



Offer versus Serve

What is “Offer versus Serve” or OVS?

“Offer versus Serve” lets students turn down foods they do not want to eat. “Offer versus Serve” gives students flexibility while still allowing meals to meet Federal Nutrition Guidelines and standards.

What are the general requirements for OVS at breakfast?

- Schools must offer at least the minimum serving sizes of all 4 food items
- The four food items include:
 - Grains
 - Fruits/Vegetables/100% Juice
 - Milk
 - Additional item (i.e. Grain, M/MA as a substitute for grain, fruit, etc)
- Students must select at least three of the four food items. *One item MUST be at least ½ cup serving of fruit.*
- Breakfast must be priced as a unit. This means whether the child takes the minimum 3 items or more they will pay the same price.

Monday	Tuesday	Wednesday	Thursday	Friday
Egg & Cheese English Muffin Fresh Fruit 1% or Skim Milk	WG Cinnamon Roll 100% Fruit Juice 1% or Skim Milk	WG Peanut Butter & Jelly Sandwich Fresh Fruit 1% or Skim Milk	WG Cinnamon Bagel 100% Fruit Juice 1% or Skim Milk	Sausage Breakfast Sandwich Fresh Fruit 1% or Skim Milk
WG Cheddar Chip Muffin Fresh Fruit 1% or Skim Milk	Sausage & Cheese Breakfast Bagel 100% Fruit Juice 1% or Skim Milk	French Toast Fresh Fruit 1% or Skim Milk	Children Smoothie 100% Fruit Juice 1% or Skim Milk	Fresh Toast Sandwich Cinnamon Bun Breakfast Whole Grain Popovers Fresh Fruit 1% or Skim Milk

What are the general requirements for OVS at lunch?

- Schools must offer at least the minimum serving sizes of all 5 food components.
- The five food components include:
 - Meat/Meat Alternate
 - Grains
 - Vegetables
 - Fruits
 - Milk
- Students must select at least three of the five food components.
- Students may decline any food *item, including the entrée or milk but **MUST** take at least one fruit or one vegetable. (*A food item is a specific food offered within the food components)
- Lunch must be priced as a unit. This means whether the child takes the minimum 3 items or more they will pay the same price.
- Students may take as many fruits and/or vegetables as they like as long as it fits on their tray, however, they may not take multiple servings of the same fruit or vegetable.

Today's Menu

Must choose at least 3 Colors for a Complete Meal - At least 1 must be a red or green.

PROTEIN CHOOSE 1: HONEYMADE CHICKEN PIE (PROTEIN & GRAIN) WHOLE GRAIN OVEN BAKED MEATLOAF (PROTEIN & GRAIN)	GRAIN CHOOSE 1: WHOLE GRAIN OVEN BAKED MEATLOAF (PROTEIN & GRAIN)	MILK CHOOSE 1: SKIM CHOCOLATE ICEM STRAWBERRY IN UNFLAVORED SKIM UNFLAVORED
FRUITS CHOOSE UNLIMITED: BLEUC PEACHES FRESH FRUIT HARBORS UNLIMITED FRUIT AND VEGETABLES - IF IT FITS ON YOUR TRAY, YOU CAN GET IT!	VEGETABLES CHOOSE UNLIMITED: MASHED POTATOES GREEN BEANS	

Common concerns pertaining to OVS:

- Choices: Within OVS, School Nutrition also offers students several different choices of entrees, fruits, vegetables and milk. While this takes more time as students come through the line they are more likely to eat what they take.