

# WHAT'S IN A MEAL

TWO OR MORE COMPONENTS MAY BE COMBINED IN ONE FOOD ITEM

**SMART** SCHOOL LUNCHES PROVIDE FIVE FOOD COMPONENT CHOICES EACH DAY

- ▶ Meat/Meat Alternate
- ▶ Vegetable
- ▶ Grains
- ▶ Milk
- ▶ Fruit

