

School Cafeteria Program



- 1 medium piece of fruit
- 1/2 cup or 125 mL (fresh, frozen or canned) vegetables
- 1/2 cup or 125 mL juice
- 1 cup or 250 mL of salad

A serving is:

***Reach for 5 to 10 servings of
vegetables and fruit
every day!***



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