

NATIONAL SCHOOL LUNCH PROGRAM (NSLP) REIMBURSABLE MEALS GUIDE

BREAKFAST: School Breakfast Program (SBP)



FLUID MILK
(1 cup)



milk



FRUIT / VEGETABLE
(1 cup)



fresh apple
100% fruit juice
dried fruit



GRAINS / PROTEIN
(1-2 oz eq)



whole-grain toast
oatmeal
cereal
eggs
yogurt

**BREAKFAST REQUIREMENT:

Schools offer 4 items across 3 components. Students must select at least **3 items**, and at least **1/2 cup fruit or vegetable** must be on the tray.

**LUNCH REQUIREMENT:

Schools must offer all 5 components. Students must select at least **3 full components**, and at least **1/2 cup fruit or vegetable** must be on the tray.

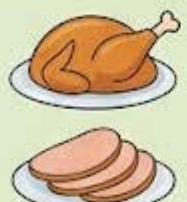
LUNCH: National School Lunch Program (NSLP)



FLUID MILK
(1 cup)



MEAT / MEAT ALTERNATE
(1-2 oz eq)



cheese
beans



VEGETABLES
(3/4-1 cup)



side salad,
legumes



FRUITS
(3/4-1 cup)



fruit cup in
100% juice



GRAINS
(1-2 oz eq)



whole-grain roll
brown rice
whole-wheat pasta
whole-wheat pasta
tortilla