

# The Full-Value Lunch Meal



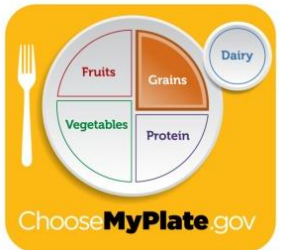
**Meat, meat alternate or main dish**  
(Main dishes include a meat and bread/grain)



**Vegetables**  
1 or more of your choice



**Fruits**  
1 or more of your choice



**Bread or grain**  
1 item



**Fat-free or low-fat milk**  
 $\frac{1}{2}$  pint

**Offer versus Serve: THE CHOICE IS YOURS!**

**You may select all 5 items,  
or any 2 + a fruit or vegetable.**