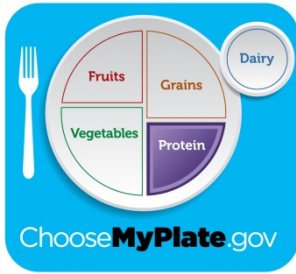


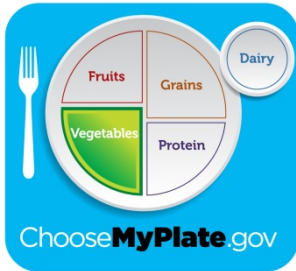
Offer Daily Food Components

Lunch Menu



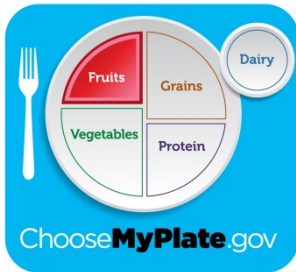
**1.
Meat,
Meat Alternate
or Main Dish**

(Main Dishes include a meat and bread/grain)



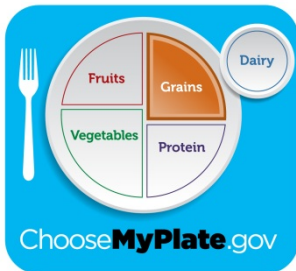
**2.
Vegetables**

1 or more of your choice



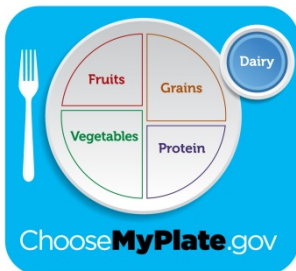
**3.
Fruits**

1 or more of your choice



**4.
Bread/Grains**

1 item



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

½ Pint

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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**