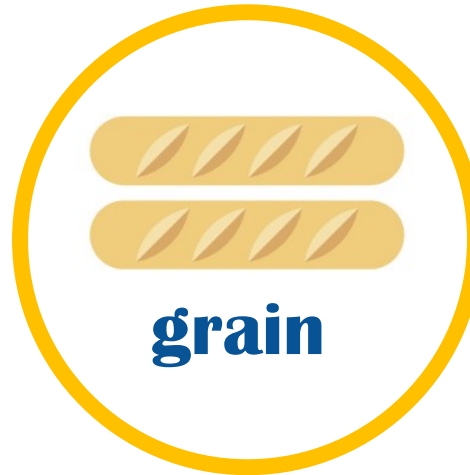


The 5 Components of a School Lunch



Offer Vs. Serve

Choose **1/2 cup fruit**,
or **1/2 cup vegetable**,
or 1/2 cup **combination**,
and **at least 2 other
components**.



Choose all 5 for the best nutrition!