

What is Offer vs Serve?

The *Offer Versus Serve* concept is utilized in grades K-12. *Offer Versus Serve* provides students the opportunity to choose only those foods in which the student intends to eat. This USDA concept is designed to **REDUCE** food waste and give the student the opportunity to **SELECT** only foods they will enjoy.

For lunch students **MUST** choose at least 3 out of the 5 food components (fruit, vegetable, protein, grain, milk) to complete a meal; however, **1 of the 3 groups must be a fruit or vegetable**. Choosing less than 3 food groups OR more than 5 food groups will result in being charged ala carte prices. As a staff member, please encourage students to select a fruit or vegetable daily. For breakfast, students **MUST** choose at least 3 out of the 4 food components (fruit, protein, grain, milk).

To find out more about District 742 Schools healthy school menu please visit the District 742 Schools homepage at www.stcloudschooldistrict.k12.mn.us and click Lunch Menu located on the left column.

What's for lunch?

For a meal that is reimbursable under USDA regulations, students must be offered a lunch that contains:

- 5 food items
- from the 4 food components...
- in at least the minimum serving sizes for the appropriate age/grade group

The 5 food items at lunch include:

1. Meat/Meat Alternate
2. Grains/Breads
3. & 4. Vegetables/Fruits – two or more servings of different kinds of vegetables and/or fruits
5. Milk

The 4 food components at lunch are:

1. Meat/Meat Alternate
2. Vegetables/Fruit
3. Grains/Breads
4. Milk



Students are welcome and encouraged to eat breakfast at school. Breakfast is offered at all of our school sites each morning with the exception of late start schools days. You can find the breakfast menu on the monthly lunch menus. For serve time please call your school's main office.

The cost for breakfast is:

Elementary Breakfast is \$1.50

Secondary Breakfast is \$1.55

Students on the Free/Reduced Program = Free

Adult Breakfast is \$2.30

New strategies to bring Breakfast to students:

Along with serving breakfast in the cafeteria at each of our school sites, we have incorporated two new ways to make breakfast more available to students. At several of our schools, we have initiated the Breakfast in the Classroom program and the Grab n' Go Breakfast program.

What's for Breakfast?

- 4 food items
- from 3 or 4 components
- in at least the minimum serving size for the appropriate age/grade group.

The 4 food components for breakfast are:

1. Meat/Meat Alternative = meat, poultry, fish, cheese, nuts, nut butters, eggs, dry beans, yogurt, and alternative protein products.
2. Grains/Breads = bread, tortillas, bagels, biscuits, muffins, and many more products made from enriched or whole-grain meal or flour, plus enriched or fortified cereals.
3. Vegetable/Fruit = fruit or vegetable in any form or full-strength juice.
4. Milk = fluid, served as a beverage or on cereal or both.