The 5 Components of a School Lunch

- **meat/meat alternate**
- **grain**
- **milk**
- **fruit**
- **vegetable**

**Offer Vs. Serve**
Choose 1/2 cup fruit, or 1/2 cup vegetable, or 1/2 cup combination, and at least 2 other components.

Choose all 5 for the best nutrition!

This institution is an equal opportunity provider.