Offer Versus Serve

What Makes a School Lunch?

Choose at least 3 of the five food components

- ✓ MUST take ½ cup fruit or vegetable
- ✓ And 2 other full components

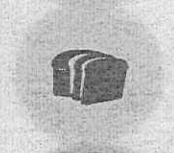
FRUIT



VEGETABLE



GRAIN



MEAT/ MEAT ALTERNATE



MILK



Choose all 5 for best nutrition!

This institution is an equal opportunity provider.