

What's makes up a School Lunch?

Elementary, Intermediate & Middle School

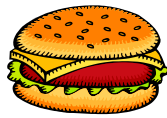
Five Items

1. Protein 2. Bread 3. Vegetable 4. Fruit 5. Milk

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****

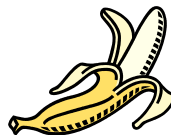
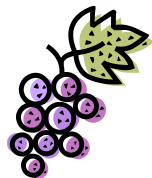
Choose One Entrée (Protein, Bread)



Choose up to 2 Vegetables (Vegetables)



Choose 1 Fruit (Fruit)



Choose One (Milk)

