What is a Meal? You must choose at least 3 of the 5
components available for the school lunch price. A minimum of $1 / 2$ cup serving of fruit or a minimum of a $1 / 2$ cup of vegetable must accompany a reimbursable lunch

## Choice of Vegetable

Choice of Fruit
Grain/Bread
Choice of Milk - $1 \%$ white, fat-free chocolate
Weekly Vegetable Subgroups May Include:
Dark Green - spinach, brocco
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romaine and spring salad
Red/Orange - carrots, sweet potatoes,
tomatoes and red peppers
Legumes - beans and peas
Starchy - potatoes, corn, peas \& lima beans Other Vegetables - celery sticks, cucumbers, cabbage and green peppers

Daily Fruit Selections May Include: oranges, apples, bananas, grapes, pears, peaches, cantaloupe, melon, strawberries,
applesauce, pineapple, $100 \%$ fruit juices and mandarin oranges
Daily Entree Options May
Include:

PB\&J w/ Vegetable \& Fruit
Assorted Wraps
Pizza
Yogurt Craveable w/ Goldfish Snack \& String Cheese

USDA is an equal opportunity provider and employer

Lunch Prices
Student $\$ 2.50$
Reduced \$. 40
Adult \$4.75
Metz General Manager


