

LUNCH @ SCHOOL



CHOOSE What You Want....EAT what you choose!

Choose ½ cup of fruit and/or vegetables*
(about the size of your fist)



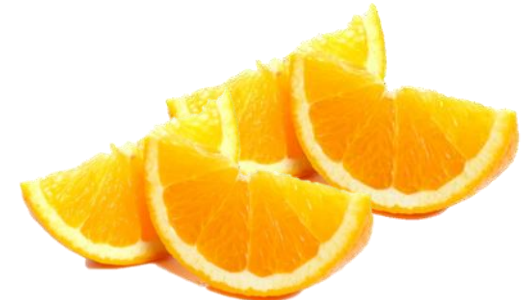
#8 scoop of corn



6-7 slices of cucumber



6 sticks or #8 scoop
of baby carrots



4 orange wedges

No Entrée Option: Choose milk and 1 serving of fruit and 1 serving of vegetables

*Students must choose 3 of 5 meal components. All entrées include two meal components; ½ cup of fruit and/or vegetables is a required meal component. Milk is optional.