

Smart Choices for a Complete School Meal

Complete Lunch Meals must include selection from the following food groups. Select a serving from each of the 5.

❖ 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**

❖ 1 **Vegetable** serving

(portion must be at least 3/4 cup – may be combined from one or more items)

❖ 1 **Fruit** choice from the following when offered:

(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 all 5 food items. Incomplete meals are subject to ala carte charges.

May purchase a second entrée, milk, fruit, juice, or vegetable for an additional charge.

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!*