

# Offer vs. Serve - Lunch



A reimbursable meal must have:

At least 3 of 5 components:

-  Milk
-  Meat / Meat Alternate
-  Grains / Breads
-  Vegetables
-  Fruits

**To Include**

At least ½ cup serving:

-  Fruit  
OR  
Vegetables  
(1 c leafy greens = ½ c)
- OR
- A combination of fruit and vegetables

## Examples

**YES**



**NO**

