Create Your Own Lunch

Choose at least 3 of the 5 meal components

*1 fruit OR 1 vegetable plus a minimum of 2 other components

Choose MyPlate.gov

It’s easy!

*Extra servings of the same component or 6 or more components will result in an additional charge.

healthy for life

food that fits your life

ARAMARK

HELPING STUDENTS FLOURISH
Reimbursable Meal - Lunch

Students must select a minimum of 3 food components.

Extra full servings from any food group will be charged at a la carte prices.

Food Group Samples

- Hamburger Patty
- Hamburger Bun
- 1/2 cup Broccoli
- Milk
- 1/2 cup Orange

Sample Lunch

1/2 cup fruit or 1/2 cup vegetable plus a minimum of 2 full servings from other food groups are required for a reimbursable meal.

2012-2013 K-8 Lunch Requirements for Offer versus Serve