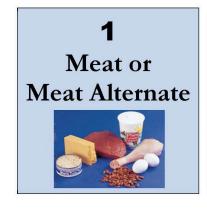
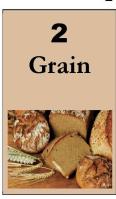
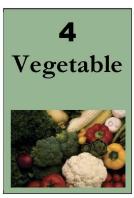
The 5 Meal Components for School Lunch











You choose at least 3 including

- ½ cup of fruit or vegetable
- at least two other full components

For best nutrition, choose all 5!

Do you ever wonder why the cafeteria staff may tell you that they need one more item? Read about OVS?

Offer versus Serve (OVS) is a system designed to decrease food waste and give each student greater flexibility in choosing what he or she eats for school lunch.

Advantages:

- Students can make food selections, which they prefer to eat.
- Students choose at least 3 components including a 1/2 cup of fruit or vegetable. Combination foods count as more than 1 food item.
 (Hamburger on a Bun - 2 Items)
- Selecting all 5 foods will assure that each student is receiving the most nutrition, which will support good health and better achievement in school.