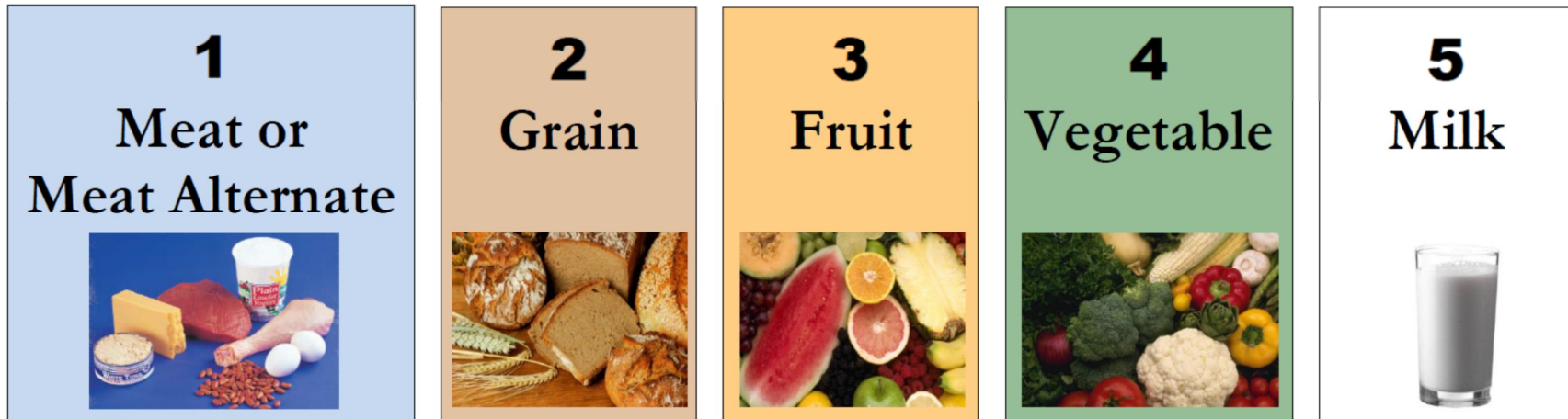


Offer versus Serve

The **5 Meal Components** for School Lunch



You must choose at least 3 including:

- **1/2 cup of fruit or vegetable**
- **At least two other full components**

For best nutrition, choose all 5!

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