



Understanding Offer vs Serve: A Parent's Guide

Each day, your child is offered a	While the most nutritious lunch contains
lunch containing the following:	all of these options, we understand
Meat or Meat Alternate,	that sometimes our students do not like
Grain,	some of the items we serve. To make our student
Fruit, Vegetable,	customers happy, we like to give them options
and of course, Milk!!	to decline items they do not want to eat.

Out of the 5 food groups your student is offered, he must choose **at least**

3 food groups for his meal. One of the food groups **must** be a

fruit or vegetable. Some of the menu choices may count as two food groups

groups such as pizza, nachos, cheeseburger, or chef salad!!

Here's an example menu:	So, your child <i>could</i> choose:
Cheeseburger on a Bun	Cheeseburger on a Bun, Baked Fries, Carrots, Peaches, and Milk
1/2 cup Carrots	--OR--
1/2 cup Baked Fries	Cheeseburger on Bun, Peaches, and Milk
1/2 cup Peaches	Of course they can take other combinations or all 5 food groups!
8 oz. of Milk	The choice is up to them!

The goal of OVS is to reduce food waste and empower our students to choose the foods they want to eat.

If your child comes home and says he/she didn't get enough to eat at lunch, ask if they are selecting all fruit and vegetable choices!!

This institution is an equal opportunity provider.