



**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**