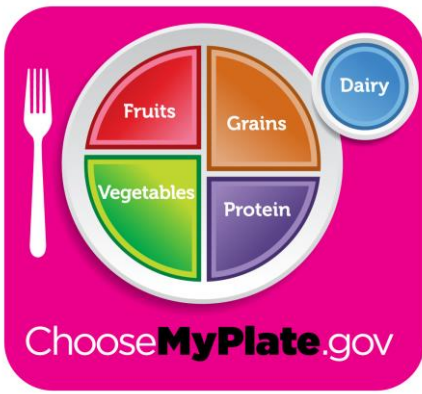


## School Meal Information for Elementary Schools Shawnee Mission School District Food Services



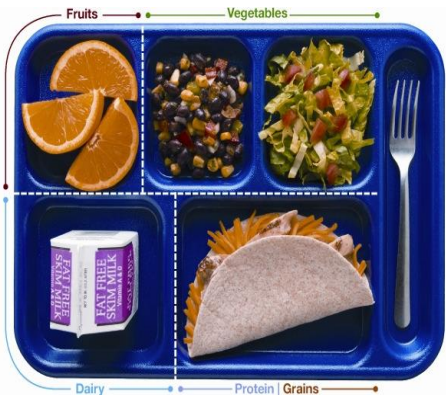
### MUST TAKE 3

Fruit and/or Vegetable\*  
(minimum ½ cup, can take more)

+

Protein or Grain or Milk  
(can take all three)

\*Students that choose a fruit, a vegetable, and one other component for a meal can take a ½ cup for their first fruit/vegetable component, but must take the full serving size of the second component.



### What makes a Lunch?

Like the My Plate icon, school lunches have five components: protein, grains, vegetables, fruits, and milk. Students must choose a full portion of at least 3 of the 5 components to receive a full school lunch and at least 1 component must be a 1/2 cup of fruit or vegetable. Students can take all five components, but must take at least ½ cup fruit and/or vegetable and two other components to count as a meal. Individual items may be purchased at the a la carte price.

### During the Lunch Line

To help students successfully pick a meal, signs identifying meal components will be posted at the front of each serving line. Staff will also encourage students to take a full meal. For the students' convenience, the PBJ and Yogurt will be served on the tray and the student can choose if they would like the cheese stick and/or crackers. There will be signs on the cheese and crackers stating the amount they may take. There are unlimited (single trip) fruits and vegetables available, except for juice and potatoes. We encourage students to take what they want, but eat what they take in order to reduce waste. Remember, milk is not required to be on the tray.