

Maschio's Make it a Meal

School lunches are served with 5 MEAL COMPONENTS:

LEAN PROTEIN



Lean protein items such as Chicken, a Hamburger, or Low-Fat Cheese.

FRUIT and/or 100% JUICE

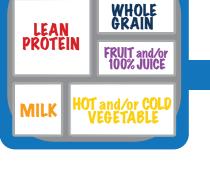
Fruit and/or 100% Juice. 🗸





Low-Fat Milk





MHOLE GRAIN



Whole Grain items such as Bread, Rice,

HOT and/or CO VEGETABLE

Hot and/or Cold Vegetabl