



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 6-12  
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.
- 2 each Fruit, One May Be a Juice
  - Students are not permitted to have two juices.
- 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)