

Offer Versus Serve

Lunch



- Offer Versus Serve (OVS) is when students have the ability to decline a certain amount of components as they select their meal for lunch.
- OVS is required at lunch for grade 9-12 and is optional for grades K-8.
- A **food component** is one of the five food groups offered as part of a reimbursable lunch. The five components for lunch are fruits, vegetables, meat/meat alternate, grains, and fluid milk.
- A **food item** is a certain food item within the five component groups.
 - You can have one **component** made of several food items. For example, 1/2 cup servings of carrots, celery, and broccoli are three **food items** that are from one **component** (vegetables).
- Students must be offered all five food components (fruits, vegetables, meat/meat alternate, grains, and fluid milk) in the minimum daily and weekly portion sizes required for their grade group.
- For a reimbursable meal under OVS at lunch, students need to take at least three components. One of these components must be at least 1/2 cup of fruit and/or vegetable. The other two must be complete portions.
 - For instance, grades 9-12 would need to take two ounce equivalents of grain to count as one grain component.
 - If a student takes a fruit, vegetable, and one other component, then the 1/2 cup rule can only be used once on either the fruit or vegetable.