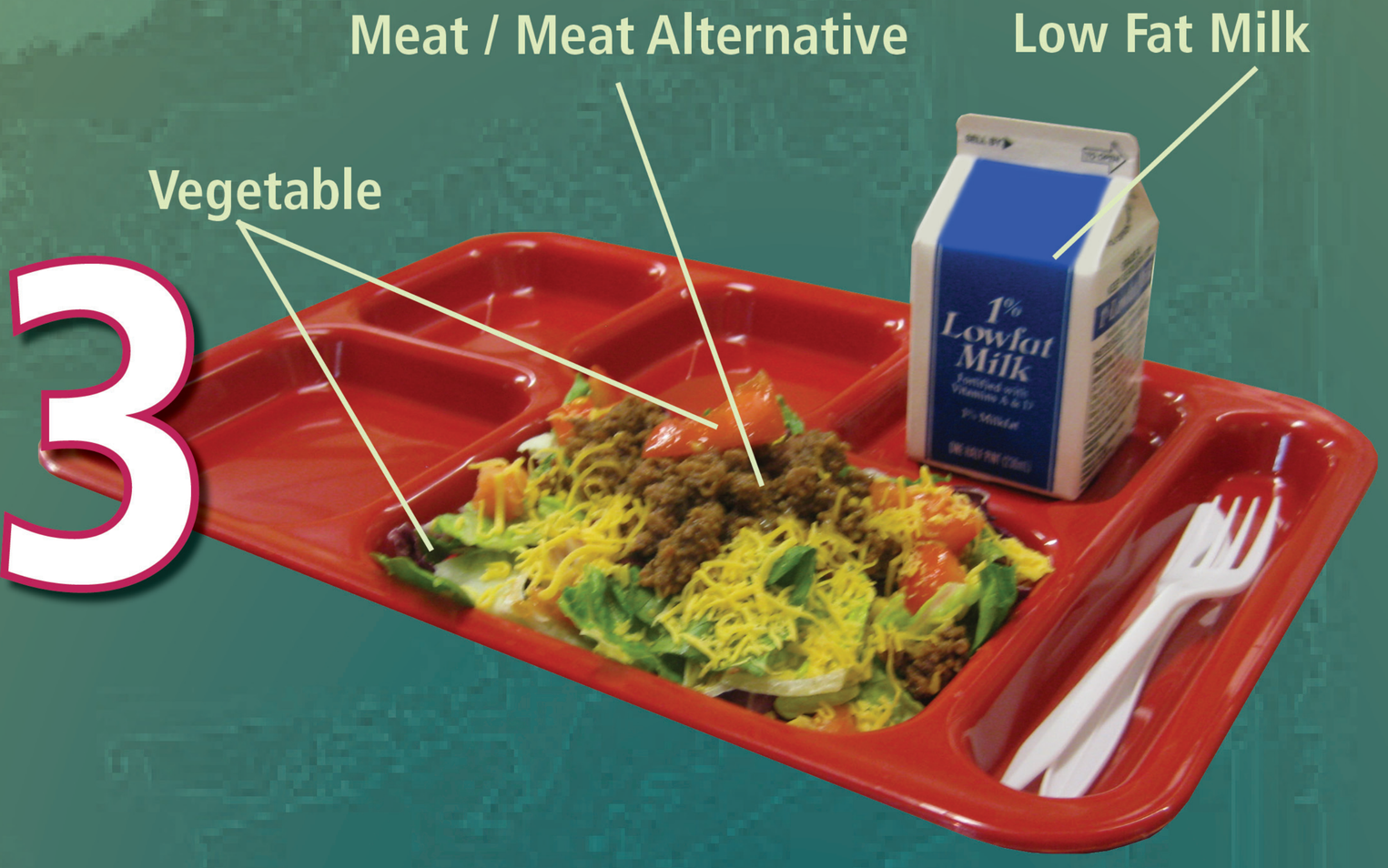
HOW TO CHOOSE A BALANCED MEAL:

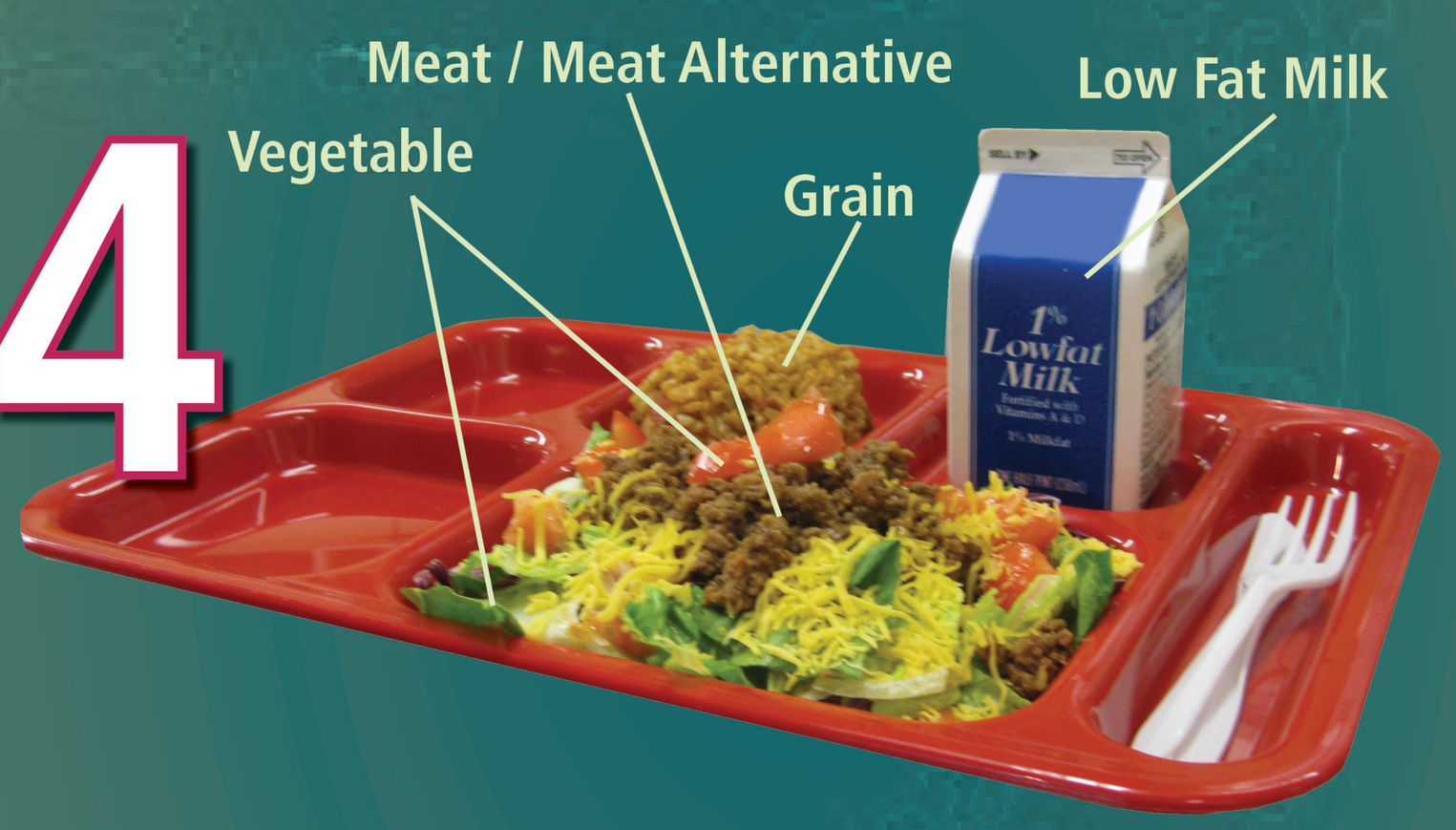
ALWAYS CHOOSE A FRUIT OR VEGETABLE!

CHOOSE 3 COMPONENTS



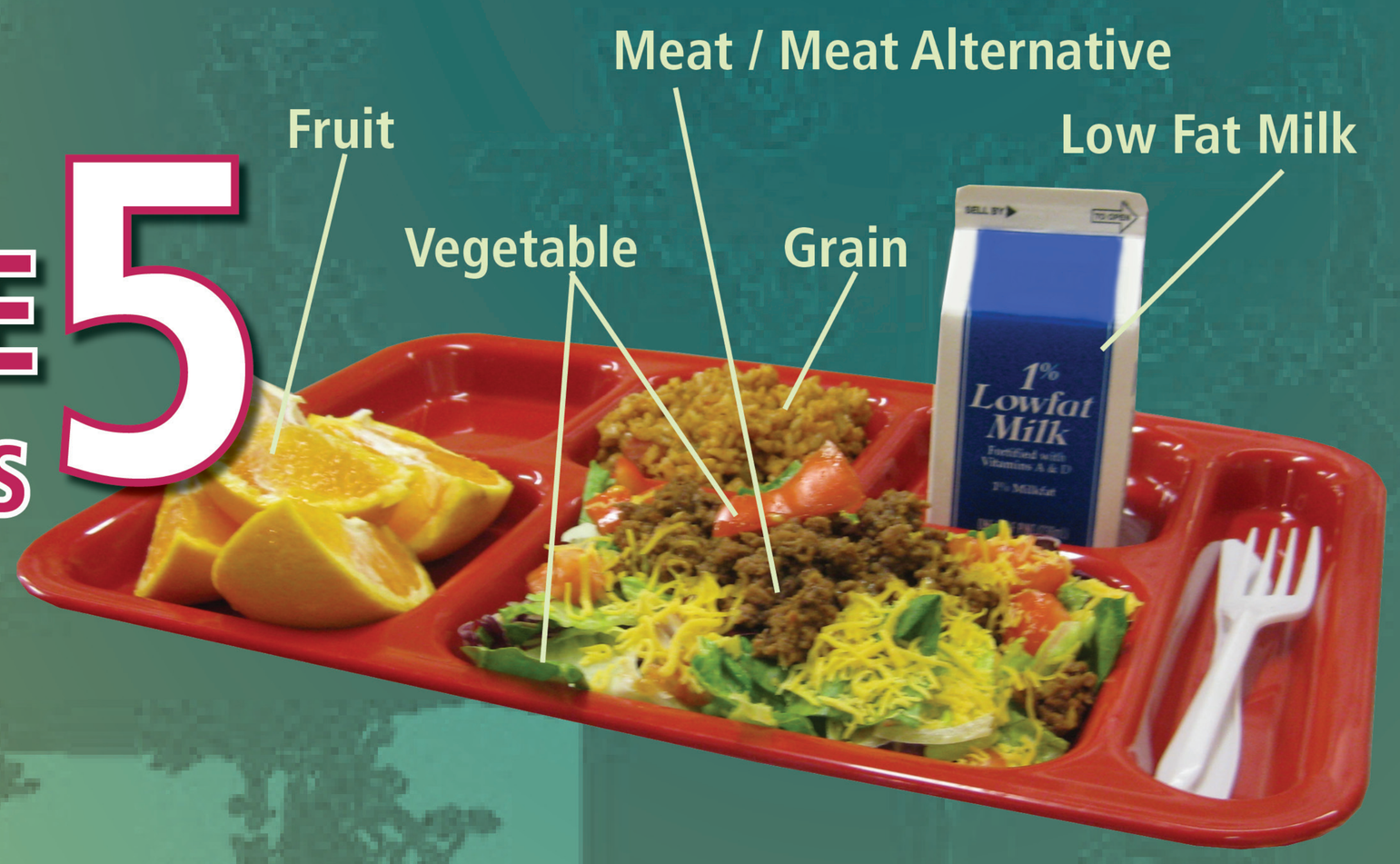
OR

CHOOSE 4 COMPONENTS



OR

CHOOSE 5 COMPONENTS



Child Nutrition Program Administration • The State Education Department
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