

# A FULL TRAY FUELS YOUR DAY!

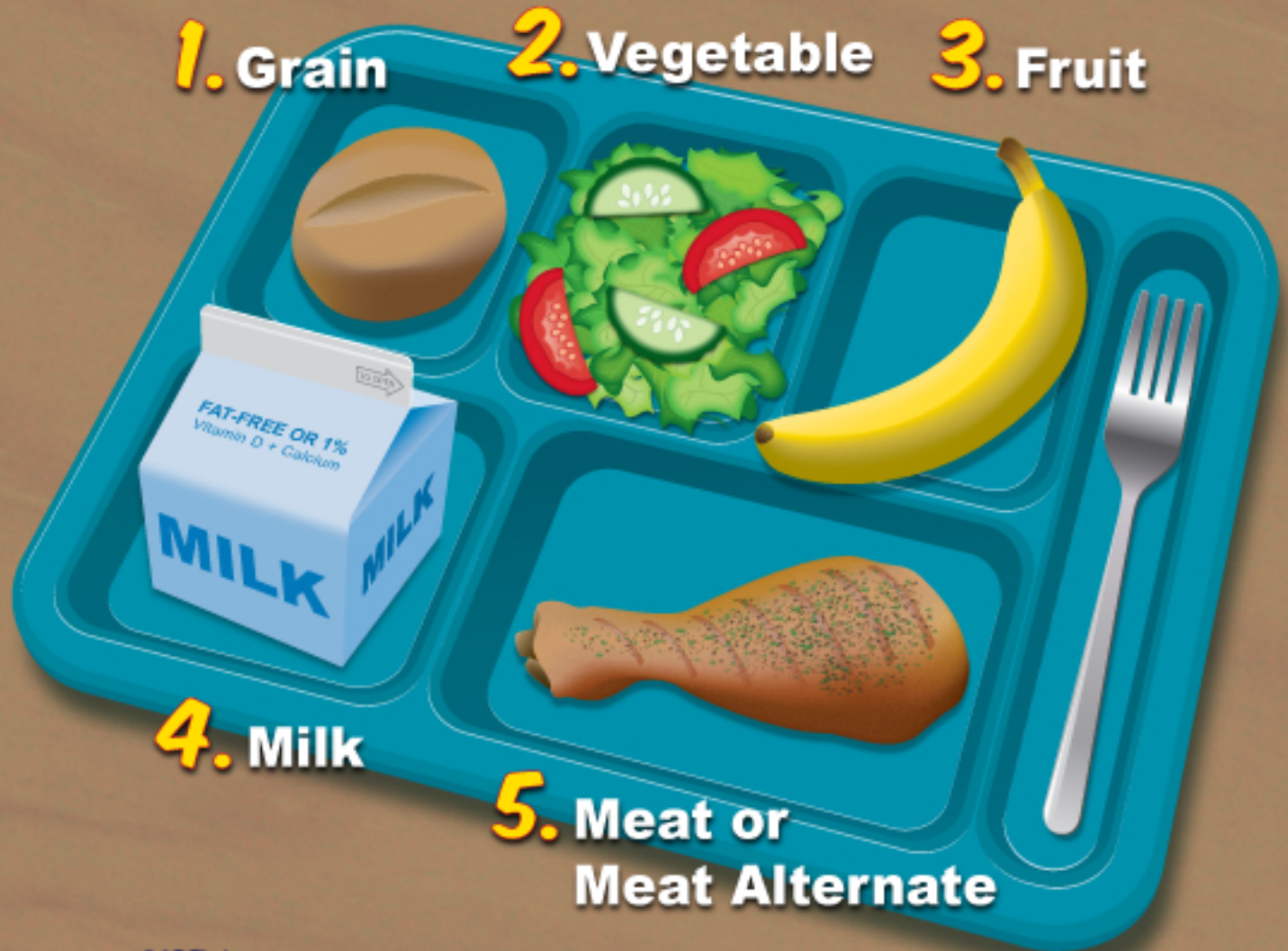
# 5

**FOR BEST  
NUTRITION,  
CHOOSE  
ALL 5!**

**1. Grain**

**2. Vegetable**

**3. Fruit**



**4. Milk**

**5. Meat or  
Meat Alternate**



The State of Connecticut  
Department of Education  
is an affirmative action/  
equal opportunity employer.

**Meal Components**



USDA is an equal opportunity  
provider and employer.