

# What is a Meal?

A student must choose at least 3 of 5 components available for the school lunch price.

Meat/Meat Alternate - Choice of Vegetable -  
Choice of Fruit - Grain/Bread - Choice of Milk

(1% White, Fat-Free Chocolate, Fat-Free Vanilla, Fat-Free Strawberry, and Fat-Free White)



A minimum of  $\frac{1}{2}$  cup serving of fruit or a minimum of  $\frac{1}{2}$  cup serving of vegetable **MUST** accompany a reimbursable lunch!

