

Students may select from the five components to build a lunch. The components are fruit, grain, meat, vegetables, and finik, Auminimum of three different components must be taken to receive meal benefits. A one cup serving of fruit or vegetable or a combination'of bothyust be taken to get lunch at no cost. Meals without a fruit or vegetable will be charged a la carte pricing. A choice of white and, flavored $1 \%$ milk is offered daily.

