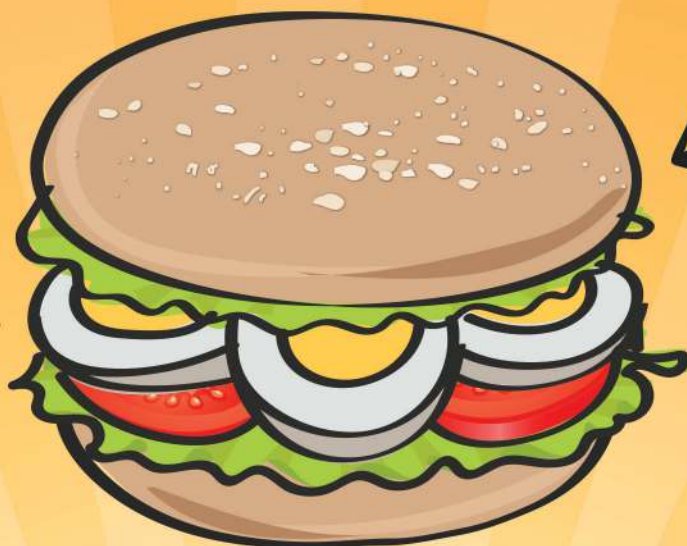


PROTEIN
Pick a lean protein



GRAIN
Choose a whole grain

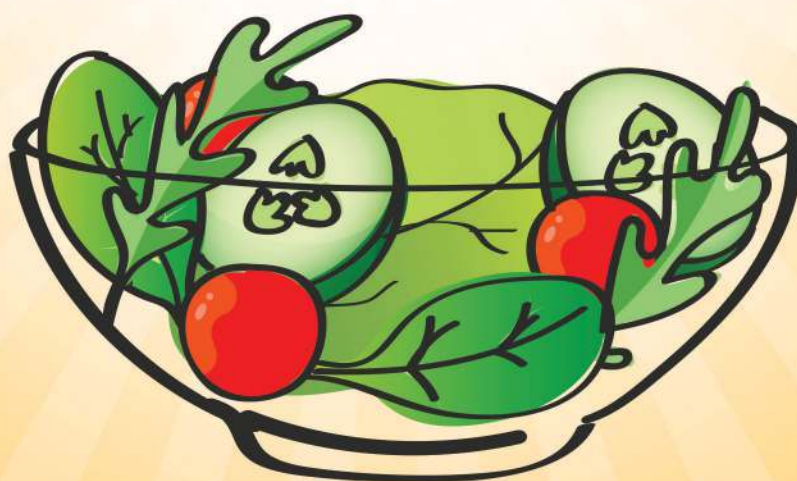


MILK
Add a serving of milk

Pick **3**
at least



FRUIT & VEGGIES
Must take a serving of fruit or veggies



Pick **5**
for best nutrition!

Energize with a **PROTEIN-PACKED**

LUNCH

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.

