

# How the Program Works

---

## **What comes on the lunch tray?**

Homewood City Schools participates in the Offer vs. Serve Program for all grade levels. This is a USDA program, which allows students to choose what they would like to eat. The meals are broken down into components and the students are required to take a certain number of components to have the meal qualify as a lunch or breakfast.

### **Breakfast:**

For the student's choices to count as a breakfast, the student must choose a minimum of two food items. There is a maximum of three food items that a student may choose for breakfast. None of the items may be duplicates.

There are 3 food components that make up a "School Breakfast":

- Fruits
- Grains
- Milk

### **Lunch:**

For your child's lunch tray to count as a "School Lunch" they must select at least 3 different food components, they can always take all 5 of the components if they choose to.

If your child only chooses to take the minimum amount of components, one of the items **MUST** be a fruit or vegetable.

There are 5 components that make up a "School Lunch":

- One Entree – Protein
- A Serving of Vegetables
- A Serving of Fruits
- A serving of Grains
- One Milk or Juice