

**OVERVIEW OF MENU PLANNING/  
OFFER VERSUS SERVE (OvS) AT LUNCH**

Implementation of OvS	Mandatory at senior high level  Optional below senior high school level
Reimbursable Meals	Offer five food components
Number of Food Components/Food Items Offered	Five food components/number of food items offered varies
Required Number of Selections in OvS	At all grade levels, student must select at least three components, one of which must be 1/2 cup of fruits or vegetables
OvS and Fruits and Vegetables Food Components/Food Items	Fruits and vegetables are two separate components  Student must select at least 1/2 cup of fruits or vegetables or a combined total of 1/2 cup of both
<i>Extra</i> Foods Offered	Not credited for OvS, but must be included in dietary specifications

**OVERVIEW OF MENU PLANNING/  
OFFER VERSUS SERVE (OvS) AT BREAKFAST**

Implementation of OvS	Optional at all levels
Number of Food Components/Food Items Offered for Reimbursable Meals Under OvS	Offer four food items from three components
Required Number of Selections for OvS	Student must select at least three food items  One selection must be at least 1/2 cup of fruits
OvS and the Fruit Food Component  OvS and Food Items for the Fruit Component	Vegetables may be offered to meet all or part of the fruit component  The one cup required quantity may be offered as more than one food item  One selection must be at least 1/2 cup of fruit (or vegetable or a combination of both)
<i>Extra</i> Foods Offered	Not credited for OvS, but must be counted in dietary specifications
Double Servings of Components/Food Items	Allowed for fruits (or vegetables) and grains (or meats/meat alternates) components