

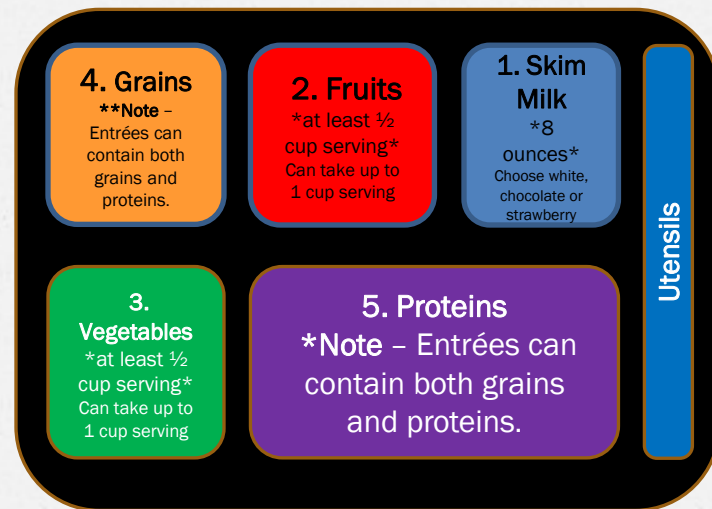
# WHAT MAKES A MEAL?

## 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.

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



\*This is an equal opportunity employer\*