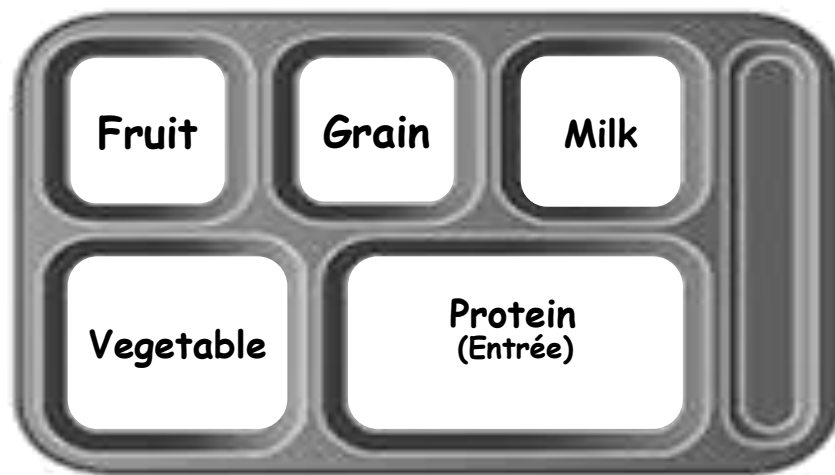




# School Lunch Survival Guide

A School Lunch consists of 5 components.



A "component" can be thought of as a food group. The 5 daily components include a protein, a grain, a fruit, a vegetable, and milk.



## Selection Guidelines

- Students may select all components offered.
- Students must select a minimum of 3 components.
- Students must take a serving of fruit or vegetable.
- Students may select only one entrée/protein.
- Grains, fruits, vegetables, and milk are all considered "sides". A student may select up to one of each side that is offered each day.