

# Discover MyPlate

*Pick all 5 for a Super Healthy Lunch!*

Meat/  
Meat  
Alternate



Grain



Vegetable



Fruit



Milk



*Pick 3 or 4 for a Healthy Lunch!*

*Include (at least) 1/2 cup **Fruit**, 1/2 cup **Vegetable**, or 1/2 cup **Combo**.*