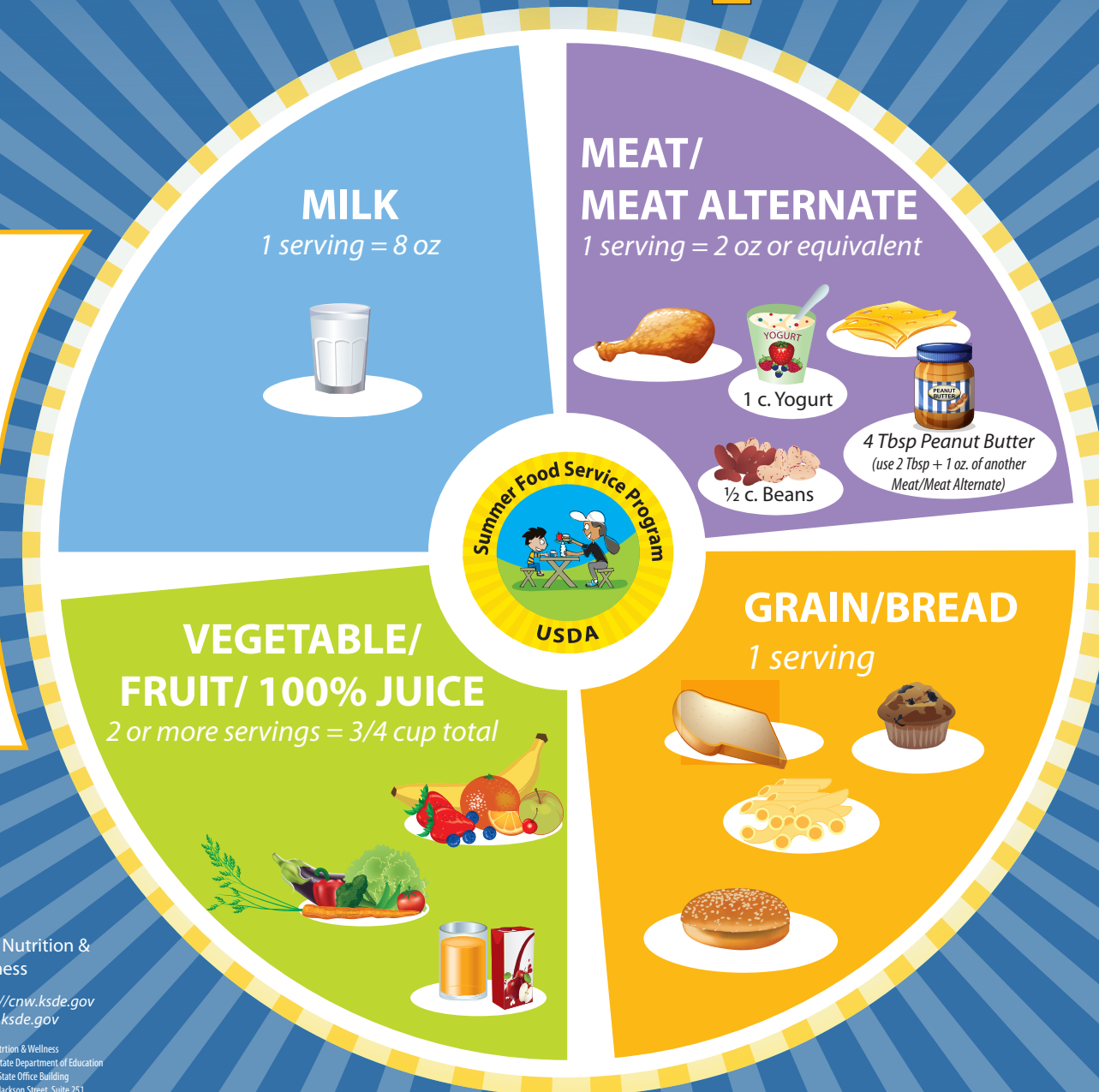


# 4 FOOD COMPONENTS = 1 SUMMER LUNCH or SUPPER

A food could contain **2 components**, such as a meat and grain combination.

For example:

- a hamburger
- a sandwich
- spaghetti and meatballs
- a wrap
- a taco



Child Nutrition & Wellness

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[www.ksde.gov](http://www.ksde.gov)

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This institution is an equal opportunity provider.

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