

NEW LOOK TO THE MENUS & LUNCH LINE

BUILD YOUR OWN TRAY

MUST PICK AT LEAST 3 OF THE 5 FOOD GROUPS TO MAKE A MEAL!!

- **F**RUIT (MUST TAKE A FRUIT OR VEGETABLE)
- **V**EGETABLE (MUST TAKE A FRUIT OR VEGETABLE)
- **D**AIRY
- **G**RAIN
- **P**ROTEIN

DEFINITIONS:

A **FOOD COMPONENT** IS ONE OF FIVE FOOD GROUPS THAT COMPRISE OF A LUNCH. THESE ARE MEATS/MEAT ALTERNATES (PROTEIN); FRUITS; VEGETABLES; AND FLUID MILK.

A **FOOD ITEM** IS A SPECIFIC FOOD OFFERED WITHIN THE FIVE FOOD COMPONENTS. FOR EXAMPLE, A HAMBURGER PATTY ON A BUN IS ONE FOOD ITEM WITH TWO OF THE FIVE COMPONENTS (MEAT/MEAT ALTERNATE (PROTEIN) AND GRAIN). SEPARATE ½ CUP SERVINGS OF PEACHES, APPLESAUCE AND PEARS ARE THREE FOOD ITEMS THAT, WHEN SELECTED, COMPRISE OF ONE COMPONENT.

UNDER OFFER V SERVE, A STUDENT MUST TAKE AT LEAST THREE COMPONENTS TO MAKE A MEAL. ONE SELECTION MUST BE A FRUIT OR VEGETABLE

A STUDENT IS NO LONGER REQUIRED TO TAKE A MILK OR PROTEIN AS LONG AS HE/SHE TAKES THE REQUIRED OTHER FOOD COMPONENTS.

