

# What's for Lunch?

## Offer vs Serve

For a Reimbursable Meal, Students Must Select:

 **At Least 3 of the 5 Components**

Meat/ Meat Alternate

Grains

\_\_\_ M/MA

\_\_\_ Grains

Vegetables

Fruits

Milk

\_\_\_ Cup

\_\_\_ Cup

\_\_\_ Cup



**One Must Be**

**1/2 CUP**

**Fruit OR Vegetable**



**REMINDER:** Students must select two full components, and the third selection must be at least 1/2 cup of fruit or vegetable.

**Choose all 5 for a nutritious meal!**



south dakota  
DEPARTMENT OF EDUCATION  
Learning. Leadership. Service.