EXAMPLE WITH PICTURES:

Lunch Menu: Chicken Patty Sandwich, Goldfish, Salad Bar (Varies but will always have two different veggies to choose from, must take ½ a cup of serving), Fruit (whole fruits equal 1 cup of serving, canned fruits equal ½ a cup of serving), and Milk

Requirement for students: Foods that are served everyday are a part of the requirement - **hot meal, veggies OR fruit OR both, and milk**. This counts as three items. (In the special case of a student who cannot have milk, which we only have documentation for one student, this student must take both fruit AND salad to meet the 3 requirements).

Hot meal for this menu = full chicken patty sandwich, OR chicken patty, OR buns
Veggies offered are lettuce and carrots. Student MUST take ½ a cup of serving of the veggy that they choose. If they have ½ a cup of serving of lettuce, then it is ok to grab less than 4 carrots. If they picked up ½ a cup of serving of carrots, they can pick up a leaf or two of the lettuce. Again it's veggies OR fruit, so if they do not want a fruit, they MUST pick up ½ a cup of veggy serving. We just have to do our best in judgement if the serving looks less than a ½ cup. Obviously one or two carrots or one or two pieces of lettuce do not equal ½ a cup.
Fruits are served as a whole unless it's canned. Whole fruits equal one cup of serving. Canned fruits are given at ½ cup of serving. **Students can have both fruits and vegetables if they choose.
Snacks such as the goldfish are not offered every day so it does not count as part of the 3 items that students need.

Below are samples of combinations that are ok, and combinations that are not ok. I didn't include ALL combinations but you get the idea.

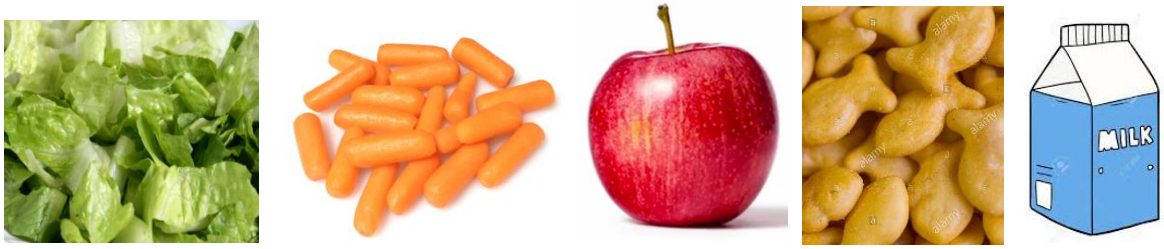
Samples of combinations that is ok

1.

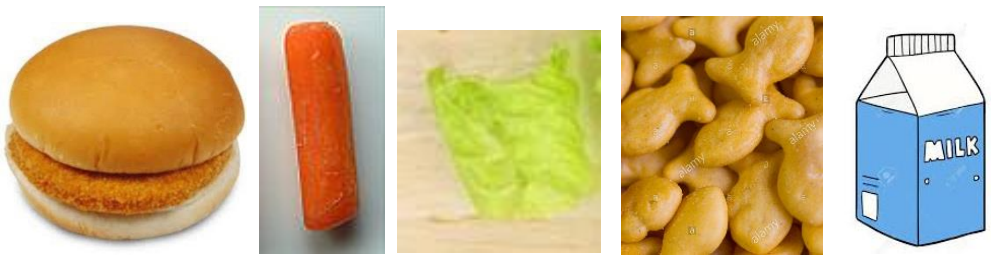
2.

3.

***If student does not take the hot meal, they must take everything from the salad bar.**

4. 

Samples of combinations that are NOT ok

1. 

2.

3.

4.

5.