

# The **5 Meal Components** for School Lunch



You choose **at least 3** including

- 1/2 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.