

OFFER VS. SERVE

What Does It Mean?

With lunch, you must take a fruit or vegetable to make a complete reimbursable meal.

Please keep in mind most of our entrees count as 2 items.

BREAKFAST

**STUDENTS MUST CHOOSE
3 OR 4 ITEMS TO MAKE
A REIMBURSABLE
BREAKFAST**

GRAIN

May take ONE OR TWO grain items
(depending on size of item)

When available, a meat item may be
offered in place of a grain item

FRUIT*

May take up to TWO half-cup fruit
choices (MUST take at least one)

When available, a vegetable may be
offered in place of a fruit choice

MILK

May take a cup of milk (8 oz.)

*MUST take at least 1 serving
of fruit (or vegetable
when offered)



ELEMENTARY

LUNCH

**STUDENTS MUST TAKE
3, 4 OR 5 COMPONENTS
TO MAKE A
REIMBURSABLE LUNCH**

GRAIN

May take ONE 2 oz. grain item
(most entrees are 2 oz.)

PROTEIN

May take ONE 2 oz. protein item
(most entrees are 2 oz.)

FRUIT*

May take ONE half-cup fruit choice

VEGETABLE*

May take TWO half-cup vegetable
choices

MILK

May take a cup of milk (8 oz.)

*Must take at least one ½ serving of a fruit
or vegetable

Cereal Breakfast



Cereal Breakfast



Must choose at least 1 Fruit or 1 Juice

May choose up to 2 Fruit Choices



May Choose 1 Milk

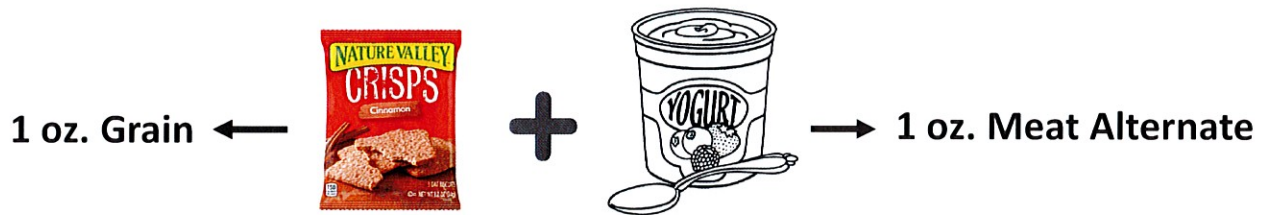
Minimum

vs

Maximum



Yogurt Breakfast



Yogurt Breakfast



(Only 1 Juice Choice)

Must choose at least 1 Fruit or 1 Juice

May choose up to 2 Fruits

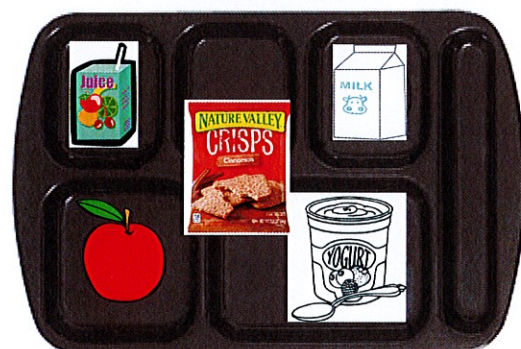
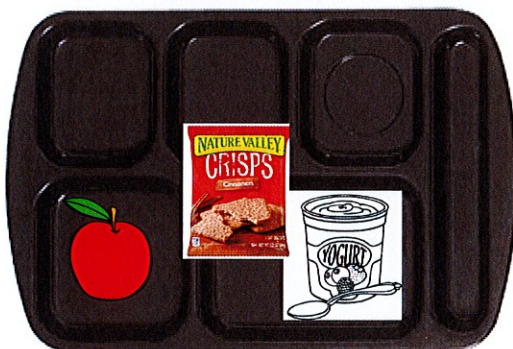


May Choose 1 Milk

Minimum

vs

Maximum

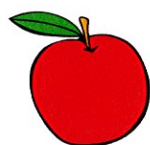


Pastry Breakfast

2 oz. Grain ←



1 Pastry Breakfast



(Only 1 Juice Choice)

Must choose at least 1 Fruit or 1 Juice

May choose up to 2 Fruits



May Choose 1 Milk

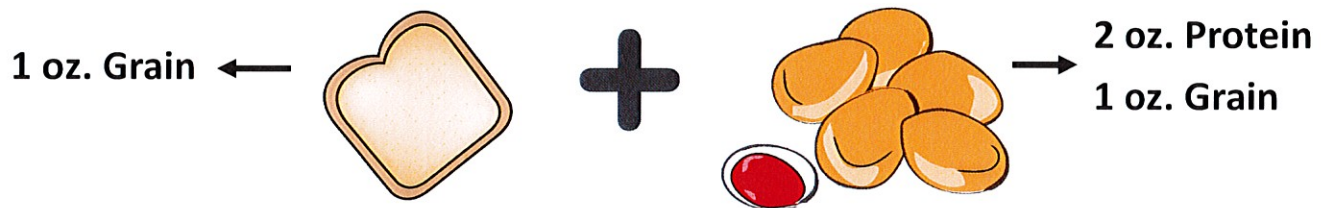
Minimum

vs

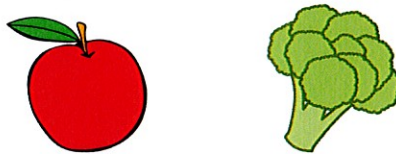
Maximum



Main Entrée



1 Main Entrée = 2 oz. Grain & 2 oz. Protein



Must choose at least 1 Fruit or 1 Vegetable

May choose up to 2 Fruits & 2 Vegetables

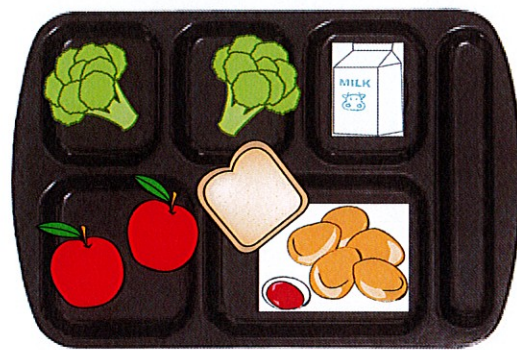


May Choose 1 Milk

Minimum

vs

Maximum



Pick ONE Fruit



Pick TWO Vegetables

