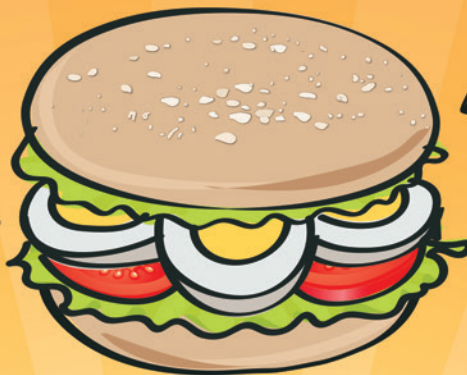


PROTEIN →
Pick a lean protein



← **GRAIN**
Choose a whole grain



↑ **MILK**
Add a serving of milk

Pick
at least **3**



↑ **FRUIT**
&
VEGGIES

← Must take a serving of fruit or veggies



Energize with a **PROTEIN-PACKED**

LUNCH

Pick 5
for best nutrition!

DID YOU KNOW? Eggs are jam-packed with protein & important vitamins & minerals that help you build muscle and feel strong!

Tip Choose servings from at least 3 groups to qualify as a combo meal.



incredible!