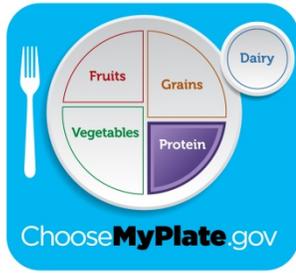
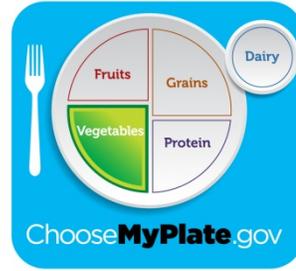


Offer Daily Food Components

Lunch Menu

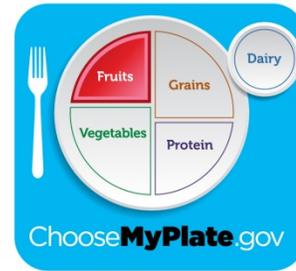


1.
**Meat,
Meat Alternate
or Main Dish**
(Main Dishes
include a meat
and bread/grain)



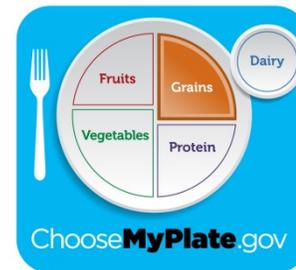
2.
Vegetables

1 or more of
your choice



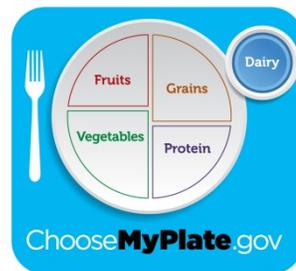
3.
Fruits

1 or more of
your choice



4.
Bread/Grains

1 item



5.
**Fat-Free or
Low-Fat Milk**

½ Pint Flavored or
Unflavored (Must
offer Unflavored)

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Offer versus Serve: THE CHOICE IS YOURS!

Student *MAY* decline 2 of the all 5 items

****Student MUST select 1/2 cup of either vegetable or fruit****

Other 2 items *MUST* be selected in quantity planned

***OR* Student *MAY* select all 5 items**