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

Need: At least ½ cup serving of fruit OR vegetables

Need: At least 3 of 5 components

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