What's included with Lunch?

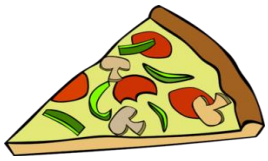
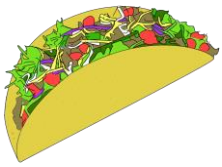
Five Components

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

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.

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)

IMPORTANT - GRADES K-8 ONLY
This information applies only to grades K-8. South Fayette High School does not participate in the National School Lunch Program (NSLP).