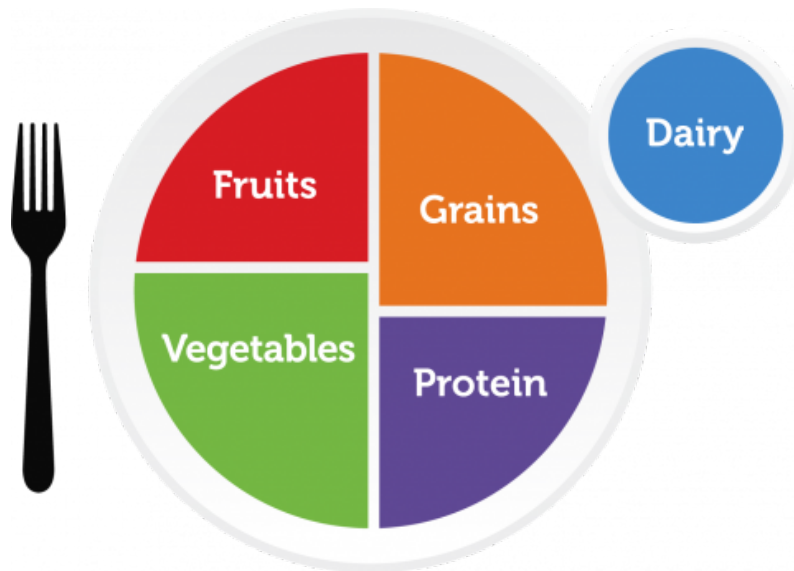




WHAT IS A FREE & COMPLETE MEAL?

Your elementary student's meal must meet these requirements to be considered a complete meal and to be FREE for the 2021-2022 school year.

5 COMPONENTS OF A COMPLETE MEAL:



Source: ChooseMyPlate.gov

ELEMENTARY STUDENTS MUST
CHOOSE AT LEAST 3
COMPONENTS AND
1 OF THOSE MUST BE A:



FRUIT

OR



VEGETABLE

BUT THEY CAN TAKE ALL 5!

ALL 5 COMPONENTS OFFERED DAILY!