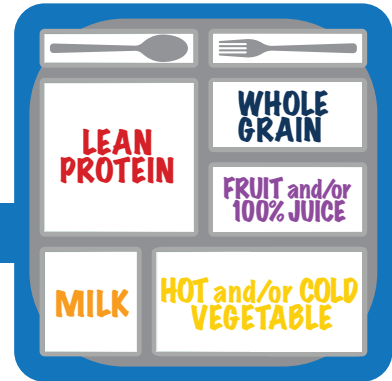


# Make it a Meal LUNCH

School lunches are served with 5 MEAL COMPONENTS:



## LEAN PROTEIN



Lean protein items such as Chicken, a Hamburger, or Low-Fat Cheese.

## WHOLE GRAIN



Whole Grain items such as Bread, Rice, or Pasta.

## FRUIT and/or 100% JUICE

Fruit and/or 100% Juice.



## HOT and/or COLD VEGETABLE

Hot and/or Cold Vegetable.



## MILK

Low-Fat Milk



A REIMBURSABLE MEAL includes 5 required meal components.  
Meals that are not reimbursable will be a la carte.