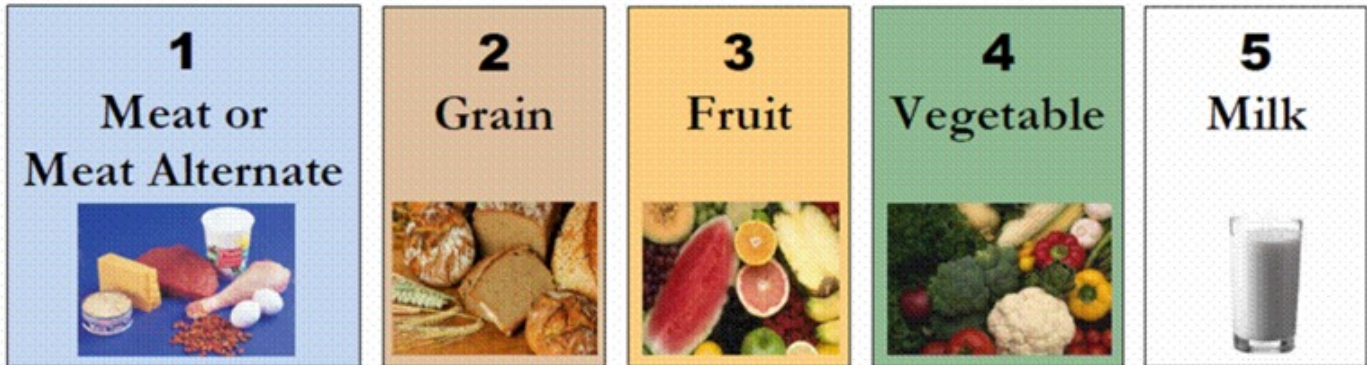


Offer versus Serve

The **5 Meal Components** for School Lunch



You choose **at least 3** including

- ½ cup of fruit or vegetable
- at least two other components

For best nutrition, **choose all 5!**

When a student comes through the line, they usually pick up a main dish item. The main dish most always contains 2 components—meat/meat alternate and grain. Once they get that main dish (2 components), they can get up to 3 more components to make a reimbursable meal, 1 of those components has to be a fruit or a vegetable.

Note: So the tray could actually look like it only has 4 items on it.

A tray with 5 components (meat/meat alter., grain, fruit, vegetable, milk) on it would look like this:

Example: Main dish, fruit, vegetable, milk

Example: Main dish, fruit, fruit, milk

Example: Main dish, vegetable, vegetable, milk

A tray without all 5 components may look like this:

Example: Hamburger, fruit

Example: Corn Dog, vegetable, milk

Example: Vegetable, fruit, milk

Notes to remember:

- They must walk away with a fruit or a vegetable on the tray
- They must have at least 3 components on the tray to be reimbursable
- They don't have to have the main dish (usually a Meat/meat alternate and grain)
- They don't have to have a milk
- They don't have to have a grain