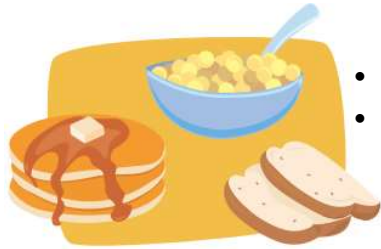


Breakfast

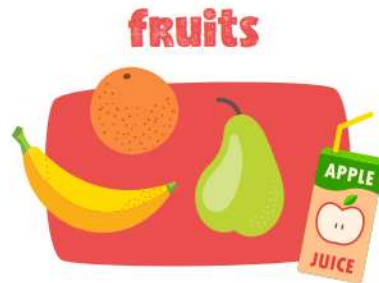
What we **Must** Offer:



bread/grain*

- 1 oz equivalent
- 1 oz MMA item can be counted in addition to 1oz grain

- Two ½ cup servings of fruit
- Only half can be fruit juice



fruits

milk

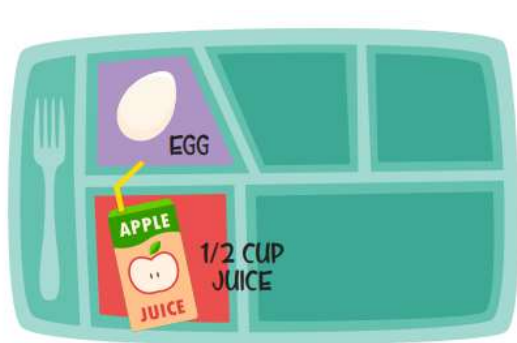


- 1 cup or 8 oz



OVS Breakfast Examples

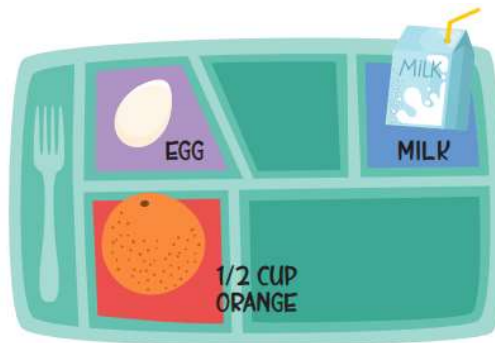
Is this meal reimbursable breakfast?



NO

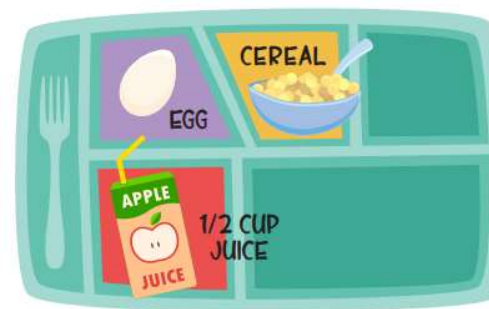
You need one more item.

- Egg, 1 oz MMA = 1 item
- 1/2 cup juice = 1 item



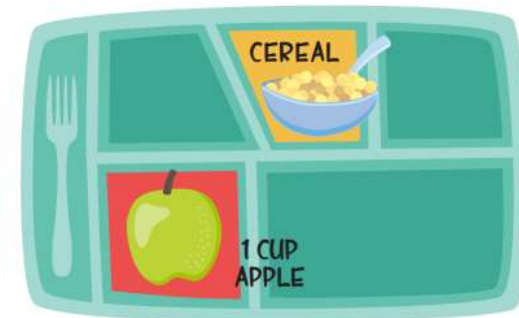
YES

- Egg, 1 oz MMA = 1 item
- 1/2 cup orange = 1 item
- Milk = 1 item



YES

- Egg, 1 oz MMA = 1 item
- 1/2 cup juice = 1 item
- Cereal = 1 item

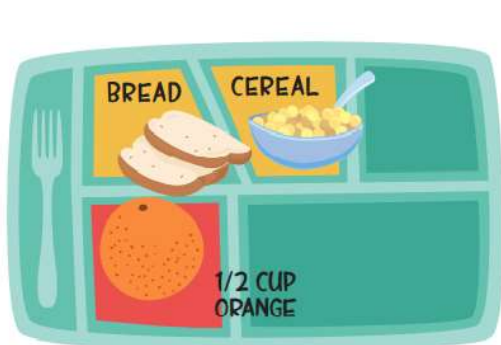


YES

- Cereal = 1 item
- 1 cup Apple = 2 items

OVS Breakfast Examples

Is this meal reimbursable breakfast?



YES

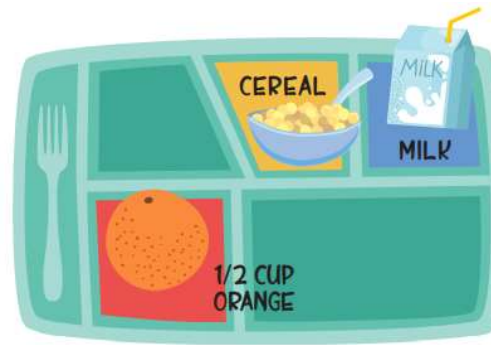
- Bread, 1oz = 1 item
- Cereal, 1 oz = 1 item
- ½ cup Orange= 1 item



NO

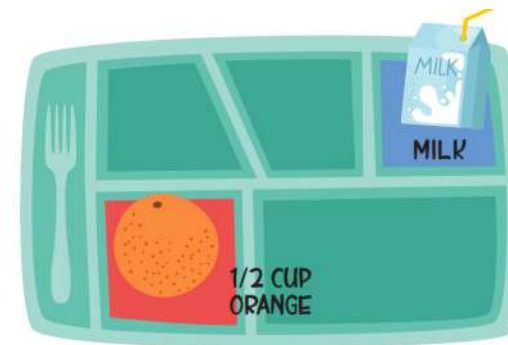
You must take at least 1/2 cup of fruit or juice.

- Egg, 1 oz MMA = 1 item
- Cereal = 1 item
- Milk = 1 item



YES

- Milk = 1 item
- ½ cup orange= 1 item
- Cereal = 1 item



NO

You need at least 3 items, including a 1/2 cup fruit or juice.

- Milk = 1 item
- ½ cup Orange = 1 item

K-12 OVS Breakfast Signage

OVS signage must be displayed on serving line to help students make choice!

Build Your Own **Breakfast**

CHOOSE AT LEAST 1 FRUIT + 2 ADDITIONAL FOOD ITEMS TO MAKE A MEAL

IT'S EASY!

*Additional items will be charged at à la carte prices.

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REIMBURSABLE MEAL K12 OVS Breakfast

STUDENTS must select a minimum of 1/2 CUP of FRUIT

+

2 FULL SERVINGS OF ANY OF THESE ITEMS in any combination

milk

8 OZ

breads/grain

1 OZ EQUIVALENT

fruits

Sample Breakfast

Lunch - Offer Vs Serve

What we Must Offer:



meat/meat alternate

bread/grain



fruits



vegetables

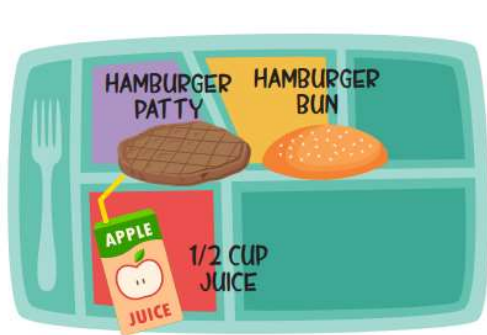


milk

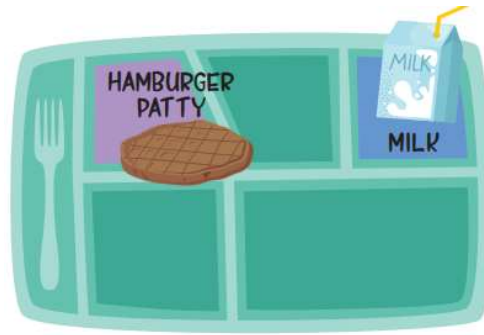


Lunch OVS Examples

Is this a reimbursable lunch?

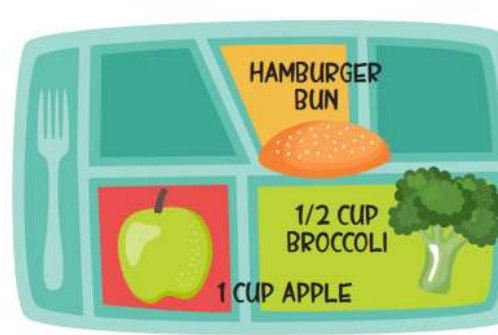


YES

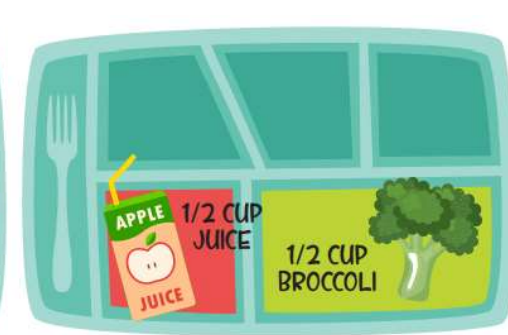


NO

You need at least a 1/2 cup of fruit, juice, or a vegetable.



YES

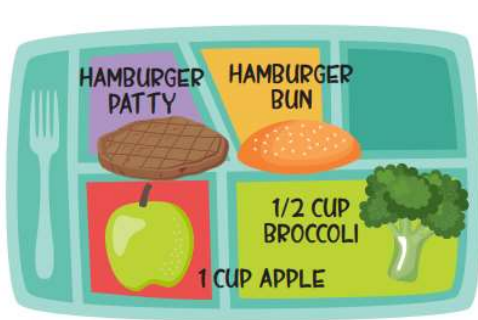


NO

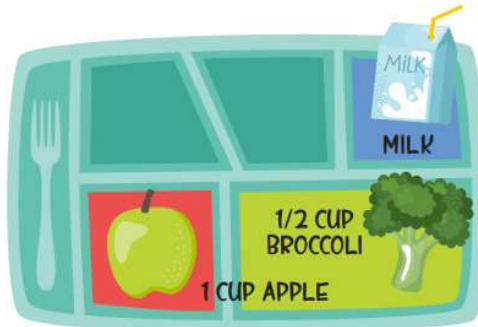
You need at least one more component.

Lunch OVS Examples

Is this a reimbursable lunch?



YES

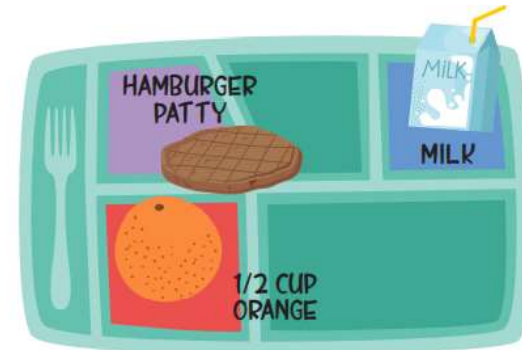


YES



NO

You need at least a 1/2 cup of fruit, juice, or a vegetable.



YES

Lunch K-8 OVS Signage

Build Your Own **Lunch**

Protein
Meat or Vegetarian Options

Grain

Milk

Fruits

Vegetables

IT'S EASY! CHOOSE AT LEAST **1 FRUIT** or **+ 2 OTHER FOODS** TO MAKE A MEAL

*Extra servings of the same food or 6 or more foods will result in an additional charge.
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REIMBURSABLE MEAL K8 Lunch

STUDENTS must select a minimum of **3 MEAL COMPONENTS** at least one of which must be a **FRUIT** or **VEGETABLE**

Extra full servings from any food group will be charged at à la carte prices

vegetables **fruits** **breads/grain**

meat/meat alternate **milk**

Food Group Samples

HAMBURGER PATTY HAMBURGER BUN 1/2 CUP BROCCOLI 1/2 CUP ORANGE MILK

Sample Lunch

1/2 cup fruit OR 1/2 cup vegetables PLUS a minimum of 2 full servings from other food groups are required for a reimbursable meal

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Lunch 9-12 OVS Signage

Build Your Own **Lunch**

Protein
Meat or Vegetarian Options

Grain

Milk

Fruits

Vegetables

CHOOSE AT LEAST
1 FRUIT or **2 OTHER FOODS**
 TO MAKE A MEAL

IT'S EASY!

*Extra servings of the same food or 6 or more foods will result in an additional charge.
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REIMBURSABLE MEAL High School Lunch

STUDENTS must select a minimum of **3 MEAL COMPONENTS** at least one of which must be a **FRUIT** or **VEGETABLE**

Extra full servings from any food group will be charged at à la carte prices

vegetables **fruits** **bread/grain**

meat/meat alternate **milk**

Minimum Required Option 1

1 fruit AND 2 vegetables
 PLUS a minimum of 1 other component
 OR
 2 fruits AND 1 vegetable
 PLUS a minimum of 1 other component

Minimum Required Option 2

1/2 cup fruit OR 1/2 cup vegetable
 PLUS a minimum of 2 full servings from other food groups are required for a reimbursable meal

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