



How does *Mayfield* school lunch fit the guidelines of MyPlate?

*USDA is an equal opportunity provider

Wednesday Menu Example:

Make half of your plate **fruits** and **vegetables**!

- Baked Chicken Tenders- **Protein** (1-2oz serving)
- Steamed Broccoli- **Vegetable** (fresh or frozen)
- Cucumber Slices- **Vegetable**
- Mandarin Orange Slices- **Fruits**
- Garlic Breadstick- **Grains**
- Milk- **Low-fat or Nonfat Dairy**

***By choosing all lunch components, you get a complete meal that provides your body with what it needs to grow strong!**

