

Offer vs. Serve - Lunch




A reimbursable meal must have:

At least **3 of 5** components:

-  Milk
-  Meat / Meat Alternate
-  Grains / Breads
-  Vegetables
-  Fruits

To Include

At least $\frac{1}{2}$ **cup** serving:

-  Fruit
- OR**
- Vegetables
(1 c leafy greens = $\frac{1}{2}$ c)
- OR**
- A combination of fruit and vegetables

Examples

YES



NO

Need:
At least $\frac{1}{2}$ cup serving of fruit OR vegetables

