

# HOW TO CREATE A REIMBURSABLE MEAL ELEMENTARY



## 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, 2 Fruits and/or 2 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 or  
MUST TAKE 1  
VEGETABLE  
MAXIMUM OF 2

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



Vegetable Choices  
MUST TAKE 1 or  
MUST TAKE 1  
FRUIT  
MAXIMUM OF 2

Fresh Vegetable = 1 Component  
Hot Vegetable = 1 Component



Milk  
Choices

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

