

OFFER VERSUS SERVE NOTIFICATION TO PARENTS

In 1976, the "School Lunch Pattern Requirements" were amended to include the "offer versus serve" provision. This provision is required at the senior high level. At the beginning of the 1981/82 school year, the offer versus serve provision was extended to all students, if the local school food authority so desired. Our district provides "offer versus serve" to senior high students and has again decided to extend the provision to full day kindergarten and grades 1-12.

Offer versus serve is designed to decrease plate waste and reduce food cost while maintaining the nutritional integrity of the lunch. Under the offer versus serve provision students must be offered the five food items of the school lunch pattern in the required amounts but have the option of selecting, at a minimum, three of the five food items offered. The school lunch pattern that must be offered all students is:

<u>Five Food Items</u>	<u>Minimum Quantities</u>	
	<u>Grades K-3</u>	<u>Grades 4-12</u>
1. Meat/meat alternate	1-1/2 oz cooked or equivalent	2 oz cooked or equivalent
2-3. Fruit and/or vegetable	2 servings totaling ¾ cup plus an additional ½ cup of fruit/vegetable served over a 5-day period	2 servings totaling 1 cup daily
4. Bread/bread alternate	12 per week	15 per week
5. Milk	½ pint	½ pint

Please be aware that one set unit price will be charged regardless of whether or not all five food items are selected. Pricing is as follows:

- \$2.05 for secondary students (7-12 grades) eligible for full priced meals
- \$1.85 for elementary students (K-6 grades) eligible for full priced meals
- 40¢ for students eligible for reduced price meals
- NO Charge for students eligible for free meals

Because younger children are in the process of learning to make good food choices, they need help in choosing what they eat. We encourage you to review the school lunch menu with your children to help them decide what to select. If there is an unfamiliar or unpopular food item on the menu, children should be encouraged to try a "taste" rather than refuse it totally, thus introducing them to new foods. The five food items were designed specifically to provide a lunch consisting of one-third of a child's daily needs: therefore, selecting all five food items daily should be encouraged. Independent School District #742 is committed to producing quality meals that are nutritious and appealing to children. Any suggestions you may have to further improve the program are welcome. Contact Connie Jopp, Nutritional Services Supervisor @ 202-6871