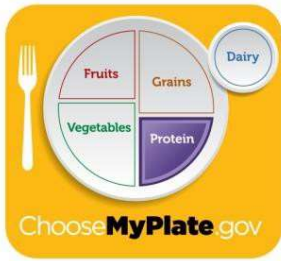


The Full-Value Lunch Meal

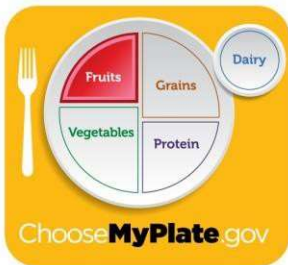


Meat/Meat Alternate or Main Dish
(Main dishes include a meat and bread/grain)



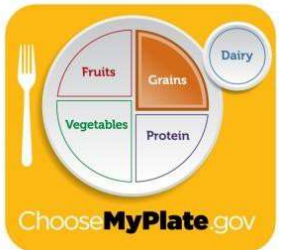
Vegetables

1 or more of your choice



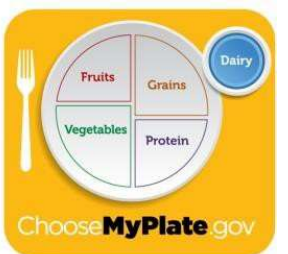
Fruits

1 or more of your choice



Bread or Grain

1 item



Fat-Free or Low-Fat Milk

½ Pint Flavored or Unflavored
(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