

M.S.A.D. #30
OFFER VS SERVE

EFAB

Before 1976, in order to claim lunch meals for reimbursement, all four meal components had to be served. In October, 1975, the Offer vs. Serve Provision was introduced to the schools. By January, 1976, it was implemented, under Public Law 94-105, as a means to reduce plate waste and food costs without jeopardizing the nutritional integrity of the lunches served.

This provision states that all lunches offered must contain the five food items; but, the students have the freedom of choice in selecting the three, four or five food items they intend to consume. In other words, they can refuse up to two items.

All senior high schools must be under this Provision. Junior high, middle and elementary school students may participate in Offer vs. Serve, if approved by the local school board and notification is sent to the Maine Department of Education, School Nutrition Programs Division.

All students are eligible to participate whether they are eligible for free or reduced price or paid meals. The lunch must be priced as a unit. So regardless of the number of items a student chooses, the meal price will be the same.

The National School Lunch Act set the requirements, a School Lunch Pattern, for lunches served by schools participating in the National School Lunch Program. These requirements are designed to provide about 1/3 of a student's Recommended Dietary Allowances (RDA), when averaged over a period of time.

The School Lunch Pattern has four meal components. But five good items are required, because of the requirement which states that the fruit/vegetable component must be composed of two or more sources. Menu items are specific foods planned for each of the components or food items.

<u>Component</u>	<u>Food Item</u>	<u>Menu Item</u>
Meat/Meat Allowance	Meat/Meat Allowance	Oven Baked Chicken
Fruit/Vegetable	Fruit/Vegetable	Whipped Potato
Bread/Bread Alternate	Fruit/Vegetable	Peas
Milk	Bread/Bread Alternate	Cornmeal Roll
	Milk	Lowfat or Whole Milk

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The size of portions offered must be consistent with the minimum quantities designated for the different age/grade levels as described on the School Lunch Pattern.

In any school having Offer vs. Serve, when a student declines a full portion of an item, the school may offer a smaller portion of the item as long as this student has taken full portions of at least three food items. This smaller portion is usually referred to as a "tasting portion."

APPROVED: 10/24/78

APPROVED: 9/35/90 - "M.S.A.D. #30 provides offer vs. serve meals for both breakfast and lunch programs in all schools in the district."