

OFFER VS SERVE

Breakfast and Lunch

Sierra Sands Food Service Department participates in Offer Vs Serve in our School Nutrition Program. This is optional at the elementary level and middle school level but mandatory at the High School Level. We have implemented this at all grade levels.

OVS (offer vs serve) allows students to decline some of the food offered in a reimbursable lunch or breakfast. The goals of OVS are to reduce food waste and to permit students to choose the foods they want to eat while maintaining certain requirements. Under OVS, schools must **OFFER** all the required food components in the required quantities for lunch and all of the required food components and food items in the required quantities for breakfast. Students are **REQUIRED** to select at least **three** full components in this program. Signage is posted at the beginning of the line showing students what components must be selected.

A Food Component is one of five food groups that comprise a reimbursable lunch. These are: meats/meat alternates; grains; fruits; vegetables; and fluid milk.

A Food Item is a specific food offered within the five food components. For example, a hamburger patty on a bun is one food item with two of the five food components (meat/meat alternate and grains).

Under OVS, all students, at any grade level, must select:

- At least 3 of 5 food components AND
- One of the choices selected must be at least a ½ cup serving of the fruit or vegetable component or a ½ cup total serving of both fruit and vegetable. If ½ cup of fruit is selected, the student must select the full required daily serving of the vegetable component for it to be counted as meeting that component.