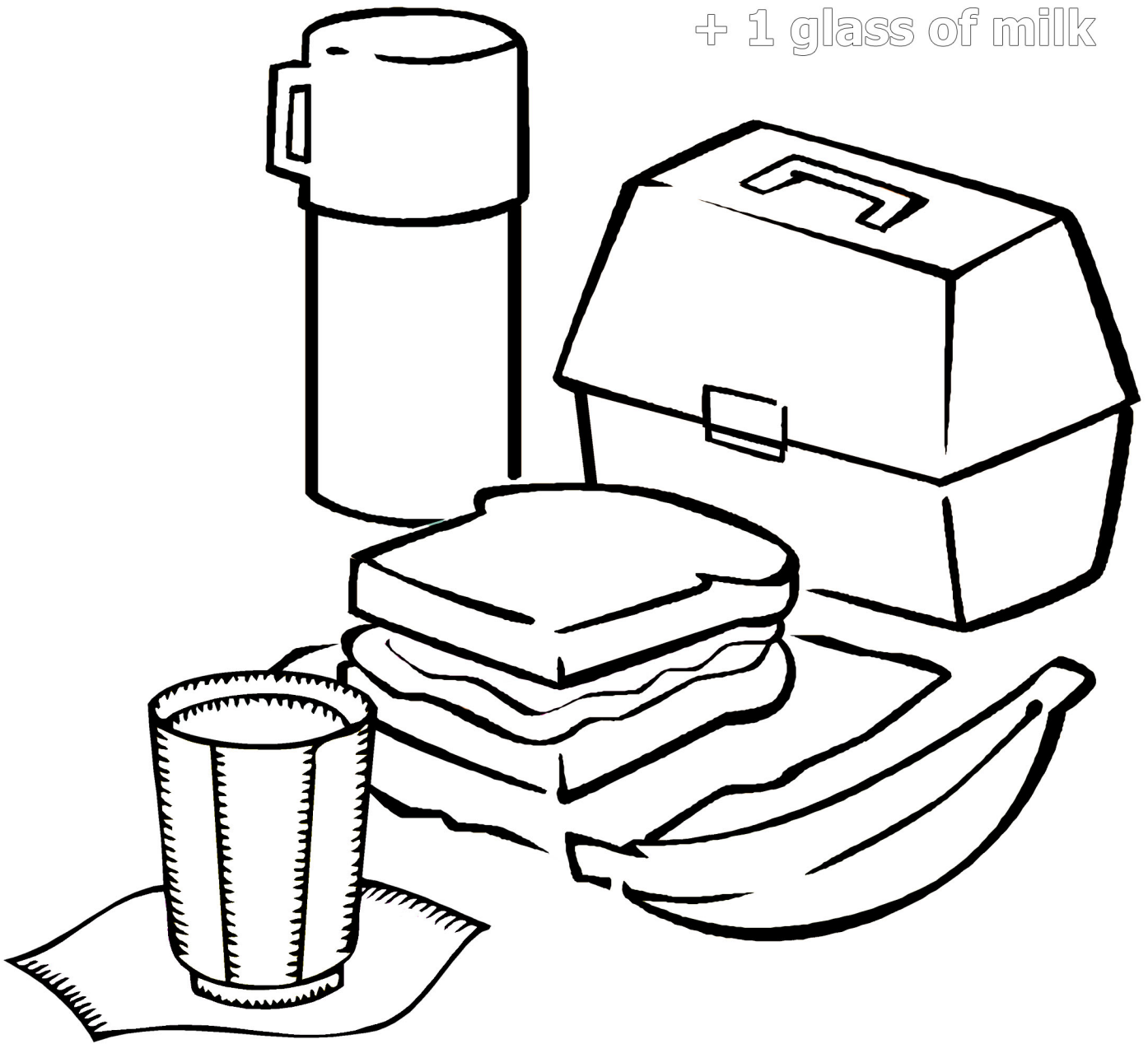


1 Peanut butter and jelly sandwich
+ 1 cup of vegetable soup
+ 1 fruit
+ 1 glass of milk



= A great lunch with servings from each of the basic food groups.