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.

- **Skim Milk**
  - 8 fluid ounces

- **Fruit**
  - At least ½ cup serving
  - Can take up to 1 cup
  - Second serving **MUST** equal a 1 cup serving

- **Vegetable**
  - At least ½ cup serving
  - Can take up to 1 cup
  - Second serving **MUST** equal 1 cup serving

- **Grain** OR
  - Entrées can contain both grains and proteins

- **Meat/Meat Alternate**
  - Entrées can contain both grains and proteins

*This is an equal opportunity employer*