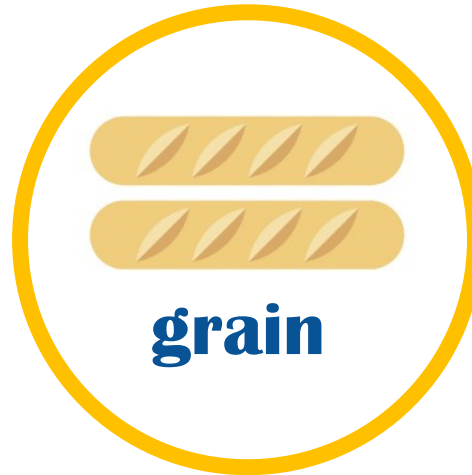


# The 5 Components of a School Lunch



## 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!**