

## Complete Meals = Best Value

Complete Lunch Meals include a variety of food choices from Entrée and Side menu items.

Daily Entrée, Sandwich, Wraps and Salads offer:

- ✱ 2 ounce servings of **Meats** and/or
  - ✱ **Meat Alternates** such as cheese, yogurt, eggs, beans
  - ✱ 2 ounce equivalent servings from **Breads, Rice, Pasta**
    - ✱ Up to 2 **Vegetable** servings (1/2 cup each) with Entrée, Sandwich, or Wraps
    - ✱ Up to 1 additional **Vegetable** (1/2 cup) serving with Entrée Salads
  - ✱ Up to 2 **Fruit** servings from the following choices:
    - ✱ Fresh Fruit
    - ✱ Chilled Fruit Cup
    - ✱ 100% Juice
    - ✱ Dried Fruit
- (Portion size is 1/2 cup each - dried fruit is 1/4 cup)
- ✱ 1 choice of a **Milk** serving

Complete Lunch Meals must include three food items with at least one full serving (1/2 cup) from vegetable, fruit or juice.

Some items count as two choices. Ask for help if needed.

A Complete Lunch is the best nutrition value and dollar value, so...Fuel Up on lunch and power through your day!