



Breakfast is Brain Fuel

"Offer versus Serve"

What is "Offer versus Serve"?

"Offer versus Serve" lets students turn down foods they do not plan to eat. This helps reduce waste by not making students take food that they don't like or won't eat. "Offer versus Serve" gives students flexibility. Meals still meet federal nutrition standards. Depending on how menus are planned in the school, a set number of food groups are offered. Students must select a certain number of food groups for a school meal. The number of food groups that are offered and the number the student can decline varies.¹

What are the Food Groups for School Meals? ¹	
<ul style="list-style-type: none"> Meats/Meat Alternates 	<ul style="list-style-type: none"> Each school meal is a combination of food groups. School meals can also have items that include more than one food group. <ul style="list-style-type: none"> For example, a breakfast pizza can have a meat or meat alternate, grain or bread and a vegetable.
<ul style="list-style-type: none"> Grains/Breads 	
<ul style="list-style-type: none"> Fruits and Vegetables 	
<ul style="list-style-type: none"> Milk 	

What is the difference between "Offer versus Serve" and "Choice"?

- "Choice" means there are several options within a food group.
- For example, from the Grain/Bread group, a student can choose between cereal, toast or a muffin.

How does "Offer versus Serve" work?

"Offer versus Serve"	"Choice"
A student is NOT required to choose an item from each food group.	A student MAY choose one item from each food group, including milk.

- School breakfasts are priced as a unit.
- The menu may have 4 items planned as part of the school breakfast but at least 3 items must be chosen in order to count as a school meal.
- The student can take 3 or 4 of the items and be charged the same price.

When is "Offer versus Serve" used?		
Type of School	National School Lunch Program	School Breakfast Program
Senior High	Mandatory	Optional ²
Middle or Elementary	Optional ²	Optional ²

¹ Food groups are used in Food-Based Menu Planning for school meals.

² The school system decides if it wants to implement "Offer versus Serve", when it is optional and in what grades, and how many items students can decline.



Breakfast is Brain Fuel



Everyone Wins with "Offer versus Serve"

Benefits of "Offer versus Serve"	
Administrators	<ul style="list-style-type: none"> ▪ Students get the nutrients they need for success in the classroom. ▪ Students take less time in the school breakfast line. ▪ Less food is thrown away. ▪ Janitorial staff have less cleanup. ▪ School systems can save money.
Child Nutrition Staff	<ul style="list-style-type: none"> ▪ More choices can be offered on the school menu. ▪ More students may eat school meals. ▪ School cafeteria staff may be able to make less food. ▪ Child Nutrition has less food and packaging waste to get rid of. ▪ Schools can conserve resources – food, money and energy.
Teachers	<ul style="list-style-type: none"> ▪ Students take less time in the school breakfast line. ▪ Teachers do not have to closely monitor what students take. ▪ The cafeteria can be used as a learning laboratory. ▪ Students can practice nutrition lessons learned in the classroom. ▪ Students can learn about ways to save resources and the environment.
Families	<ul style="list-style-type: none"> ▪ Cost savings keep school meal prices low. ▪ Families can take greater advantage of school breakfast. ▪ Families can teach children about food and nutrition by using the menu. ▪ Families save time by not having to make breakfast at home or pick up breakfast on the way to school. ▪ Children build life skills in choosing what foods they will eat.
Students	<ul style="list-style-type: none"> ▪ Students have the chance to try new foods. ▪ Students eat more fruits and veggies because they pick what they like. ▪ Students get the nutrients they need because they eat foods they pick. ▪ Students have more time to eat because it takes less time in line. ▪ Students can learn about eating smart and the environment.
<p>Students enjoy eating school breakfast more!</p>	

