



COMMUNITY
EDUCATION
BUILDING™



School Lunch

Offer versus Serve (OVS)

OVS requires 5 food components be offered but only 3 food components are required to be selected.

Students must take at least 3 of the 5 food components offered and it must include 1/2 cup fruit or vegetable.

Students may decline any of the other food components.

Milk is not a mandatory meal requirement if the 3 component rule has been met.

OVS Requirements at Lunch
Must offer 5 components. Must select at least 3
• One serving of milk (8 ounces)
• One Serving of Fruit (1/2 cup)
• One serving of vegetables (3/4 cup)
• One serving of grains (1 grain equivalent)
• One Serving of meat/meat alternative (1 ounce equivalent)