

# BUILD A HEALTHY LUNCH-SALAD BAR

## MEAT/MEAT ALTERNATES

Cheese-cheddar / mozzarella  
 Cottage Cheese  
 Turkey, Ham, Chicken  
 Eggs, Yogurt, Tuna

## FLUID MILK

1%, Skim White  
 Skim Choc  
 Skim Strawberry

## GRAINS-VARIETY DAILY

Crackers, Croutons, & Rolls  
 Pretzel, WG Chips, WG Tortilla Shell  
 WG Desserts-Occasionally

## FRUITS-FRESH VARIETY DAILY

Banana, Grapes, Oranges, & Pears  
 Apples, Melon, & Strawberries

## FRUITS-VARIETY DAILY (canned)

Applesauce	Mixed Fruit
Mand. Oranges	Peaches
Pears	Pineapple

## VEGETABLES-VARIETY DAILY

Romaine Lettuce, Mixed Lettuce, Spinach  
 Broccoli, Carrots, Cauliflower, & Cucumbers  
 Onions, Radishes, Tomatoes, Beans  
 Black Olives & Jalepenos  
 Red & Green Peppers

## CHOOSE AT LEAST 3 DIFFERENT COLORED FOOD GROUPS

\*\*\*\*\* AT LEAST ONE BEING A FRUIT OR VEGETABLE \*\*\*\*\*

## Dressings

Ranch-low fat                  Raspberry Ving.  
 French  
 Dorothy Lynch  
 Italian-low fat



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