

OFFER VS. SERVE

What Does It Mean?

With lunch, you must take a fruit or vegetable to make a complete reimbursable meal.

Please keep in mind most of our entrees count as 2 items.

BREAKFAST

STUDENTS MUST CHOOSE 3 OR 4 ITEMS TO MAKE A REIMBURSABLE BREAKFAST

GRAIN

May take **ONE OR TWO** grain items (depending on size of item)

When available, a meat item may be offered in place of a grain item

FRUIT*

May take up to **TWO** half-cup fruit choices (**MUST** take at least one)

When available, a vegetable may be offered in place of a fruit choice

MILK

May take a cup of milk (8 oz.)

*MUST take at least 1 serving of fruit (or vegetable when offered)



ELEMENTARY

LUNCH

STUDENTS MUST TAKE 3, 4 OR 5 COMPONENTS TO MAKE A REIMBURSABLE LUNCH

GRAIN

May take **ONE** 2 oz. grain item (most entrees are 2 oz.)

PROTEIN

May take **ONE** 2 oz. protein item (most entrees are 2 oz.)

FRUIT*

May take **ONE** half-cup fruit choice

VEGETABLE*

May take **TWO** half-cup vegetable choices

MILK

May take a cup of milk (8 oz.)

*Must take at least one ½ serving of a fruit or vegetable