



# What is a Meal?

A student must choose *at least* 3 of 5 components available for the school lunch price.

Meat/Meat Alternate, Choice of Vegetable, Choice of Fruit, Grain/Bread and Choice of Milk (1% White, Fat Free Chocolate, Fat Free White, Fat Free Vanilla, and Fat Free Strawberry).

A minimum of ½ cup serving of fruit or a minimum of ½ cup serving of vegetable **MUST** accompany a reimbursable lunch!

**An Elementary Lunch MUST HAVE At Least One Fruit or Vegetable (1/2 cup)**



**An Elementary Lunch MUST HAVE At Least 3 Groups**



**An Elementary Lunch May Have All 5 Groups**

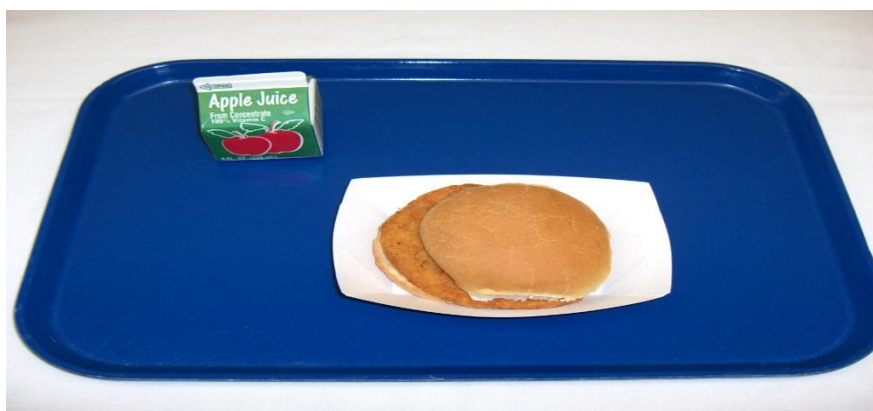


**Vegetables – Fruit – Milk – Grain – Meat (Meat Alternative)**

**A Secondary Lunch MUST HAVE At Least One Fruit or Vegetable (1/2 cup)**



**A Secondary Lunch MUST HAVE At Least 3 Groups**



**A Secondary Lunch May Have All 5 Groups**



**Vegetables – Fruits – Milk – Grain – Meat (Meat Alternative)**