

SFSP OFFER VERSUS SERVE

TODAY'S CHOICES

Grains _____ _____ _____ _____	Meat/Meat Alternate _____ _____ _____ _____	Milk _____ _____ _____ _____
Fruit _____ _____ _____ _____	Vegetables _____ _____ _____ _____	Notes _____ _____ _____ _____

Build a complete meal by selecting foods from at least 3 groups

