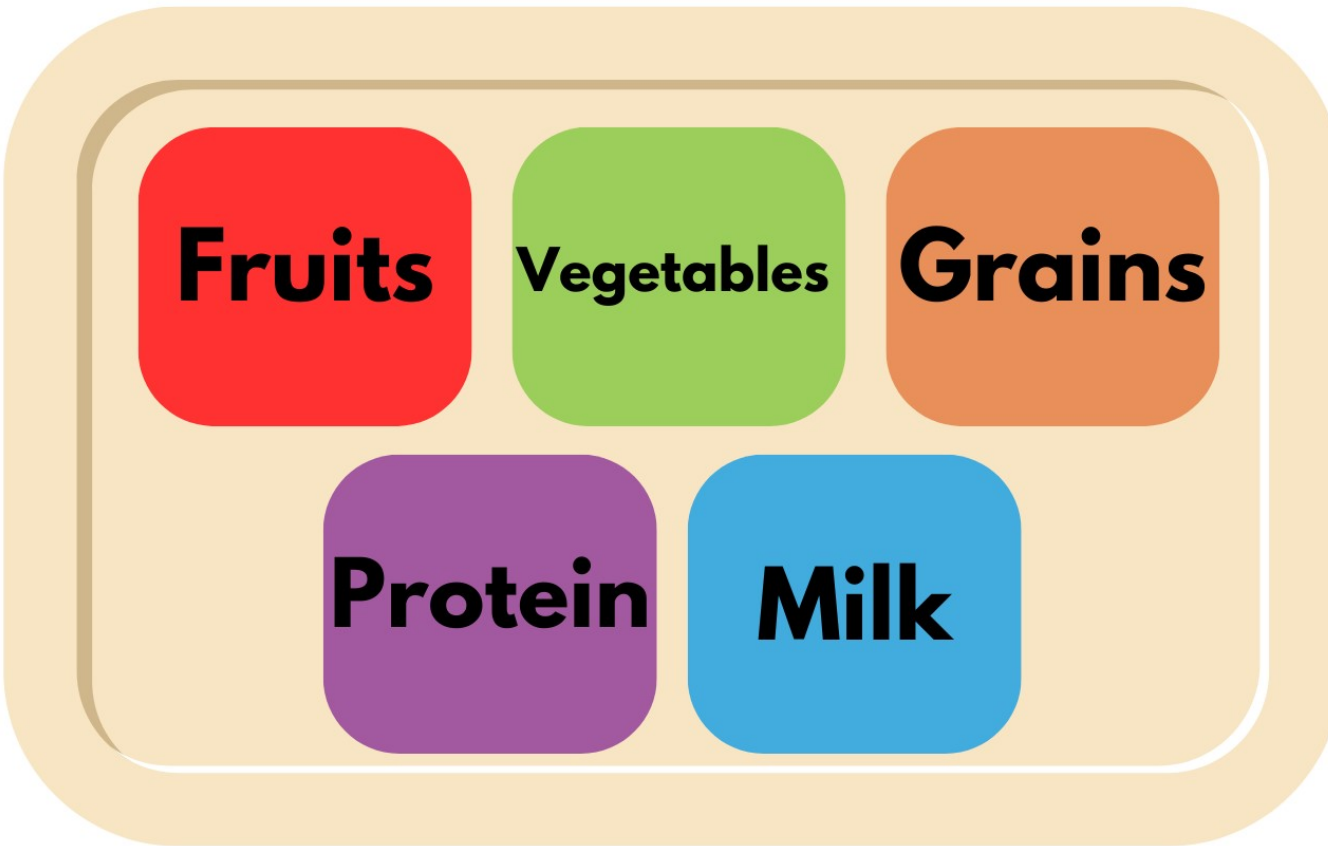


# USDA School Lunch Program

## Fuel your afternoon with a balanced lunch!







Choose 3 different food groups, ensuring you include at least **1/2 cup of fruits or vegetables.**

### What makes a smart choice?

Choose:  

- **1/2 cup (or more) of Fruits or Vegetables**

Add **2 servings of:**

- **Whole grains** 
- **Milk** 
- **Meat or meat alternative**  



Child Nutrition  
Maine Department of Education