



**Whole
Grains**

**Meat
or Meat
Alternative**



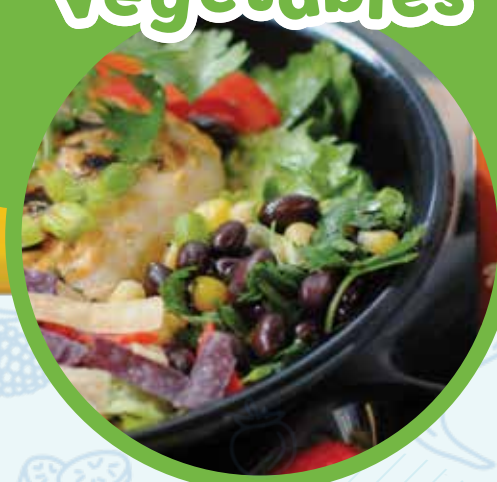
Milk



Fruit



Vegetables



OFFER vs. SERVE

The
5 MEAL
COMPONENTS
for School
Lunch

You must
**CHOOSE AT
LEAST 3**
components

**ONE MUST BE
1/2 CUP **FRUIT** OR
VEGETABLE**
or both, and at
least two other full
components