



## Understanding the Meals Offered: A Customer's Guide

Each day our customers are offered a lunch containing the following food groups:  
**Meat or Meat Alternate,**  
**Grain,**  
**Fruit,**  
**Vegetable,**  
**Milk**

Out of the 5 food groups a student is offered, one must choose at least 3 food groups for a meal. One of the food groups must be a **fruit** or **vegetable**. Some of the menu choices may count as 2 food groups such as pizza or sandwiches. A student may take the minimum of the 3 components or take all 5 food groups.

While the most nutritious lunch contains all these options, we understand that sometimes our students do not like some of the items we serve. To accommodate the taste of individual students, they are given the option to decline items they do not want to eat.

### Example Lunch Menu:

**Salisbury Steak**

**Whole Grain Roll**

**1/2 cup Whipped Potatoes**

**1/2 cup Green Beans**

**1/2 cup Peaches**

**8 oz Milk**

### A student could choose:

- Salisbury steak, roll, whipped potatoes, green beans, peaches, and milk.
- Salisbury steak, peaches, and milk.
- Salisbury steak, roll, peaches, and milk.
- Salisbury steak, whipped potatoes, and peaches.
- Whipped potatoes, roll, and peaches.
- Roll, green beans, peaches, and milk.

Any combination of 3 to 5 food groups contribute towards a meal as long as a **fruit** or **vegetable** is selected.

Each day our customers are offered a breakfast containing the following food groups:

**Meat or Meat Alternate,**  
**Grain OR 2 Grains (No Meat Alternate),**  
**Fruit or Vegetable,**  
**Milk**

Out of the 4 food groups offered at breakfast, one must choose at least 3 food groups for a meal. One of the food groups must be a **fruit** or **vegetable**.