Offer vs. Serve - Lunch

A reimbursable meal must have:

At least 3 of 5 components:
- Blue: Milk
- Brown: Meat / Meat Alternate
- Yellow: Grains / Breads
- Green: Vegetables
- Orange: Fruits

To Include

At least \( \frac{1}{2} \) cup serving:
- Fruit
- OR
- Vegetables
  - (1 \( \text{c}\) leafy greens = \( \frac{1}{2} \) \( \text{c}\))
- OR
  - A combination of fruit and vegetables

Examples

YES

1. Milk
2. Meat / Meat Alternate
3. Grains / Breads
4. Vegetables
5. Fruits

NO

1. Milk
2. Meat / Meat Alternate
3. Grains / Breads
4. Fruits
5. Vegetables

Need:
- At least \( \frac{1}{2} \) cup serving of fruit OR vegetables

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