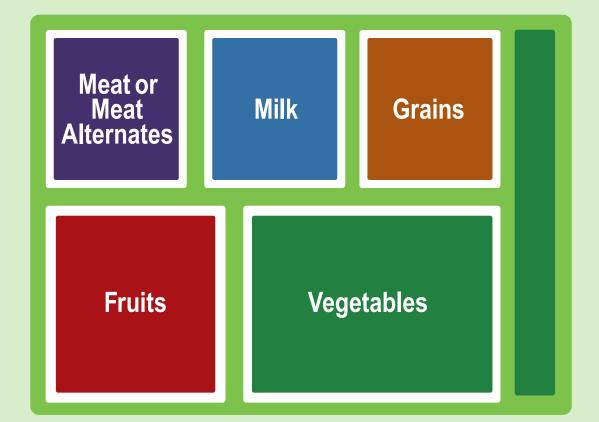
## Today's Menu

## **Meat or Meat Alternates**



Grains

**Vegetables** 

**Fruits** 

TEAM
NUTRITION
INVENTION

IOWA GROWN

Milk

Choose 3 or more food groups, take at least 1/2 cup fruit or vegetable!

The USDA is an equal opportunity provider and employer.