

## Types of Student Nutrition Programs

### MEAL

1 SERVING FROM  
3 FOOD GROUPS



### BREAKFAST

Served in the morning prior to the start of the school day

### MORNING MEAL

Served in the morning once school has officially started

### LUNCH

Served in the middle of the school day

### SNACK

1 SERVING FROM  
2 FOOD GROUPS



Can be served in the morning or afternoon

**Vegetables and Fruits:**



**Protein Foods:**



**Whole Grain Foods:**



\*Drinking water should be available with every Meal or Snack.

\*For information about the foods that fall within the 'Serve' and 'Do Not Serve' categories, please see pages 6-17 of the 2020 Student Nutrition Program Nutrition Guidelines.