

# What is a meal?

A student must choose at least **3** of **5** components available for the school lunch price.

YOU must take a minimum of 1/2 cup serving of fruits or a 1/2 cup serving of vegetables

-  MEAT/MEAT ALTERNATIVE
-  CHOICE OF VEGETABLE
-  CHOICE OF FRUIT
-  GRAIN/BREAD
-  CHOICE OF MILK 

**3**  
is good

**4**  
is better

**5**  
is great!

