

# What's makes up a School Lunch?

## High School

### Five Items

- 1. Protein**   **2. Bread**   **3. Vegetable** (2 - ½ cups)   **4. Fruit** (2 - ½ cups)   **5. Milk**

Each container of Fruits & Vegetables equals a ½ cup  
Each piece of whole fruit is equal to a ½ cup

You may take all five (5) items, but you *must* take at least three (3) items to count as a "Type A" Meal.  
Entrées count as two of the five items (Protein, Bread).

*\*\*One of the 3 – 5 items must be a fruit or vegetable\*\**

### Choose One Entrée

(**Protein**, **Bread**)



### Choose up to 2 - ½ cup containers of Vegetables

(**Vegetables**-1 cup total)



### Choose up to 2 - ½ cup containers of Fruits

(**Fruits**-1 cup total)



### Choose One

(**Milk**)

