## THE FULL-VALUE LUNCH MEAL



Meat/Meat alternate or Main Dish (Main dishes include a meat and bread/grain)

## Vegetables

1 or more of your choice

## Fruits

1 or more of your choice

## Bread or Grain

1 Item

## Fat-Free or Low-Fat Milk

1/2 pint flavored or unflavored milk option must be offered (Unflavored must be offered)

Offer Versus Serve: THE CHOICE IS YOURS!
Offer 5 Components
Student must take 2 items $+1 / 2$ Cup Fruit or Vegetable

