

# A FULL TRAY **WILL FUEL YOUR DAY!**

Choose all 5 food components below for the best nutrition.

You will feel more energetic & more focused in school!

**Remember:**  
**TAKE AT LEAST**

**2** full food  
components  
**PLUS**

**1/2** cup of  
**FRUIT**  
or **VEGGIE**  
**FOR YOUR MEAL!**

