

# Self Serve Line

## How to Build Your Own Lunch

Choose: 1 Entrée (a **Protein** and a **Bread**)

Example: Chicken sandwich or pizza or cheeseburger or another sandwich choice

Choose: 1 **Fruit**

High School: Choose either pre-portioned cups or fresh fruit (the portion size is one cup – you may take two ½ cup portions of canned fruits or two fresh fruits or one of each). You may mix and match.

Middle School: Choose either one of the ½ cup portions of canned fruit or one fresh fruit.

Choose: 1 **Vegetable**

Choose either a salad or a mixed veggie cup.

Choose: 1 **Milk**

Choose either chocolate, white, or strawberry.

The five components that make up a reimbursable meal are underlined. You must choose at least three components to be charged the regular meal price of \$3.45

\*Also, a fruit or a vegetable must be one of the five components to equal a lunch. If you do not choose at least three components, ala carte prices will be charged.