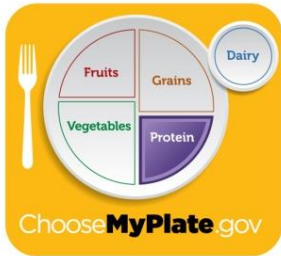


The Full-Value Lunch Meal



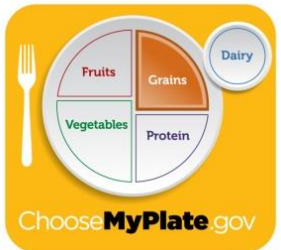
Meat, meat alternate or main dish
(Main dishes include a meat and bread/grain)



Vegetables
1 or more of your choice



Fruits
1 or more of your choice



Bread or grain
1 item



Fat-free or low-fat milk
 $\frac{1}{2}$ pint

Offer versus Serve: THE CHOICE IS YOURS!

**You may select all 5 items,
or any 2 + a fruit or vegetable.**