

Fill Your Tray with a Complete Lunch

Select at least 3 choices from the list.

Feeling hungry for more? Choose all 5 for an even more nutritious meal!



1 protein serving

(which is often with the bread/grain as part of the entree choice)



1 bread/grain serving

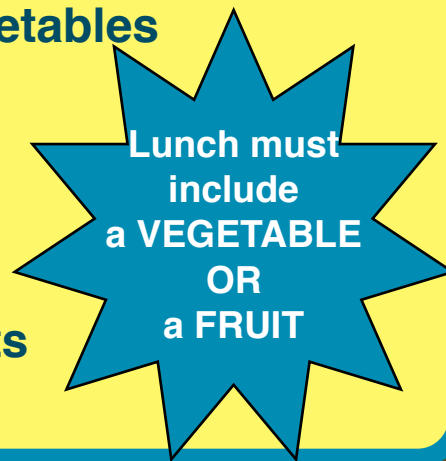
(which is often with the protein as part of the entree choice)



**1 vegetable
or 2 vegetables**



**1 fruit
or 2 fruits**



1 milk carton

A full student lunch includes **1** entree providing protein & grain, **2** vegetable sides, **2** fruit sides & **1** milk.

Chatham County Schools Child Nutrition is an equal opportunity provider.