

BUILD A HEALTHY MEAL



WHAT MAY A STUDENT SELECT WITH THEIR MEAL?

Each day, a student (9-12) may select all of the items below as part of their meal at no extra cost. A meal consists of a minimum of three components, with at least one being a fruit or vegetable. A student may choose to take four or five components at no additional cost. The meal price is the same if the student chooses 3, 4, or 5 components and up to two servings of vegetables.

CHOOSE 1



**MEAT/
MEAT
ALTERNATE**

CHOOSE 1



GRAIN

CHOOSE 1 OR 2



FRUIT

CHOOSE 1



MILK

CHOOSE 1 OR 2



VEGETABLES