



OVS @ LUNCH

Offer Versus Serve

OFFER



5 Food Groups:

1. Milk - White or Flavored Milk
2. Fruit - Apples, Pears, Berries, Fruit Juice, etc.
3. Veg - Salad, Carrots, Beans, Potatoes, etc.
4. Grain - Dinner Rolls, Chips, Muffin, Entrees
5. Protein - Cheese, Yogurt, Entrees



SERVE

$$\begin{array}{c}
 \text{1/2 cup of Fruit or Veg} \\
 + \\
 \text{2 or More Other Food Groups} \\
 =
 \end{array}$$

Reimbursable Meal

3 or More Food Groups including 1/2 c Fruit or Veg



EXAMPLES



- Fruit + Veggie + Dinner Roll
- Fruit + Milk + Muffin
- Veg + Milk + Yogurt
- Veg + Cheese + Chips
- Fruit + Pizza (Protein/Grain Entree)
- Veg + Burger (Protein/Grain Entree)
- Milk + Fruit + Veg + Roll + Cheese + Entree