

WHAT MAKES A MEAL?

Lunch:

5 Food Components Offered

Students are offered all 5 components. A student may choose all 5 components or may decline up to 2 components and take only 3 components. Students **MUST** take at least ½ cup of either a fruit or a vegetable OR may choose ¼ cup of both a fruit and a vegetable.

- o **Skim Milk**
 - o 8 fluid ounces
- o **Fruit**
 - o At least ½ cup serving
 - o Can take up to 1 cup
 - o Second serving **MUST** equal a 1 cup serving
- o **Vegetable**
 - o At least ½ cup serving
 - o Can take up to 1 cup
 - o Second serving **MUST** equal 1 cup serving
- o **Grain OR**
 - o Entrées can contain both grains and proteins
- o **Meat/Meat Alternate**
 - o Entrées can contain both grains and proteins

This is an equal opportunity employer

