

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

