

# What's a Lunch Meal?

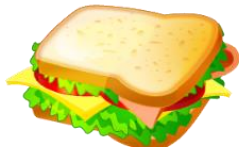
## Five Components

1. Protein 2. Bread 3. Fruit 4. Vegetable 5. Milk

You may take all 5 components, but must take at least 3 components, with 1 of those 3 being a fruit or vegetable to count as a lunch. Entrée's usually count as two items (Protein, Bread).

If you do not have a fruit or vegetable, it is not a meal, and you will be charged ala carte.

### Choose 1 Entrée (Protein, Bread)



### Choose up to 2 Fruits & 2 Vegetables



**Only 1 Juice per meal**

### Choose 1 Milk



1% White  
Skim  
Non-Fat Chocolate

