What Makes a Lunch?

Lunches must include at least 1

Fruit

or



Each color dot below represents a meal component:

FRUIT

VEGETABLE

GRAINS

Fruit 100% Fruit Juice

Salad
Sweet Potato
Steamed Veggies
Carrot & Celery
Sticks
Vegetable Soup

Rice/ Pasta
Bun/ Tortilla
Flatbread
Muffin/Roll/ Biscuit
Pizza Crust
Croutons

PROTEIN

Meat
Cheese
Beans (as part of entrée)
Veggie Burger
Peanut Butter
Yogurt

MILK

Skim Milk 1% Milk

Select 3-5

<u>Different Components</u>

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