How to Make a Lunch Meal

Choose at least 3 food groups, but you may take from all 5 groups.

One item must be a FRUIT or a VEGGIE.

Take items from ALL groups for maximum value!

**FRUIT**
May Take 1 or 2
Limit 1 Juice
No Duplicate Items

**MILK**
May Take 1

**VEGGIE**
May Take 1 or 2
No Duplicate Items

**PROTEIN**
May Take 1 Protein and 1 Grain

**GRAIN**
Most Entrees Combine the Protein and Grain

All menu items are available for individual purchase. Snack items are marked for individual sale.