A food could contain 2 components, such as a meat and grain combination. For example:

- a hamburger
- a sandwich
- spaghetti and meatballs
- a wrap
- a taco

**FOOD COMPONENTS**

1. **Milk**
   - 1 serving = 8 oz

2. **Meat/Meat Alternate**
   - 1 serving = 2 oz or equivalent
   - 1 c. Yogurt
   - 4 Tbsp Peanut Butter (or 2 Tbsp + 1 oz of another Meat/Meat Alternate)
   - 1/2 c. Beans

3. **Vegetable/Fruit/100% Juice**
   - 2 or more servings = 3/4 cup total

4. **Grain/Bread**
   - 1 serving

### SUMMER LUNCH or SUPPER

This institution is an equal opportunity provider.