

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 $\frac{1}{2}$ cup of either a fruit or a vegetable OR may choose $\frac{1}{4}$ cup of both a fruit and a vegetable.

- 0 **Skim Milk**
 - 0 8 fluid ounces
- 0 **Fruit**
 - 0 At least $\frac{1}{2}$ cup serving
 - 0 Can take up to 1 cup
 - 0 Second serving **MUST** equal a 1 cup serving
- 0 **Vegetable**
 - 0 At least $\frac{1}{2}$ cup serving
 - 0 Can take up to 1 cup
 - 0 Second serving **MUST** equal 1 cup serving
- 0 **Grain OR**
 - 0 Entrées can contain both grains and proteins
- 0 **Meat/Meat Alternate**
 - 0 Entrées can contain both grains and proteins

This is an equal opportunity employer



Remember Grades 9 – 12 may have an additional serving of fruit and vegetable

Please Ask your Server!!

