

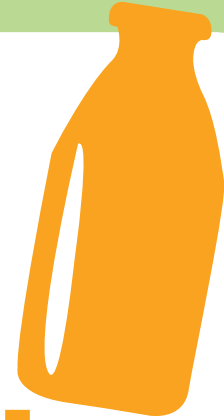
The 5 Components of a School Lunch



**meat/
meat
alternate**



grain



milk



fruit



vegetable

Offer vs. Serve

Choose 1/2 cup **fruit**,
or 1/2 cup **vegetable**,
or 1/2 cup **combination**,
and **at least**
2 other components.



Choose all 5 for the best nutrition!

This institution is an equal opportunity provider.