

PCSD FOOD SERVICE

BUILD A COMPLETE MEAL

BREAKFAST = POINTS | LUNCH = COMPONENTS

BREAKFAST

CHOOSE

3-4

POINTS

HOW TO BUILD IT

- 1 Check the point sign on each item
- 2 Total exactly 3 or 4 points
- 3 Include a fruit or vegetable

NO FRUIT OR VEGETABLE = NOT A COMPLETE BREAKFAST

Different way to count. Same goal: a complete meal.

PCSD FOOD SERVICE

BUILD A COMPLETE MEAL

BREAKFAST = POINTS | LUNCH = COMPONENTS

LUNCH

CHOOSE

3-5

COMPONENTS

At least 3 different ones

PICK FROM THE 5 COMPONENTS



FRUIT



VEGGIE



GRAIN



PROTEIN



MILK

YOUR TRAY MUST INCLUDE

AT LEAST 1/2 CUP FRUIT AND/OR VEGETABLE

2 OR MORE COMPONENTS + FRUIT/VEGGIE = COMPLETE LUNCH

GRAB IT. COUNT IT. ENJOY IT!