



**SANTA CRUZ**  
COUNTY OFFICE OF  
**EDUCATION**

# Build a Healthy Meal

TAKE YOUR CHOICE OF FRUIT  
AND VEGETABLE

MILK

MEAT/MEAT ALTERNATIVE

GRAINS

\*SELECT AT LEAST 3 COMPONENTS. A 1/2 CUP FRUIT OR  
VEGETABLE IS REQUIRED WITH BREAKFAST & LUNCH

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