



CORNING-PAINTED POST
AREA SCHOOL DISTRICT

Students are the center of all we do.

What's in a Meal?

High Performing Students ~

Powered by CPP Breakfast & Lunch!

Grades K-5
Lunch

Students **must** choose a total of 3 to 5 of the following components

- 1 each Meat/Meat Alternative**
 - Meat examples: chicken, turkey, meat sauce, taco meat, chicken patty, etc.
 - Meat Alternative examples: cheese on pizza, yogurt, Peanut Butter, etc.
- 1 each Grain/Bread**
 - Grain/Bread examples: brown rice, pasta, cereal, meat breading, pizza, etc.
- 2 each Vegetables ~ variety encouraged 😊
 - Vegetable examples: beans, lettuce, potato, etc.
- 1 each Fruit
- 1 each Milk**

Students **must**
have a minimum
of 1 fruit **OR**
1 vegetable

**Indicates component not required to count as a meal. Student must have 3 components on a tray but the only required one of the three is either a fruit or a vegetable.

~Milk is not required, students may take one of everything on the list above, one item may be two components (example: pizza = two components)