

Meal Guidelines

What are the meal requirements?

They are simple, and allow for a variety of foods, including ethnic and cultural favorites.

AM Snack consists of at least 2 of the following: milk, meat or meat alternate, bread or grain, or vegetable or fruit.

Lunch and Supper require milk, bread or grain, meat or meat alternate (such as fish, cheese, beans or others), and 2 servings of different vegetables or fruits.

