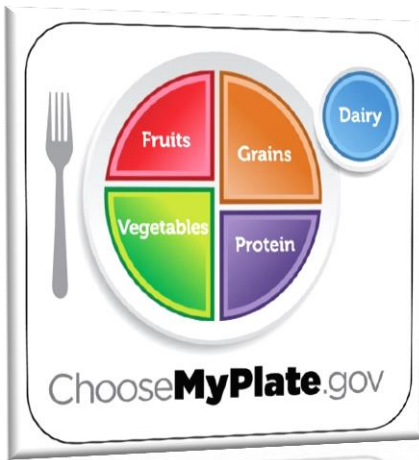


# What do I get for the lunch price?

Students are encouraged to take all 5 of the different components offered; however, they **must** take at least 3 different components. One of those components **must be a fruit and/or vegetable**. Whether they take 3, 4 or 5 different components, the meal is the same price. This allows them to build a healthy lunch by selecting 3 to 5 different components.

Minimum meal combinations are listed



Min. Meal Combos	1-2oz 	1-2oz Eq. 	½ Cup 	½ Cup <sup>1</sup> 	8oz <sup>2</sup> 
1	X	X	½ Cup		
2	X	X		½ Cup	
3	X			½ Cup	X
4	X		½ Cup		X
5		X	½ Cup		X
6		X		½ Cup	X
7	X		1 Cup <sup>3</sup>	½ Cup	
8		X	1 Cup <sup>3</sup>	½ Cup	
9			1 Cup <sup>3</sup>	½ Cup	X
10			½ Cup	1 Cup <sup>3</sup>	X
11	X		½ Cup	1 Cup <sup>3</sup>	
12		X	½ Cup	1 Cup <sup>3</sup>	

<sup>1</sup>One quarter-cup of dried fruit counts as 1/2 cup of fruit; 1 cup of leafy greens counts as 1/2 cup of vegetables. Only 1 juice may be taken with a meal. Extra juice will be charged the ala carte price.

<sup>2</sup>Dairy includes fluid milk only. Products containing dairy are considered Proteins

<sup>3</sup>If a student takes a fruit, a veggie and one other component, a minimum 1 Cup of either the fruit or the Veggie must be taken for the lunch price.

