



Build your tray the healthy way!

take 3 at least food groups!

- Start with a:
- Vegetable or
  - Fruit
- Better yet, choose both!*
- Whole grain food
  - Lean protein
  - Serving of dairy

1 GREAT TRAY for the best school day!

### 1 GREAT TRAY



### Veggies

Veggies do great things for your body! Choose dark green, orange, and red.

make 1/2 your tray veggies & fruits

### Fruits

Add color to your tray the easy way — choose fruit! • Fresh • Frozen • Canned • Dried • 100% juice

### Grains

Whole grains have long-lasting energy. What's whole grain on your tray today? • Brown rice • Tortilla • Pasta • Pizza crust • Bagel

### Dairy

Choose: • Fat-free (skim) • Low-fat (1%) or • Fat-free flavored milk

### Protein

Protein helps build & repair muscles. Choose any of these: • Fish • Chicken • Lean beef or hamburger • Beans • Nuts • Eggs