

THE FULL-VALUE LUNCH MEAL



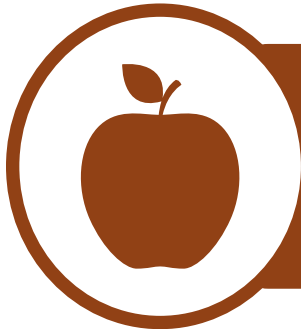
Meat/Meat alternate or Main Dish

(Main dishes include a meat and bread/grain)



Vegetables

1 or more of your choice



Fruits

1 or more of your choice



Bread or Grain

1 Item



Fat-Free or Low-Fat Milk

1/2 pint flavored or unflavored milk option must be offered (Unflavored must be offered)

Offer Versus Serve: **THE CHOICE IS YOURS!**

Offer 5 Components

Student must take 2 items + 1/2 Cup Fruit or Vegetable

This institution is an equal opportunity provider