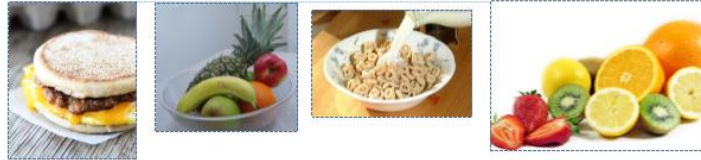


HOW TO CREATE A REIMBURSABLE MEAL MIDDLE, JR. HIGH, AND HIGH SCHOOLS



Build a Complete Breakfast

Choose at least **3 ITEMS**
1 MUST be a **FRUIT** or **FRUIT JUICE**

Main Dish
Choices

Cereal = 1 Item
Toast = 1 Item
All Other Main Dish Choices = 2 Items



Fruit
Choices
MUST TAKE 1
MAY TAKE 2

Fresh Fruit = 1 Item
Canned Fruit = 1 Item
Fruit Juice = 1 Item



Milk
Choices

White Milk = 1 Item
Chocolate Milk = 1 Item
Strawberry Milk = 1 Item



Build a Complete Lunch

Choose at Least **3 COMPONENTS**
Or a **Maximum of**
1 Main Dish, 4 Fruits and/or Vegetables, and 1 Milk
1 MUST be a **FRUIT** or **FRUIT JUICE** or **VEGETABLE**

Main Dish
Choices

All Main Dish Choices = 2 Components
Meat/Meat Alternate AND Grain



Fruit
Choices
MUST TAKE 1

Fresh Fruit = 1 Component
Canned Fruit = 1 Component
Fruit Juice = 1 Component



Vegetable
Choices
MUST TAKE 1

Fresh Vegetable = 1 Component
Hot Vegetable = 1 Component



Milk
Choices

White Milk = 1 Component
Chocolate Milk = 1 Component
Strawberry Milk = 1 Component



