

# 4 FOOD COMPONENTS = 1 SUMMER LUNCH or SUPPER

A food could contain **2 components**, such as a meat and grain combination.

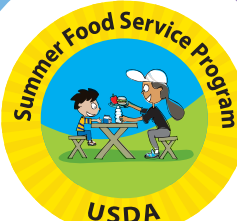
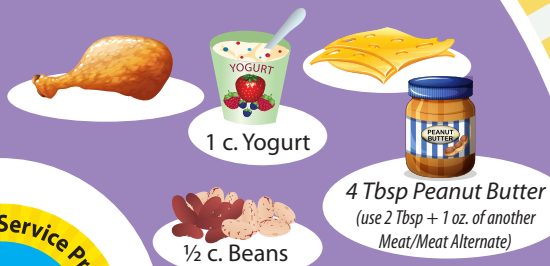
For example:

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

**MILK**  
1 serving = 8 oz



**MEAT/  
MEAT ALTERNATE**  
1 serving = 2 oz or equivalent



**VEGETABLE/  
FRUIT/ 100% JUICE**  
2 or more servings = 3/4 cup total



**GRAIN/BREAD**  
1 serving



Child Nutrition & Wellness

[www.kn-eat.org](http://www.kn-eat.org)  
[www.ksde.org](http://www.ksde.org)

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