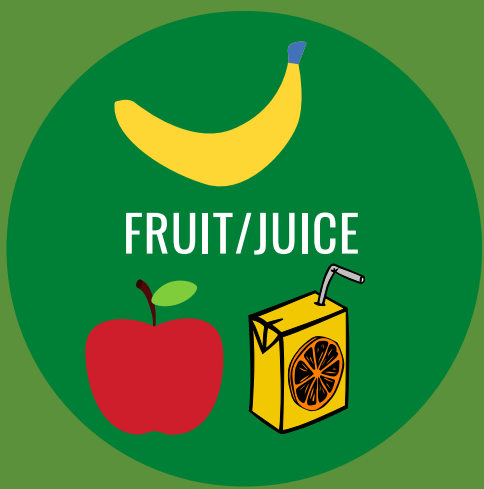# DON'T 4 GET?

To make a lunch, choose at least one

FRUIT/JUICE

or

VEGGIE

GRAINS

MILK

PROTEIN

FRUIT/JUICE

and 3-5 items total

VEGGIE