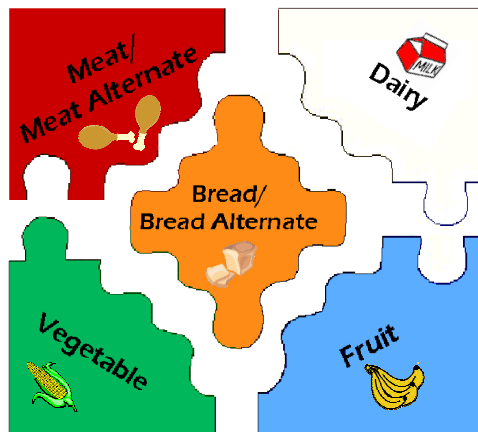


What is a Complete Lunch?

A complete lunch has the following components:

Five Components
of a
School Lunch



Make sure you have
3, 4, or all 5 pieces of the
puzzle every day!



Meat or Meat Alternative

Vegetable

Fruit

Bread or Bread Alternative

Low Fat Milk

The National School Lunch regulations require the student to choose 3, 4, or ALL 5 of the components with each meal.

If less than 3 items are chosen, each item will be charged as a separate a la carte price.