

Offer vs. Serve~

“*Offer versus Serve*” is a concept which applies to menu planning in the National School Breakfast and Lunch programs. It allows students to have more flexibility in choosing what they want to eat and in turn decreases food waste.



For Breakfast each day, students are offered at least 4 of the following components: Meat or a Meat Alternate, Grain, Fruit, Vegetable and Milk. Students need to choose at a minimum $\frac{1}{2}$ cup fruit or a juice and two other food components. They may take all 4 if they would like.





For Lunch each day students are offered all 5 of the following meal components: Meat or a Meat Alternate, Grain, Fruit, Vegetable and Milk. Students need to choose at a minimum $\frac{1}{2}$ cup of fruit or vegetable and two other food groups or components. They may take all 5 of the offered components.

