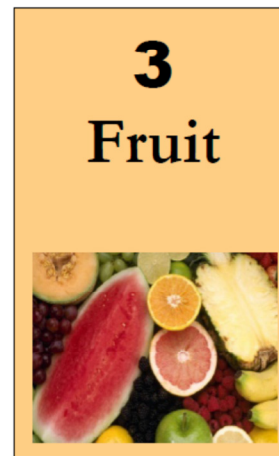
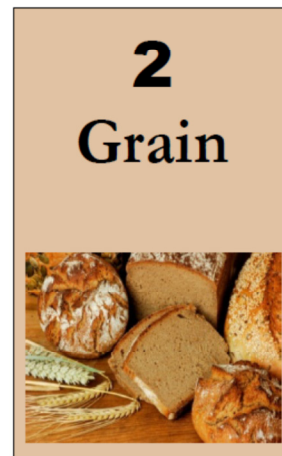


## Offer versus Serve

# The **5 Meal Components** for School Lunch



**You must choose at least 3 including:**

- **1/2 cup of fruit or vegetable**
- **At least two other full components**

**For best nutrition, choose all 5!**

Adapted from the Connecticut State Department of Education, *Offer versus Serve* (2012). In accordance with federal law and US Department of Agriculture Policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age or disability. To file a complaint of discrimination, write USDA, Director, Office of Ajudication, 1400 Independence Ave SW, Washington, DC 20250-9410 or call toll free 866-632-9992 (voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the federal relay service at 800-877-8339 or 800-845-6136 (Spanish). USDA is an equal opportunity provider and employer.