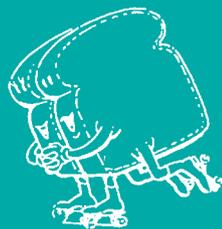




What's in a Meal?



A Resource Manual for Providing Nutritious Meals
in the Child and Adult Care Food Program

USDA's Dietary Guidance Working Group and DHHS's Committee on Dietary Guidance have approved What's in a Meal? as consistent with the Dietary Guidelines for Americans.



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