

## Build-a-Tray Design Poster

# How to Build-a-Lunch Tray



Match & Fill Your 5 Tray Sections  
With At Least 3 of the 5 Food Components  
Required on Your School Lunch Line

The NSLP (National School Lunch Program) Requires Offering 5 Food Components:  
Protein; Meat or Meat Alternate, Breads/Grains, 2 Servings of Vegetables and/or Fruit & Milk.  
Lunch Provides 1/3 Of The RDA (Recommended Daily Allowance)



### Protein

**Build Your Muscles**  
Beef, Pork,  
Chicken, Turkey,  
Fish, Eggs,  
Cheese, Yogurt  
Dried Beans, Nuts  
& Peanut Butter



### Breads & Grains

**Boost Your Energy**  
Whole Grains  
Breads, Rolls  
Cereals,  
Pasta, Rice,  
& Crackers



### Veggies

**Lots of Fiber-  
Helps Digestion**  
Broccoli, Corn, Peas,  
Lettuce, Celery,  
Green Beans,  
Carrots &  
Sweet Potatoes



### Fruit

**Keeps You  
Healthy**  
Apples, Oranges,  
Bananas, Grapes  
Pears, Strawberries,  
Pineapple & Melons



### Milk

**Build Strong  
Bones**  
Flavored Milk  
White Milk  
Low Fat Milk  
& Non Fat Milk