

# COMPLETE LUNCH

What makes up a complete lunch? The five meal components are: milk, fruit, vegetable, grain and meat (or an approved meat alternative). To be a reimbursable meal students **must** select three full components out of the five; and, one selection **must** be a fruit or vegetable. Students are able to select all five components if they wish.

FOR BEST NUTRITION, CHOOSE ***ALL 5!***

Check out the great meals we have planned for our NEISD students at: <https://www.neisd.net/Page/294>

