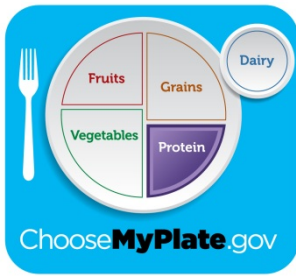


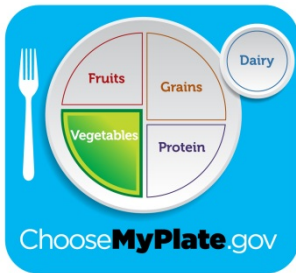
**Offer Daily Food Components**

**Lunch Menu**



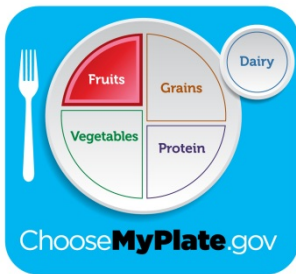
**1.  
Meat,  
Meat Alternate  
or Main Dish**

(Main Dishes include a meat and bread/grain)



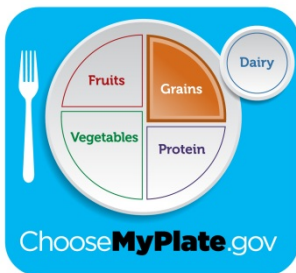
**2.  
Vegetables**

1 or more of your choice



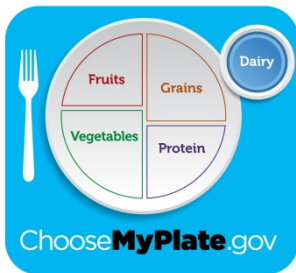
**3.  
Fruits**

1 or more of your choice



**4.  
Bread/Grains**

1 item



**5.  
Fat-Free or  
Low-Fat Milk**

½ Pint

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

Student *MAY* decline 2 of the all 5 items

**\*\*Student *MUST* select 1/2 cup of either vegetable or fruit\*\***

**Other 2 items *MUST* be selected in quantity planned  
OR Student *MAY* select all 5 items**