

Offer vs. Serve - Lunch


A reimbursable meal must have:

At least 3 of 5 components

-  Milk
-  Meat /Meat Alternative
-  Grains / Bread
-  Vegetables
-  Fruits

To Include

At least 1/2 cup serving:

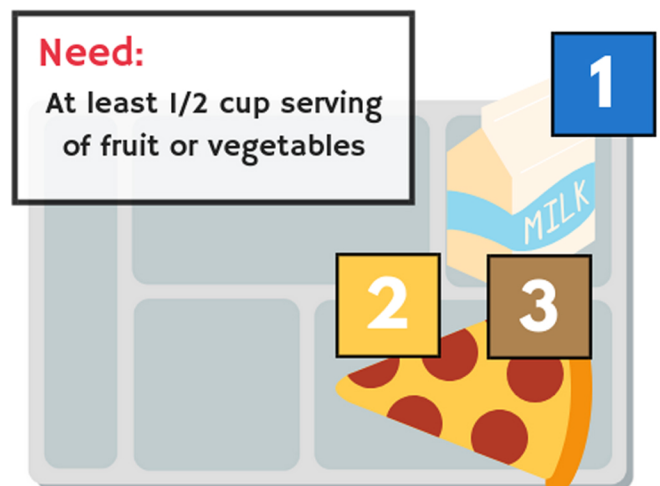
-  Fruit
OR
Vegetables
(1 c leafy greens=1/2 c)
- OR**
A combination of fruit
and vegetables

Examples

YES



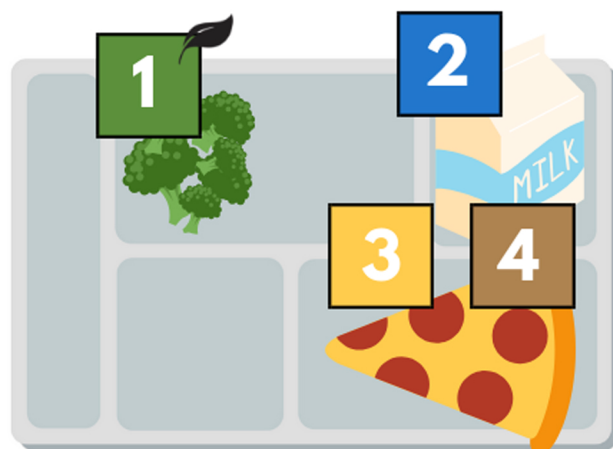
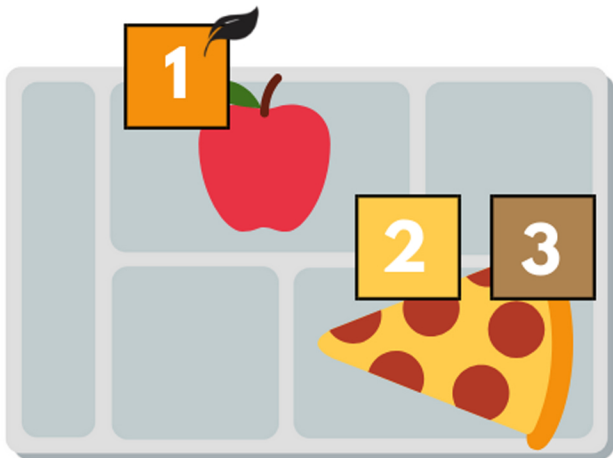
NO



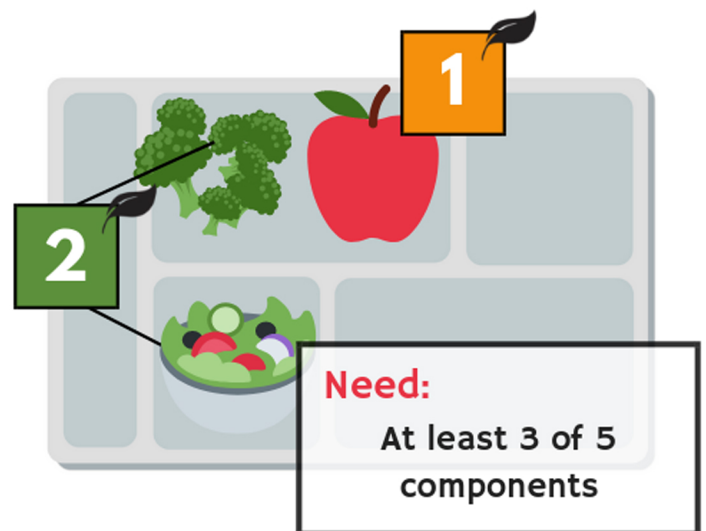
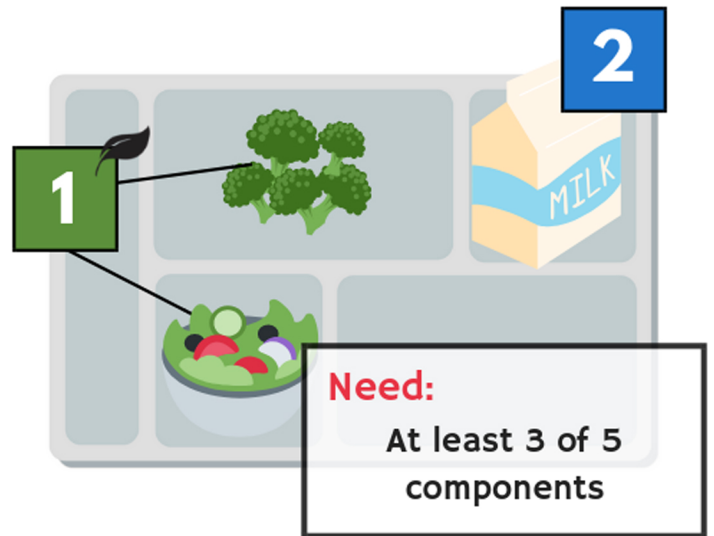
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Examples

YES



NO



Offer vs. Serve - Breakfast

Offer vs Serve Breakfast

Function	Requirement
Implementation of OVS	Optional at all levels
Number of Food Components/ Food Items Offered for Reimbursable Meals under OVS	Offer four food items for three components
Required number of selections for OVS	Student must select at least three food items One selection must be at least 1/2 cup of fruits
OVS and the fruit component OVS and the food items for the fruit component	Vegetables may be offered to meet all or part of the fruit requirement The one cup required quantity may be offered as more than one food item One selection must be at least 1/2 cup of fruit (or vegetable or a combination of both)
"Extra" foods offered	Not credited for OVS but must be counted in dietary specifications
Double servings of components/ food items	Allowing for fruits (or vegetables) and grains (or meats/meat alternates) components

Offer vs. Serve - Lunch

Offer vs Serve Lunch

Function	Requirement
Implementation of OVS	Mandatory at senior high level Optional below senior high school level
Reimbursable meals Number of Food Components/ Food Items Offered	Offer five food components Five food components/number of food items offered varies
Required number of selections for OVS	At all grade levels, students must select at least three components, one of which must be 1/2 cup of fruits or vegetables
OVS and fruits and vegetables components/food items	Fruits and vegetables are two separate components Students must select at least a 1/2 cup of fruits or vegetables or a combined total of 1/2 cup of both
Extra foods offered	Not credited for OVS but must be included in dietary specifications