## 9-12 Lunch OVS Tray Options

| Meat/Meat Alternate | Grain | Vegetable | Fruit | Milk |
| :---: | :---: | :---: | :---: | :---: |
| $\sqrt{ }$ | $V$ | $\underbrace{(1 / 2}$ cup) |  |  |
| $V$ | $V$ |  | $\sqrt{(1 / 2}$ cup) |  |
| $V$ |  | $\sqrt{(1 \text { cup })}$ | $\underbrace{(1 / 2}$ cup) |  |
| $V$ |  | $\underbrace{(1 / 2}$ cup) | $\checkmark(1$ cup $)$ |  |
|  |  |  | $V_{(1 / 2 \text { cup })}$ | $V$ |
|  |  | $V_{(1 / 2 \text { cup })}$ |  | $\checkmark$ |
| $5$ | $V$ | $\sqrt{(1 \text { cup })}$ | $\underbrace{(1 / 2}$ cup) |  |
|  | $\checkmark$ | $V_{(1 / 2 \text { cup })}$ |  | $\checkmark$ |
|  | $\checkmark$ |  | $\underbrace{(1 / 2}$ cup) | $\checkmark$ |
|  | $V$ | $\underbrace{(1 / 2}$ cup) | $\checkmark(1$ cup $)$ |  |
| SCHOOL |  | $\underbrace{(1 / 2}$ cup) | $\checkmark$ (1 cup) | $\checkmark$ |
| $\begin{aligned} & \text { NUTRITION } \\ & \text { PROGRAM 까늘 } \end{aligned}$ |  | $\sqrt{ }(1$ cup $)$ | $\underbrace{(1 / 2}$ cup) | $\checkmark$ |

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| Meat/Meat Alternate | Grain | Vegetable | Fruit | Milk |
| :---: | :---: | :---: | :---: | :---: |
| $\sqrt{ }$ | $V$ | $\sqrt{(1 / 2 \text { cup })}$ |  |  |
| $V$ | $V$ |  | $V_{(1 / 2 \text { cup })}$ |  |
| $V$ |  | $V$ <br> (1 cup) | $V_{(1 / 2 \text { cup })}$ |  |
| $V$ |  | $\sqrt{(1 / 2 \text { cup })}$ | $\sqrt{(1 \text { cup })}$ |  |
|  |  |  | $\sqrt{(1 / 2 \operatorname{cup})}$ | $V$ |
|  |  | $\left.V_{(1 / 2} \text { cup }\right)$ |  | $V$ |
|  | $V$ | $\sqrt{(1 \text { cup })}$ | $\left.V_{(1 / 2} \text { cup }\right)$ |  |
|  | $V$ | $V_{(1 / 2 \text { cup })}$ |  | $V$ |
|  | $V$ |  | $V_{(1 / 2 \text { cup })}$ | $V$ |
|  | $V$ | $\sqrt{(1 / 2}$ cup $)$ | (1 cup) |  |
|  |  | $\left.V_{(1 / 2} \text { cup }\right)$ | $\sqrt{(1 \text { cup })}$ | $V$ |
| PROGRAM |  | $\sqrt{(1 \text { cup })}$ | ( $1 / 2$ cup) | $V$ |

