

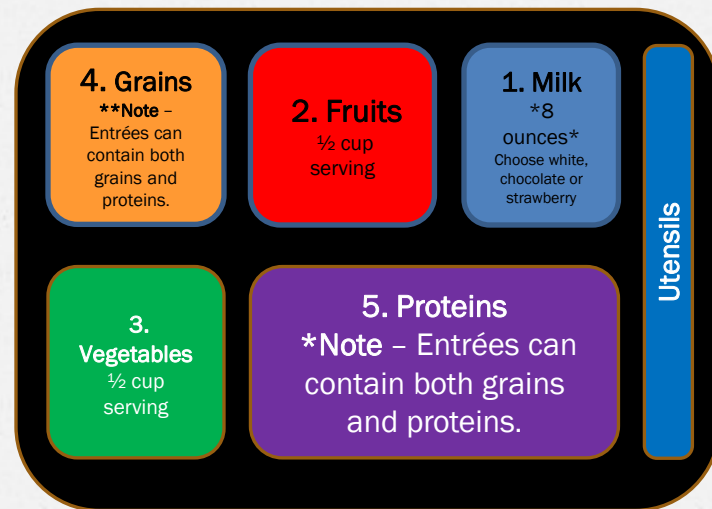
WHAT MAKES A MEAL?

Lunch:

5 Food Components Offered

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.

- o **Skim or Low Fat Milk**
 - o 8 fluid ounces
 - o Skim Chocolate, Strawberry or White
 - o 1% White
- o **Fruit**
 - o ½ cup serving
 - o Can take up to 1 cup
- o **Vegetable**
 - o ½ cup serving
 - o Can take up to 1 cup
- o **Grain**
 - o Entrées can contain both grains and proteins
- o **Meat/Meat Alternate**
 - o Entrées can contain both grains and proteins



USDA is an equal opportunity employer