

# OFFER VS. SERVE

## *What Does It Mean?*

With lunch, you must take a fruit or vegetable to make a complete reimbursable meal.

Please keep in mind most of our entrees count as 2 items.

### **BREAKFAST**

**STUDENTS MUST CHOOSE 3 OR 4 ITEMS TO MAKE A REIMBURSABLE BREAKFAST**

#### **GRAIN**

May take ONE OR TWO grain items (depending on size of item)

When available, a meat item may be offered in place of a grain item

#### **FRUIT\***

May take up to TWO half-cup fruit choices (MUST take at least one)

When available, a vegetable may be offered in place of a fruit choice

#### **MILK**

May take a cup of milk (8 oz.)

\*MUST take at least 1 serving of fruit (or vegetable when offered)



SECONDARY

### **LUNCH**

**STUDENTS MUST TAKE 3, 4 OR 5 COMPONENTS TO MAKE A REIMBURSABLE LUNCH**

#### **GRAIN**

May take ONE 2 oz. grain item (most entrees are 2 oz.)

#### **PROTEIN**

May take ONE 2 oz. protein item (most entrees are 2 oz.)

#### **FRUIT\***

May take TWO half-cup fruit choices

#### **VEGETABLE\***

May take TWO half-cup vegetable choices

#### **MILK**

May take a cup of milk (8 oz.)

\*Must take at least one serving of fruit or vegetable