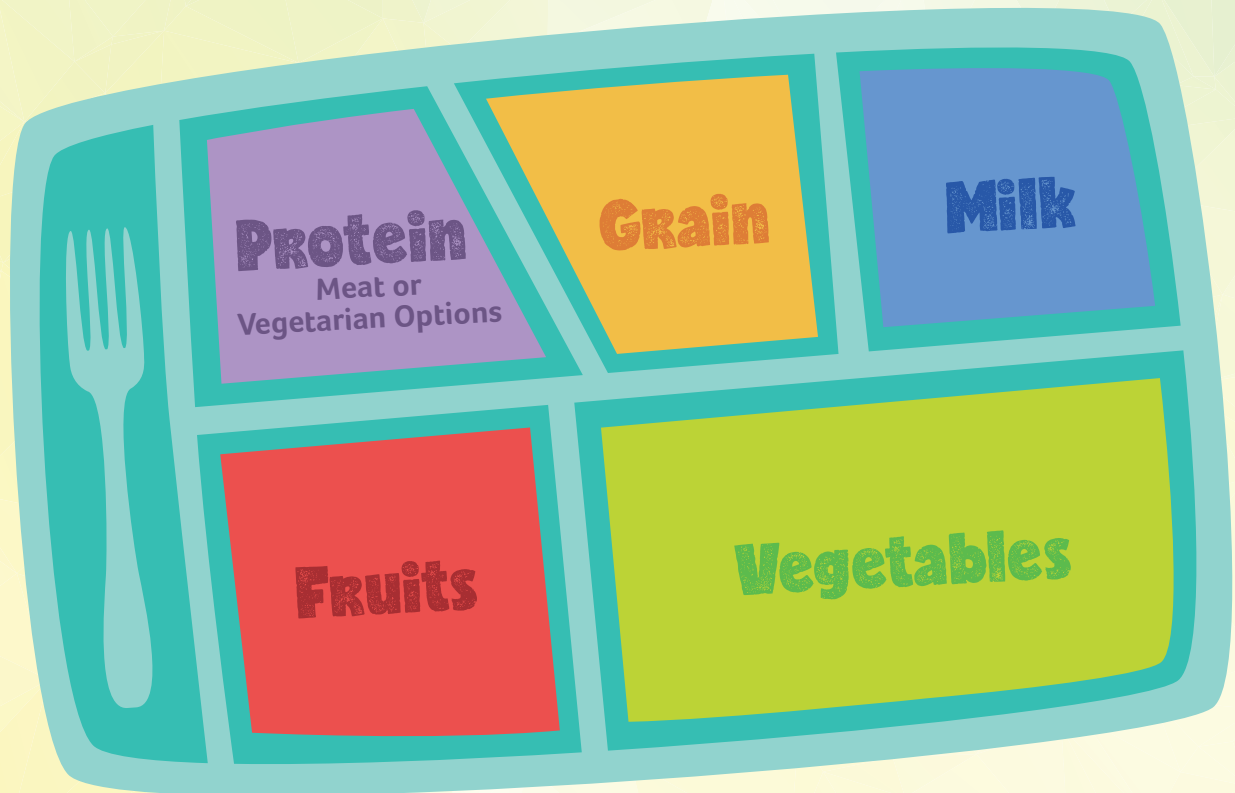


Build Your Own Lunch



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.

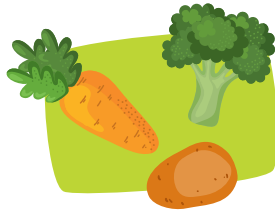
REIMBURSABLE MEAL

K8 Lunch

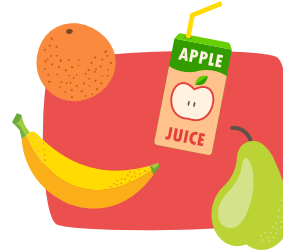
STUDENTS
must select a
minimum of
**3 MEAL
COMPONENTS**
at least one of which
must be a **FRUIT**
or **VEGETABLE**

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

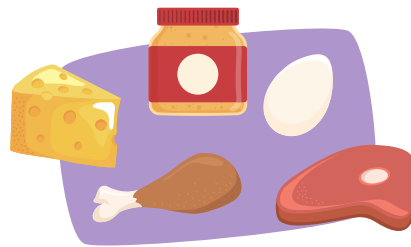
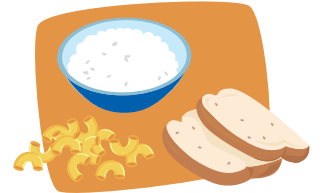
vegetables



fruits



breads/grain



meat/meat alternate

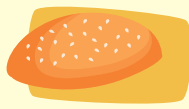


milk

Food Group Samples



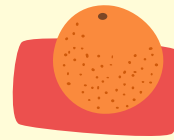
HAMBURGER PATTY



HAMBURGER BUN



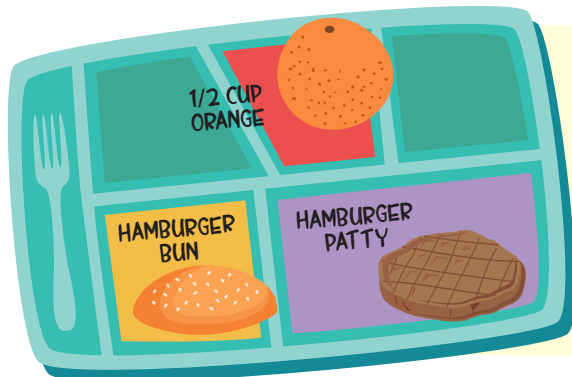
1/2 CUP BROCCOLI



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

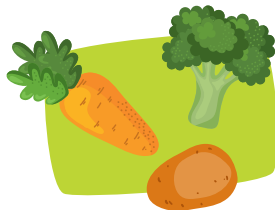
REIMBURSABLE MEAL

High School Lunch

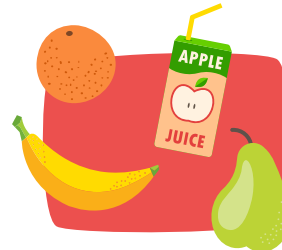
STUDENTS
must select a
minimum of
**3 MEAL
COMPONENTS**
at least one of which
must be a **FRUIT**
or **VEGETABLE**

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

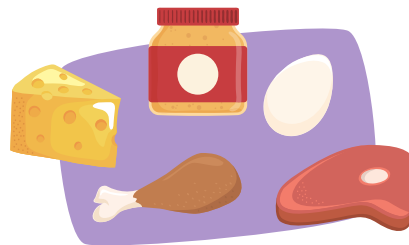
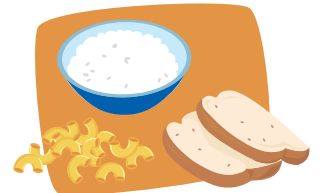
vegetables



fruits



bread/grain



meat/meat alternate

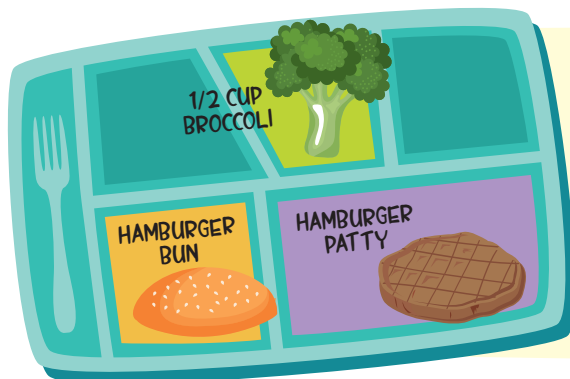
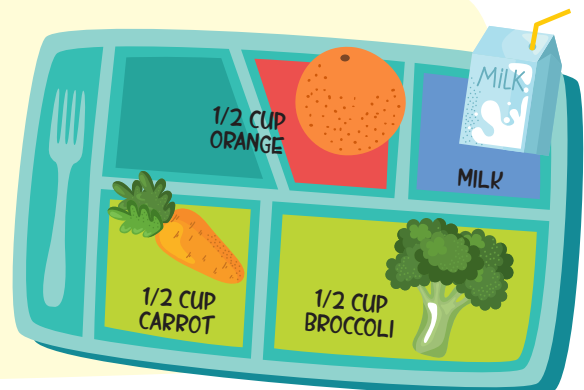


milk

Minimum Required Option 1

1 fruit AND 2 vegetables
PLUS a minimum of 1 other component
OR

2 fruits AND 1 vegetable
PLUS a minimum of 1 other component



Minimum Required Option 2

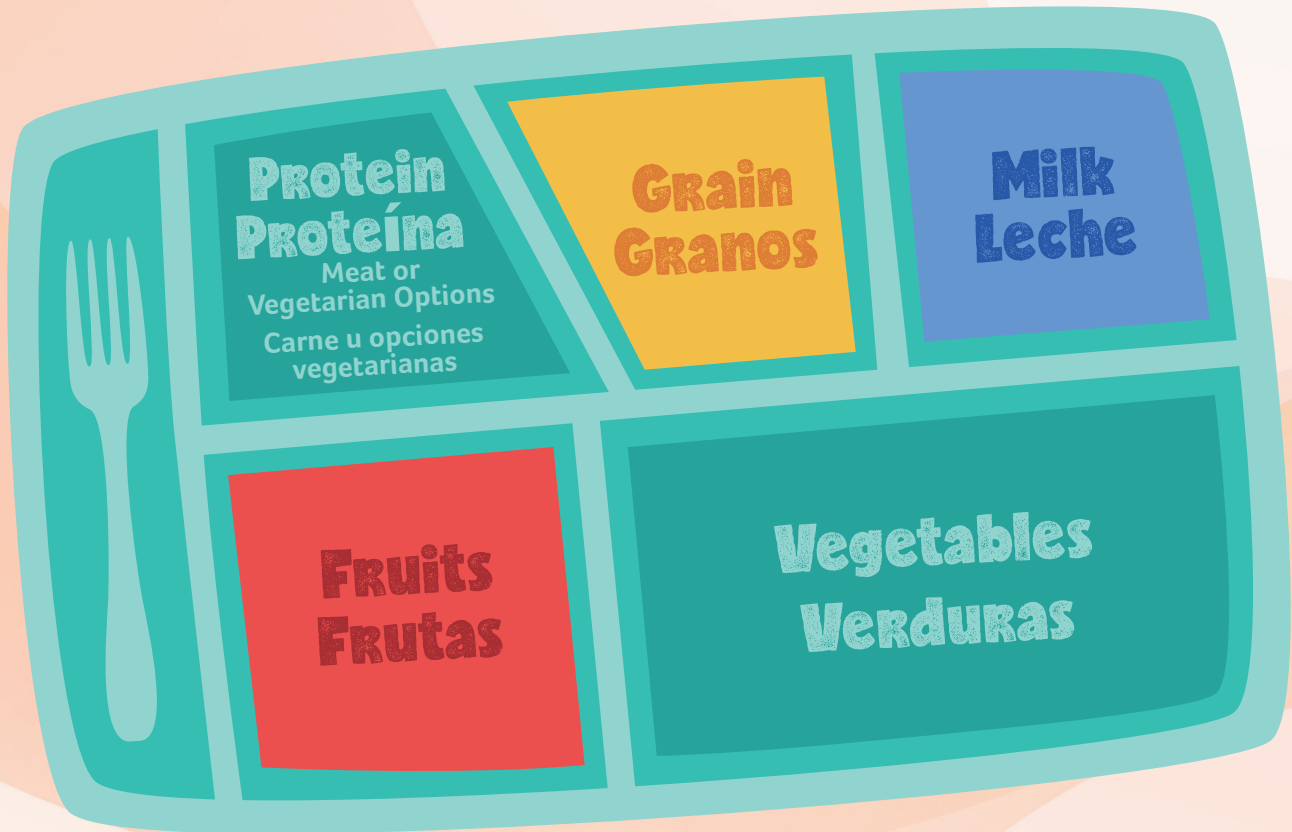
1/2 cup fruit OR 1/2 cup vegetable
PLUS a minimum of 2 full servings
from other food groups are
required for a reimbursable meal

Enjoy

Breakfast

Disfruta

tu desayuno



**IT'S
EASY!
¡ES
FÁCIL!**

A COMPLETE MEAL

INCLUDES ALL ITEMS OFFERED

UNA COMIDA COMPLETA

INCLUYE TODOS LOS COMPONENTES QUE SE OFRECEN

***Additional items will be charged at à la carte prices.**

***Los componentes adicionales se cobrarán al precio a la carta.**

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REIMBURSABLE MEAL | COMIDA REEMBOLSABLE

K12 SS Breakfast Desayuno K12-Secundaria

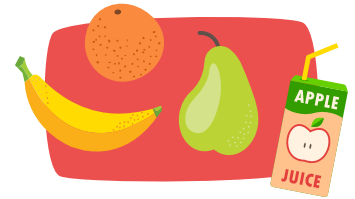
**STUDENTS
LOS ALUMNOS**
must select | deben seleccionar
**1 ITEM
1 ALIMENTO**
from | de
**EVERY
FOOD GROUP OFFERED
CADA
GRUPO QUE SE OFRECE**

milk



leche

fruits



frutas

panes/granos*



breads/grain*

*1 oz Meat/Meat Alternate can be counted as a Grain/Bread if daily minimums for the grain/bread group have been met.

*1 oz de carne/sustituto de carne puede contarse como pan/granos si se han cumplido los mínimos diarios para el grupo de pan/granos.

Food Group Samples | Ejemplos de grupos de alimentos



PANCAKES
HOT CAKES



ORANGE
NARANJA



MILK
LECHE



Sample Breakfast | Ejemplo de un desayuno

All items offered must be taken to complete a reimbursable meal.
El alumno debe seleccionar todos los componentes que se ofrecen para que el almuerzo sea reembolsable.