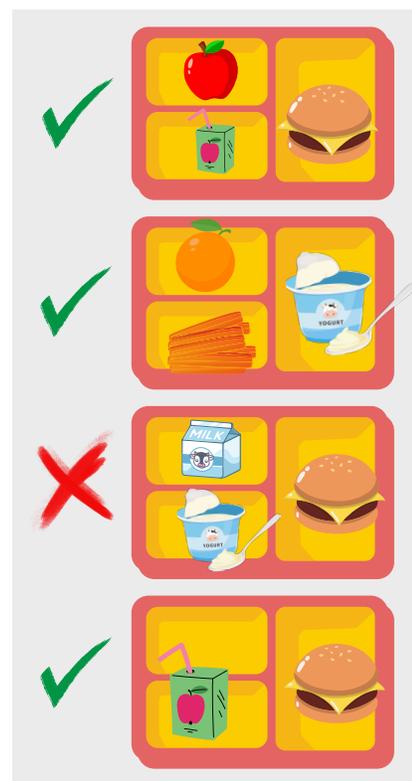
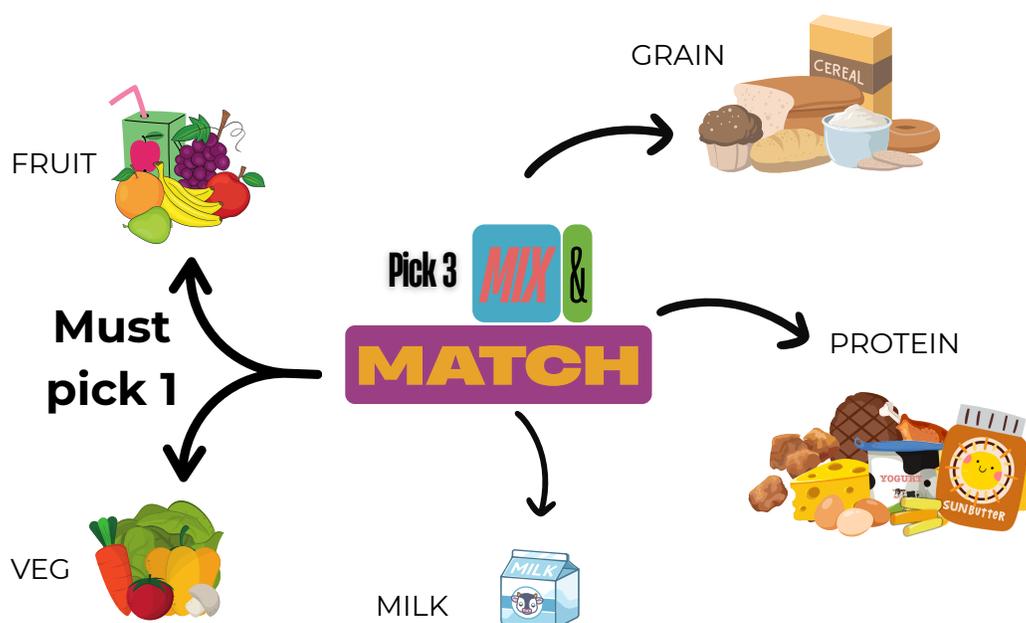


What makes a meal?

Our school is proud to participate in the Community Eligibility Provision (CEP), a program from the U.S. Department of Agriculture (USDA) that ensures every student receives free healthy school meals!

As part of this program, USDA guidelines require schools to serve meals that include five key components: fruits, vegetables, whole grains, lean protein, and milk. Whether it's breakfast or lunch, students must select a minimum of three of these components, and at least one must be a fruit or a vegetable. Portion sizes vary by grade level to meet nutritional needs. This approach helps guarantee that every meal is balanced, nutritious, and aligned with the Dietary Guidelines for Americans.



How Offer vs Serve Works

Offer Versus Serve (OVS) is a meal service option in the National School Lunch Program (NSLP) that allows students to decline some food items offered, while still receiving a reimbursable meal. The primary goal of OVS is to reduce food waste and allow students to choose the foods they prefer, leading to higher consumption.

Offer: Students are offered a variety of food items from different food components (e.g., fruits, vegetables, grains, meat/meat alternates, milk).

Serve: Students must select at least three food items, with at least one serving of fruit or vegetable. They can decline the remaining food items, as long as they meet the minimum requirements for the reimbursable meal.

Example: Students are not required to take a milk.