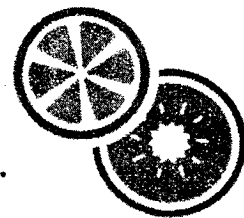


# OFFER VERSUS SERVE (OVS)



## School Breakfast Program

### What is OVS?

The goal of OVS is to reduce food waste while allowing students to choose the foods they want to eat. Everyone plays a role. When students and cafeteria staff understand OVS, breakfast lines move smoothly, allowing students to make the most of meal time and enjoy the wholesome and appealing foods they are served. It also helps reduce overall food costs.

Under OVS at breakfast, schools must offer at least four food items from the three required food components (fruit, grains, and fluid milk\*).

- A **food component** is one of three required food groups in a reimbursable breakfast. These are fruits, grains, and fluid milk\*.
- A **food item** is a specific food offered within the three food components, for example, 2 slices of whole grain-rich bread, 1 cup of grapes, and 1 cup of milk. This meal meets OVS breakfast requirements because three food components and four food items are offered.

Students must select at least three of the four offered food items under OVS at breakfast, including at least ½ cup of fruit and/or vegetable. Please note, OVS is optional at breakfast for all grade levels.

### Required Components at Breakfast



**Fruit**

1 cup



**Grains**

1 ounce equivalent  
(oz eq)



**Fluid Milk\***

1 cup

### Optional Components at Breakfast

#### Vegetables

- Vegetables may be offered as a substitute for fruits.

#### Meats/Meat Alternates

- A meat/meat alternate may be served to meet the weekly grain requirement, as long as a 1 oz eq minimum of grains is offered daily.
- A meat/meat alternate may also be offered as an "extra" food (not credited toward meal pattern requirements) if a reimbursable meal is selected.

\*Water does not count as one of the three required food components and cannot be served as a substitute for milk.



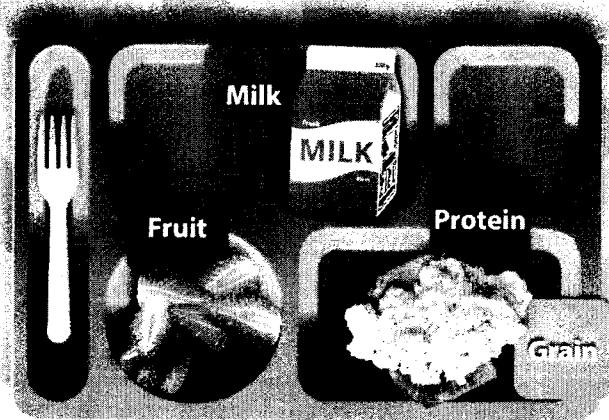
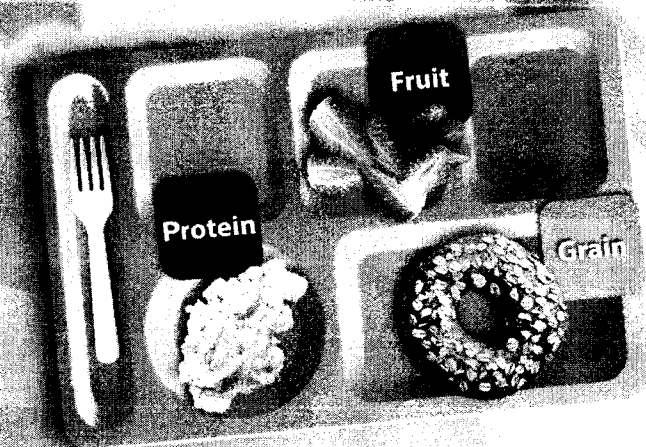
United States Department of Agriculture

Food and Nutrition Service

# BUILD A **POWER FUELED** BREAKFAST

**CHOOSE AT LEAST 3 ITEMS**

**TAKE 1/2 CUP FRUIT OR VEGETABLE**



4 items

