

# Offer Versus Serve



- Offer Versus Serve (OVS) is when students have the ability to decline a certain amount of components as they select their meal for breakfast.
- While not required, Offer versus Serve (OVS) is allowed at breakfast for all grade groups (K-12).
- It is important to know the difference between a **component** and **food item**.
  - A **component** is one of the required food groups that are part of the reimbursable meal. At breakfast, these are fruit, grains, and fluid milk.
  - A **food item** is the individual food that makes up the component. For example, if a school serves fruit in 1/2 cup portions, then each 1/2 cup portion would be an item.
- For OVS at breakfast, school must offer at least 4 **food items** from the 3 required food **components** (fruit, grain, fluid milk).
- To make a reimbursable breakfast, students must select 3 out of the 4 **food items**, including 1/2 cup of fruit and/or vegetable.
- Two **food items** of the same **component** can be counted as two **food items** on the tray.
  - For example, 1 oz. eq. cereal + 1 oz. eq. toast = 2 **food items** on the tray.
- Meat/meat alternates may be served as a part of a reimbursable breakfast. There are two ways they can credit:
  - As a grain, as long as 1 oz. eq. of an actual grain items s offered daily
  - As an “extra,” which means it would not count as an item on the tray, but would be included in the weekly nutrient standards.
- Vegetables can be offered at breakfast., either as an “extra” or as a substitute for fruit. There may be limitations on starchy vegetables served at breakfast. Check with your field specialist for more information.