

What Counts as a “Lunch”?

- Choose between 3 to 5 components

CHOOSE ONE MILK:

1% WHITE

FAT FREE CHOCOLATE

1 Component (Milk)

CHOOSE ONE FRUIT:

CUP OF FRUIT

FRESH FRUIT

SMOOTHIE

1 Component
(fruit)

2 Components
(Proteins and grain)

CHOOSE ONE JUICE:

JUICE (ORANGE, APPLE, GRAPE)

CHOOSE ONE ENTREE: Protein and Grains

MENU ENTRÉE

MEAT SANDWICH

FRUIT YOGURT PARFAIT

ROPP CHEESE & CRACKERS

PBJ & STRING CHEESE

CHOOSE TWO VEGETABLES:

HOT VEGETABLE

COLD VEGETABLE

SALAD GREENS

1 Component
(Vegetables)

- You **may** choose a fruit, a juice and 2 vegetables for lunch.
- You **must** choose at least a fruit, juice, or vegetable for lunch.

