

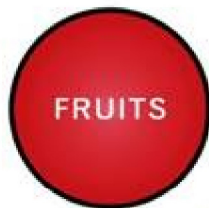
# What Makes a Lunch?

*Requirement:*

**Select 3-5 Components\***

Must select 3-5 components to meet  
\*USDA National School Lunch Requirements

each color dot below represents a meal component



\*1 component needs to be a



**OR**



\*Visit [www.usda.gov](http://www.usda.gov)