

Offer Versus Serve at Lunch & Breakfast

Notification Letter for Households

Our school nutrition department participates in the National School Lunch & Breakfast Programs and implements Offer versus Serve. Offer versus Serve allows students to decline some of the food offered as part of their complete meal. The goals of Offer versus Serve are to reduce food waste in the school nutrition programs and to allow students more customization of their trays. Read below to find out more!

Understanding the Meals

At lunch, all students should have the opportunity to choose from menu items that fall within five important food groups, including **milk**, **protein**, **fruits**, **vegetables**, and **grains**. While the most nutritious lunch contains all the offered items, we understand that sometimes our students do not like some of the items we serve. To make our customers happy, we like to give them the option to decline items they do not want to eat.

Out of the five food groups your student is offered at lunch, they must choose at least three food groups for their meal. One of the selections must be at least ½ cup of fruit or vegetable.

Example Menu for Lunch

Beef Soft Taco

Refried Beans

Corn

100% Fruit Juice

Diced Peaches

Milk

With Offer Versus Serve at lunch, your student could choose:

- Beef Soft Taco and Corn (**Protein** + **Grain** + **Vegetable** = 3 food groups)
- Beef Soft Taco, Fruit Juice, and Milk (**Protein** + **Grain** + **Fruit** + **Milk** = 4 food groups)
- Refried Beans, Corn, Peaches, and Milk (**Vegetable** + **Vegetable** + **Fruit** + **Milk** = 3 food groups)

At breakfast, all students should have the opportunity to choose from menu items that fall within three important food groups, including **milk**, **grains** (**protein** may be substituted for a grain), **fruits**.

Out of the three food groups your student is offered at breakfast, they must choose at least three of the four food items for their meal. One of the selections must be at least ½ cup of fruit or vegetable.

Example Menu for Breakfast

Toast

Cereal

Apple

Raisins

Milk

With Offer Versus Serve at breakfast, your student could choose:

Cereal, Raisins, and Milk (**Grain** + **Fruit** + **Milk** = 3 food items)

Toast, Cereal, and Apple (**Grain** + **Grain** + **Fruit** = 3 food items)

Even though the school participates in Offer versus Serve, students are not required to decline items, in fact they're encouraged to take all food groups. The choice is up to them! If your student comes home and says they did not get enough to eat at mealtime, ask if they are taking all their food item group offerings. Don't hesitate to reach out to Karyn Elder (765)359-2112 ext. 123, if you have any questions about the menu.