

Offer Versus Serve

What Makes a
School Lunch?

Choose at least **3** of the five food components

- ✓ MUST take ½ cup fruit or vegetable
- ✓ And 2 other full components

FRUIT



VEGETABLE



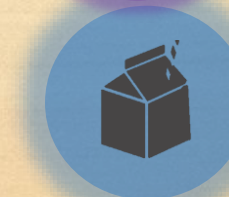
GRAIN



**MEAT/ MEAT
ALTERNATE**



MILK



Choose
all
5
for
best
nutrition!