

# Offer Versus Serve (OVS) at Breakfast

Our school nutrition department participates in the School Breakfast Program, and implements Offer versus Serve. OVS allows students to decline some of the food offered as part of a complete meal. The goals of OVS are to reduce food waste in the school nutrition programs and to allow students more customization of the meal they select.

## Understanding the Breakfast Line

At breakfast, all students have the opportunity to take, at a minimum, **milk**, **fruit**, and **grains**. We also may add **protein** to the breakfast offerings.

At our elementary school level, students receive the entire meal packaged to take to the classroom or eat in the cafeteria. Since time is short before school begins this is the most effective way to service the students.

At the middle school and high school level. The students have a choice of many options. While the most nutritious breakfast contains all of the offered item groups, 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 item groups for their meal. One of the items selected must be a fruit or vegetable.

## Example Menu for Breakfast\*

**Egg Sandwich on a Biscuit** (this is the entree item, it could be grain only or grain and protein)

1 box of **Apple Juice**

1 cup **Strawberries**

8oz of **Milk**

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

- Juice, Strawberries, and Milk ( **Fruit + Fruit + Milk**)
- Biscuit Sandwich, Strawberries, and Milk ( **Grain/Protein + Fruit + Milk**)
- Biscuit Sandwich, Strawberries, and Juice ( **Grain/Protein + Fruit + Fruit**)

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 [PHM Food Service at 574-254-2814](tel:574-254-2814) if you have any questions about the menu.

\*Keep in mind that some cafeterias offer multiple options within each food group and many offer different serving styles such as breakfast in the classroom. Talk with our team if you have any questions about the choices your student has at breakfast.