

Smart Choices for a Complete School Meal

Complete Lunch Meals include a variety of food choices from menu items offering at least:

- ❖ 1 to 2-ounce serving of **Meat** or a **Meat Alternate** such as cheese, yogurt, peanut butter eggs, beans & lentils.
- ❖ 1 to 2-ounce servings of **Grains**
- ❖ Up to 2 **Vegetable** servings
(1/2 cup each)
- ❖ 1 **Fruit** serving from the following choices:
(1/2 cup each)
 - ☀ Fresh Fruit
 - ☀ Chilled Fruit Cup
 - ☀ 100% Fruit Juice
 - ☀ Dried Fruit
- ❖ 1 **Milk** Choice from Low-fat, Fat Free, Reduced-Fat or Whole Milk

Complete Lunch Meals must include 3 food items with one full serving (1/2 cup) from a fruit, juice, or vegetable.

May select one, ½ cup fruit juice when offered. May purchase a second juice or fruit for a small additional charge. May select a “double” vegetable (1 cup) from one offered item.

Some items like sandwiches, entrée salads, pizza, etc., count as 2 items.
Please ask for help if needed.

A Complete Lunch includes each of the choices above and is the best nutrition value, so...*Fuel Up on Lunch and power through your day!*