

**A LUNCH CONSISTS OF FIVE COMPONENTS**

**MEAT/MEAT ALTERNATE**

**GRAIN**

**FRUIT**

**VEGETABLE**

**MILK**

**YOU MUST TAKE 3 OF THE 5 COMPONENTS TO COMPLETE A**

**REIMBURSABLE LUNCH---ONE OF THESE MUST BE**

**AT LEAST ½ CUP OF A FRUIT OR VEGETABLE.**

**PLEASE ASK YOUR LUNCH SERVERS IF YOU**

**HAVE ANY QUESTIONS.**