

May Choose between Lunch main meal, Salad Bar with 2 proteins \& 2 breads or alternate meal.
Must take $1 \backslash 2$ cup of veggies and fruit.
Students Must Choose 3 of the 5 Food Components for Lunch from Vegetable, Fruit, Milk, Grain, or Meat $\backslash$ Alternative Assorted fresh or canned Fruit, Apples, Oranges is offered Daily.

