

Build Your Own Lunch

IT'S EASY!

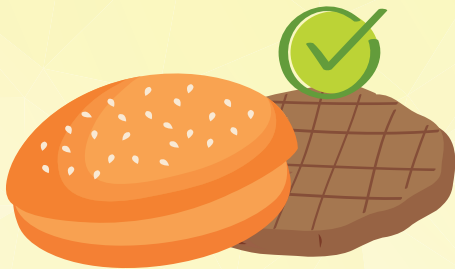


CHOOSE

AT LEAST
1 **FRUIT** or
VEGETABLE



+

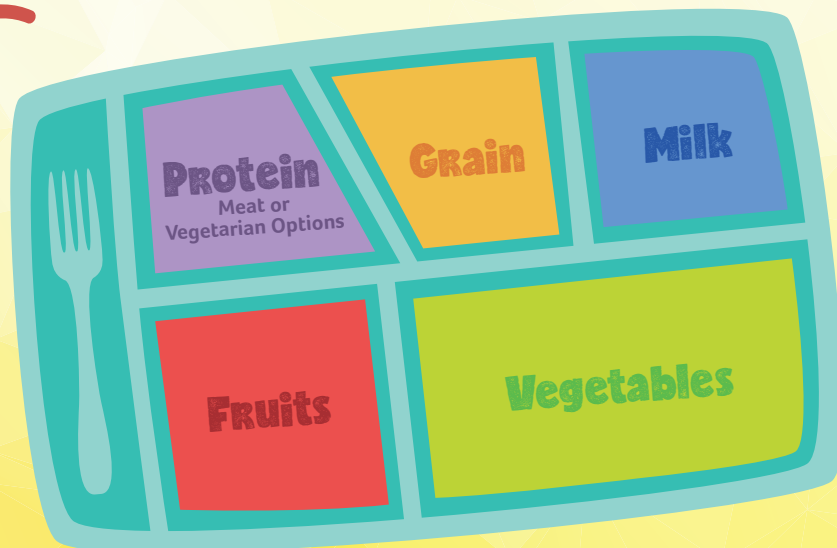


2 **OTHER**
FOODS



TO MAKE A MEAL

*Extra servings
of the same food
or 6 or more foods will
result in an
additional charge.



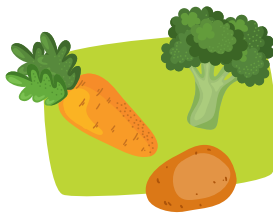
REIMBURSABLE MEAL

K8 Lunch

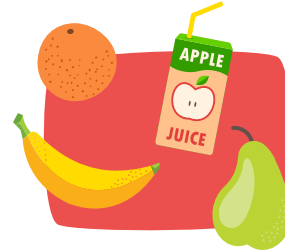
STUDENTS
must select a
minimum of
3 MEAL
COMPONENTS
at least one of which
must be a **FRUIT**
or **VEGETABLE**

Extra full servings
from any food group
will be charged at
à la carte prices

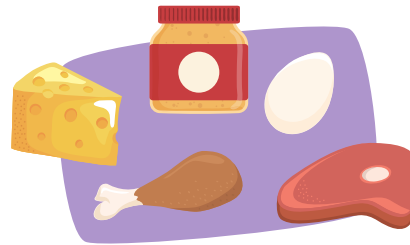
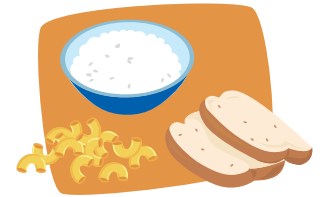
vegetables



fruits



bread/grain



meat/meat alternate

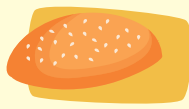


milk

Food Group Samples



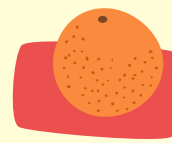
HAMBURGER PATTY



HAMBURGER BUN



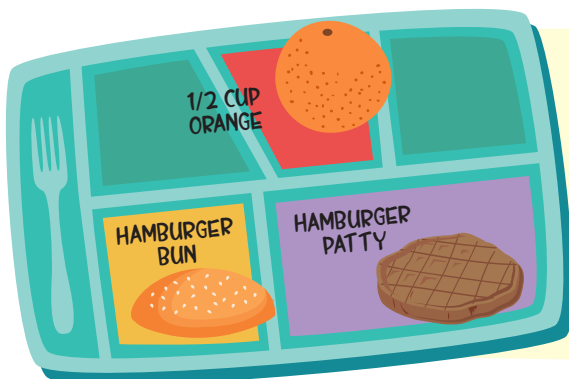
1/2 CUP BROCCOLI



1/2 CUP ORANGE



MILK



Sample Lunch

1/2 cup fruit OR 1/2 cup vegetables
PLUS a minimum of 2 full servings
from other food groups are
required for a reimbursable meal