

# Offer vs. Serve - Lunch




A reimbursable meal must have:

At least **3 of 5** components:

-  Milk
-  Meat / Meat Alternate
-  Grains / Breads
-  Vegetables
-  Fruits

**To Include**

At least  $\frac{1}{2}$  **cup** serving:

-  Fruit
- OR**
- Vegetables  
(1 c leafy greens =  $\frac{1}{2}$  c)
- OR**
- A combination of fruit and vegetables

## Examples

**YES**



**NO**

**Need:**  
At least  $\frac{1}{2}$  cup serving  
of fruit OR vegetables

