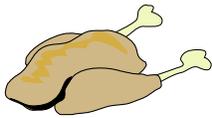


# Build Your Own Salad

*All Items pre-packaged for students to choose themselves*



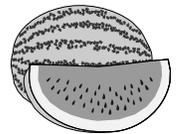
1. \_\_\_\_\_



1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_



1. \_\_\_\_\_

2. \_\_\_\_\_

2. \_\_\_\_\_

4. \_\_\_\_\_



1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

**Provide these pre-packaged items:**

- 1 cup greens
- 3-Protein choices 1 oz. each pre-portioned
- 4-Fruit choices  $\frac{1}{4}$  c. each package
- 4-Vegetable choices  $\frac{1}{4}$  c. each package

**Students may choose the following:**

- 1 cup greens
- 2 packages (1 oz. each) of protein (totaling 2 oz.)
- 4 packages (1/4 c. each pkg.) of any combination of vegetables and/or fruits (totaling 1 cup)

Adapted from: 5aday, School Foodservice Guide, Successful Implementation Model for Increased Fruit & Vegetable Consumption. Produce for Better Health Foundation, 2005.