

All students receive a complimentary lunch daily. Choices include: MILK: FF Flavored Milk or $1 \%$ White. ASSORTED FRUIT \& FRESH VEGGIE: (Take Upato 2 fruits \& 2 Vegetables) Apple, Orange, Banana, Peach, Plum, Grapes, Asst. Canned \& Other Fresh Fruit Available, Baby Carrots, Broccoli, Chick Peas, Grape Tomato, Romaine Salad, Cucumber Slices, Celery Sticks, \& Asst. Other Vegetables as available. Grains/ Breads: $80 \%$ of all grain items are "Whole Grain Rich", per USDA regulations. To qualify as a free lunch, students must take 3,4, or 5 items, (Meat/ Meat Alternate, Grain/ Bread, Vegetable, Fruit, Milk) of which 1 must be a fruit or vegetable. Students taking required meal components receive lunch at no cost, otherwise per

