

Plattsburgh City SD encourages all students to select a complete meal containing all 5 food components at lunch. Students must select at least $\mathbf{3}$ food components, with one of the food components being at least $1 / 2$ cup of fruit or vegetable to constitute a reimbursable meal.

Alternate choices are PB\&J or Egg
Salad Sandwich.

All students eat free meals in our school.

