

# What's included with Lunch?

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## Five Components

**1. Protein 2. Bread 3. Fruit 4. Vegetable 5. Milk**

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**You can take all five (5) items, but you must take at least three (3) items to count as a “Type A” Meal.**

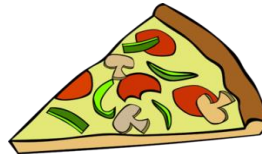
**Entrees typically count as two of the five items (Protein, Grain).**

**One of the 3-5 items must be a fruit or vegetable.**

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### Choose One Entrée

(Protein, Grain)



### Choose 2 Fruit & 2 Vegetable minimum of 1

1 juice box may be selected to count as a fruit choice

(Fruits/Vegetables)



### Choose One

(Milk)

