



COMMUNITY
EDUCATION
BUILDING™



School Breakfast

Offer versus Serve (OVS)

OVS requires 4 food components be offered but only 3 food components are required to be selected.

Students must take at least 3 of the 4 food components offered and it must include 1/2 cup fruit or vegetable and 1 grain equivalent.

Students may decline any one of the other components.

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

Requirements at Breakfast

Must **offer** 4 components. Must select at least 3

- One serving of milk (8 ounces)

- One Servings of Fruit (1 cup)

- One serving of grains (1 grain equivalent)

- One serving of Meat/Meat Alternate (1 oz.)