

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.

- 0 Skim Milk
- 0 8 fluid ounces

0 Fruit

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

0 Vegetable

- 0 At least ½ 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

USDA is an equal opportunity provider and employer

