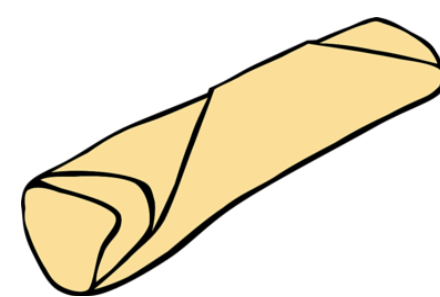
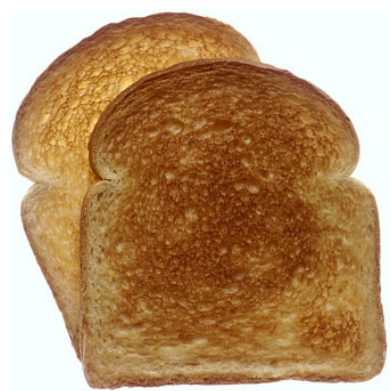


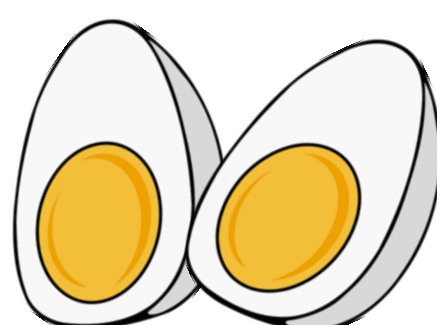


Build a healthy lunch box by choosing 1-2 serves from each group

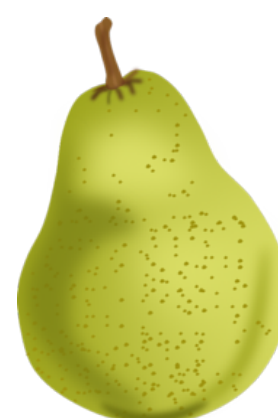
Grains



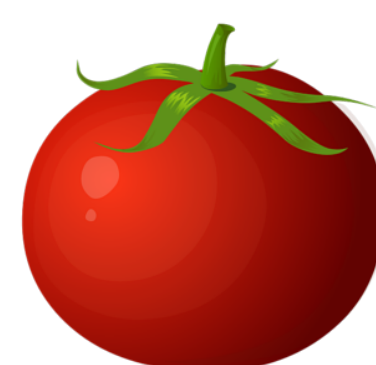
Protein



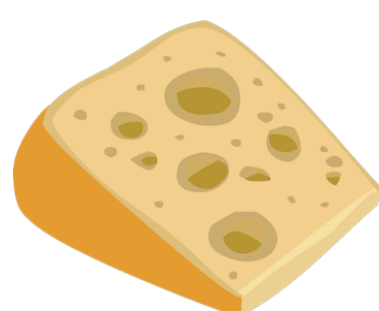
Fruit



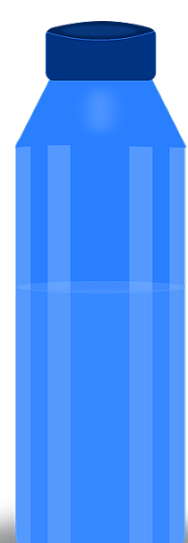
Veggies



Dairy

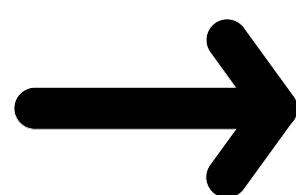
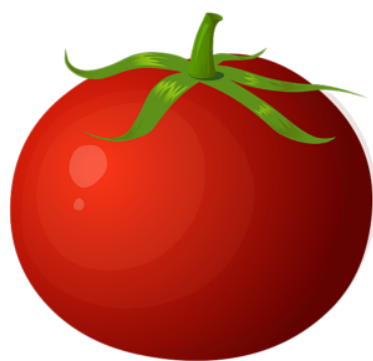
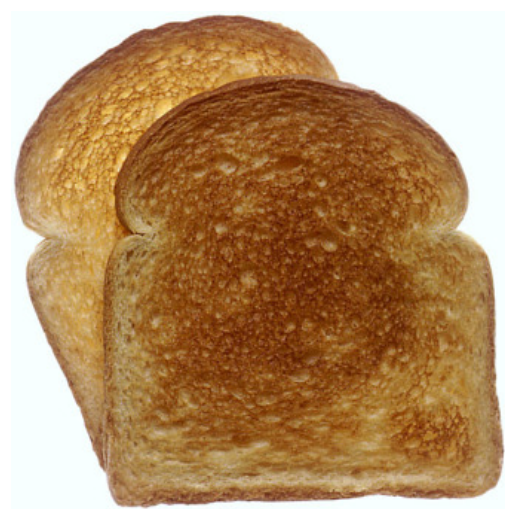


Water

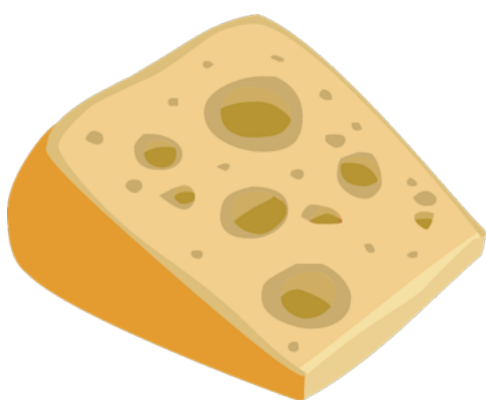


Here's a healthy lunch box...

Lunch



+ Snacks



+ Water



Don't include:

