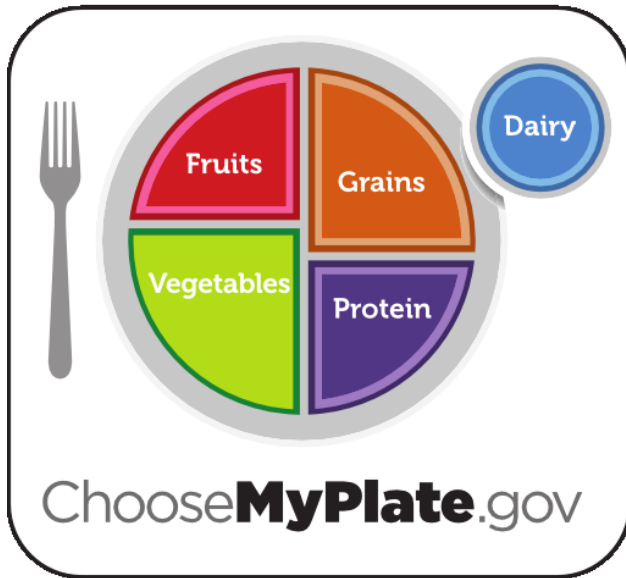


Build-a-Meal

USDA National School Lunch & Breakfast Requirements

Guide to making a healthy reimbursable lunch



Everyday, the following meal components are offered to complete a nutritionally balanced meal:

- **Whole Grains**
- **Lean Protein**
- **Vegetables**
- **Fruits**
- **Low-fat Milk**

MVCSC utilizes Offer vs. Serve, which means that students have the power to choose among the items we offer in the serving lines.

At Lunch:

- Choose **3-5** of the meal components offered!
- One component must be at least a **1/2 cup fruit and/or vegetable** to qualify for meal pricing!

*Students may decline the milk. They may also decline the entrée and just get fruit, vegetables, and milk.

*Students may choose up to 2 fruits and 2 vegetables, offered daily.

*If students come home hungry, ask if they are taking all their fruit and vegetable choices!

At Breakfast:

- Students must take **at least 3** of the offered items
- One item must be **at least a 1/2 c fruit and/or vegetable**.