



# Offer Versus Serve at Breakfast

## Notification Letter for Households

Our school nutrition department participates in the School Breakfast Program, 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 Breakfast Line

At breakfast, all students should have the opportunity to take, at a minimum, **milk**, **fruit**, and **grains**. We also often add **protein** and **vegetables** to the breakfast offerings. While the most nutritious breakfast contains all of 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.

For breakfast, students must choose at least three offered items for their meal. One of the items selected must be a fruit or vegetable.

### Example Menu for Breakfast

Egg Sandwich on a Biscuit  
1/2 cup Seasoned Potatoes  
1 cup Strawberries  
8oz of Milk

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

- Seasoned Potatoes, Strawberries, and Milk ( **Vegetable + Fruit + Milk**)
- Biscuit Sandwich, Strawberries, and Milk ( **Grain + Fruit + Milk**)
- Biscuit Sandwich, Strawberries, and Seasoned Potatoes ( **Grain + Fruit + Vegetable**)

Even though the school participates in Offer versus Serve, students are not required to decline items and can take all items offered. The choice is up to them! If your student comes home and says they did not get enough to eat at breakfast, ask if they are taking all of the items offered to them. Don't hesitate to reach out to insert contact name and number if you have any questions about the menu.

# Offer Versus Serve at Lunch

## Notification Letter for Households

Our school nutrition department participates in the National School Lunch Program, 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 Lunch Line

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 of 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, they must choose at least three food groups for their meal. One of the selections must be at least  $\frac{1}{2}$  cup of fruit or vegetable. All schools are required by USDA guidelines to have adequate signage posted in the cafeteria and on the serving line to help explain how students can create a complete meal.

### Example Menu for Lunch

#### Chicken Soft Taco

1/2 cup **Black Beans**

1/2 cup **Fiesta Corn**

1/2 cup **Strawberries**

1/2 cup **Diced Peaches**

8oz of **Milk**

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

- Chicken Soft Taco and Fiesta Corn (**Protein + Grain + Vegetable = 3 food groups**)
- Chicken Soft Taco, Strawberries, and Milk (**Protein + Grain + Fruit + Milk = 4 food groups**)
- Black Beans, Fiesta Corn, Strawberries, Milk (**Vegetable + Vegetable + Fruit + Milk = 3 food groups**)

Even though the school participates in Offer versus Serve, students are not required to decline items, in fact they're encouraged to take all five food groups. The choice is up to them! If your student comes home and says they did not get enough to eat at lunch, ask