

Smart Choices for a Complete School Meal

Complete Lunch Meals include a variety of food choices from Entrée and Side menu items.

Daily Entrée, Sandwich, Wraps and Salads offer:

- ✦ 2-ounce serving of **Meat** and/or **Meat Alternates** such as cheese, yogurt, eggs, peanut butter, beans & lentils
- ✦ 2-ounce equivalent serving from **Breads, Rice, Pasta**
- ✦ Up to 2 **Vegetable** servings (1/2 cup each) with Entrée, Sandwich, or Wraps

Up to 1 additional **Vegetable** (1/2 cup) serving with Entrée Salads

- ✦ Up to 2 **Fruit** servings from the following choices:
Fresh Fruits, Chilled Fruit Cups,
100% Juices, Dried Fruit
(Portion size is 1/2 cup each – dried fruit is 1/4 cup)

- ✦ 1 **Milk** Choice from Low-fat, Fat Free, Reduced-Fat or Whole Milk Options

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

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

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