



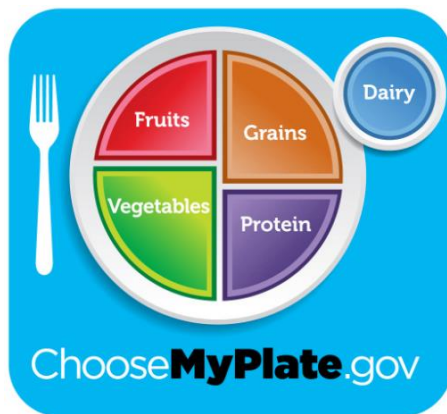
**POMPTONIAN**  
FOOD SERVICE

## *A Guide to a Complete Lunch*

A complete lunch consists of 5 components:

### **Fruit, Vegetable, Grain, Protein & Milk**

**Students are offered a variety of choices to make up the 5 components but must take a minimum of 3 components to be considered a complete meal.**



Federal guidelines state 4oz fruit juice is an allowable serving of fruit.

Vegetables are organized into 5 subgroups, based on their nutrient content, as designated by the federal guidelines. The 5 vegetable subgroup categories are:

**Legumes** (beans), **Starchy** (potato/corn), **Dark Green** (spinach/broccoli)  
**Red/ Orange** (carrot/tomato), **& Other** (celery/cucumber)

We offer a wide variety of unlimited fruits and vegetables daily.

All Students are welcome to enjoy a complete lunch.

Students who qualify may receive lunch for free or at a reduced rate.

To receive free, reduced or the complete meal price, a student is required to select a minimum of 3 components and 1 **MUST** be a fruit or a vegetable to meet the federal guidelines.

Examples of a complete lunch are, but are not limited to:

- Popcorn Chicken or Mozzarella Sticks with a Roll, Fruit, Vegetable and/or Milk.
- Premade Salads with a Roll, Fruit and/or Milk (meat or cheese on the salad will count as a Protein).
- Deli Sandwich with Fruit and/or Milk - (lettuce or tomato on a sandwich can count as a vegetable).
- Hot selection of the day with Fruit, Vegetable, and/or Milk. A roll will be included if pasta, rice or another grain is not offered.
- One Slice of Pizza with Fruit, Vegetable and/or Milk.

Items such as Panini, Cheesesteaks, Burgers, Chicken Patties or Sliders count as a Protein & Grain as they are served on a Roll. These items need to be paired with Vegetable, Fruit and/or Milk.

**Snacks and Beverages** – are available at an additional cost, these items all meet the smart snack requirements. Some examples: baked chips, French fries, muffins, hot pretzels, cookies, bottled water or premium beverages.