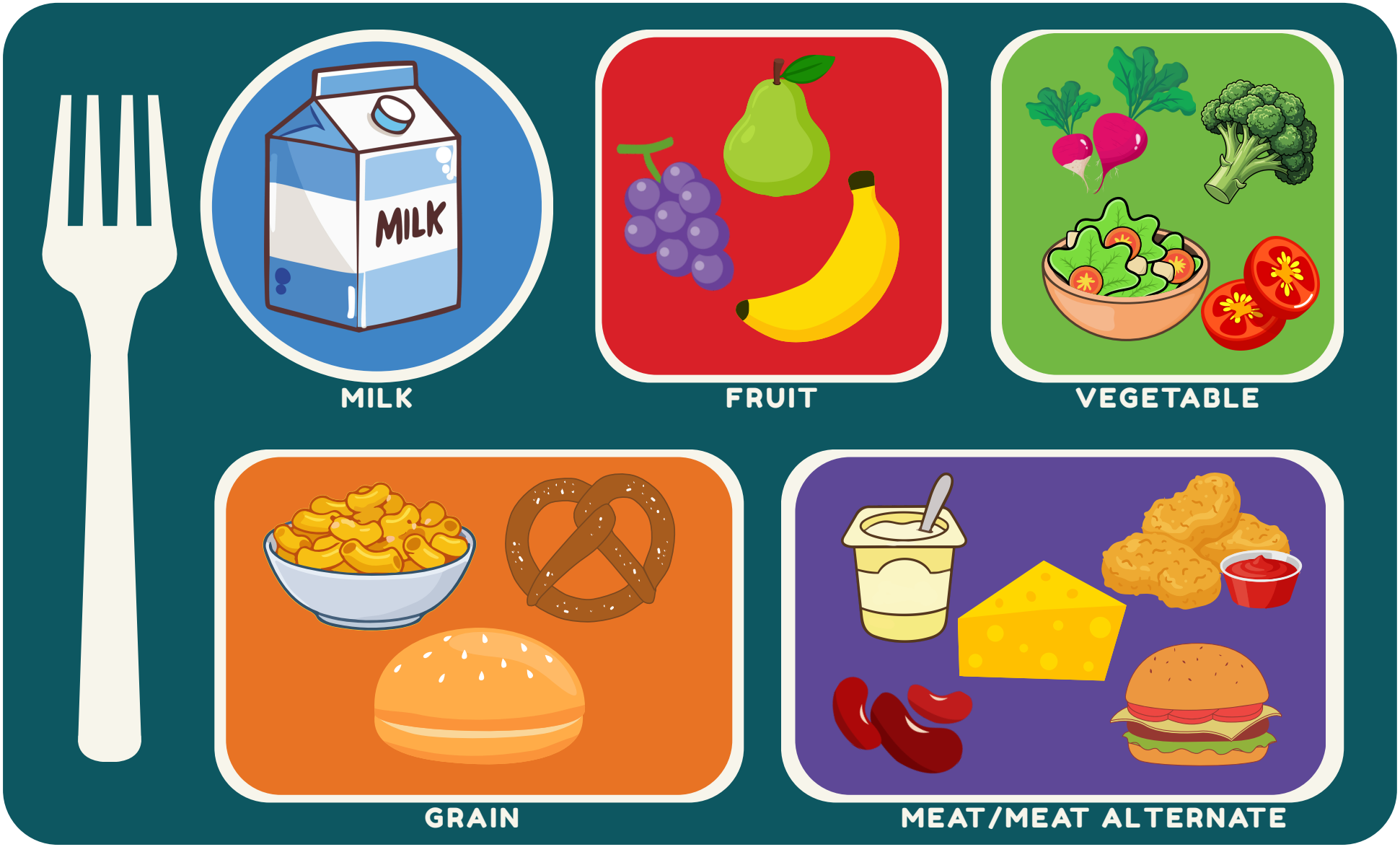
# Build Your Lunch

## 5 components for a nutritious meal




This institution is an equal opportunity provider

Washington Office of Superintendent of
PUBLIC INSTRUCTION