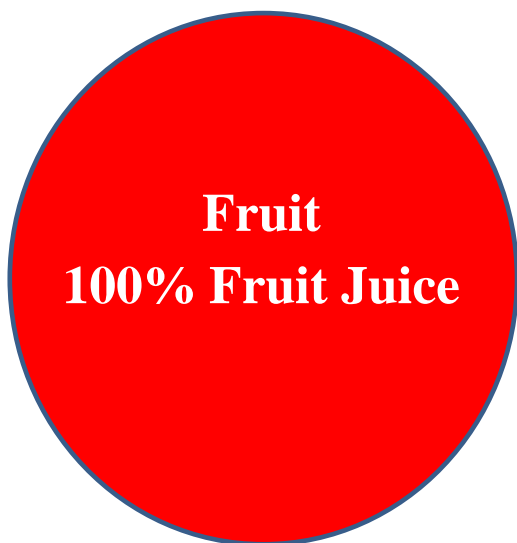


# What Makes a Lunch?

Lunches must include at least 1  or 

Each color dot below represents a meal component:

## FRUIT



## VEGETABLE



## GRAINS



## PROTEIN



## MILK



**Select 3-5**

**Different Components**

**To make a complete reimbursable meal**

### \*\*Notes:

- All entrees on the menu are designed to include the protein and grain requirement
- Students may take a maximum of 2 fruit & 2 veggie choices (always refer to menus posted)
- It is not required that students take milk as long as they have 3 other components
- A minimum lunch includes 1 fruit or vegetable choice plus at least 2 other components
- A maximum lunch would include an entree , 2 fruit choices, 2 vegetable choices, and milk