

9-12 Lunch OVS Tray Options

Meat/Meat Alternate	Grain	Vegetable	Fruit	Milk
✓	✓	✓ (½ cup)		
✓	✓		✓ (½ cup)	
✓		✓ (1 cup)	✓ (½ cup)	
✓		✓ (½ cup)	✓ (1 cup)	
✓			✓ (½ cup)	✓
✓		✓ (½ cup)		✓
	✓	✓ (1 cup)	✓ (½ cup)	
	✓	✓ (½ cup)		✓
	✓		✓ (½ cup)	✓
	✓	✓ (½ cup)	✓ (1 cup)	
		✓ (½ cup)	✓ (1 cup)	✓
		✓ (1 cup)	✓ (½ cup)	✓



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	✓	✓ (½ cup)		✓
	✓		✓ (½ cup)	✓
	✓	✓ (½ cup)	✓ (1 cup)	
		✓ (½ cup)	✓ (1 cup)	✓
		✓ (1 cup)	✓ (½ cup)	✓

