

What makes a complete meal?

A complete meal consists of five components. They are:

1. **Protein (Meat/Meat Alternate)**
2. **Bread/Grain**
3. **Vegetable (fresh, cooked)**
4. **Fruit (fresh, canned, juice)**
5. **Milk (non-fat flavored or unflavored)**

Using Offer Verse Serve (OVS), your student has the option of selecting a minimum of 3 of these 5 components to meet the minimum requirements for a complete lunch.

We encourage all students to take all 5 components for a well-balanced meal.

**A Fruit or Veggie
must be one of your student's selection in
making a complete meal!**

