

Breakfast Offer Versus Serve (OVS) Sample Menus with Student Selections

Effective July 1, 2026 – New Flexibilities with Meats/Meat Alternates, Vegetables and Higher Fat Content Milks Applied

1. Daily minimum reimbursable Breakfast from three items/three components. Student only offered and allowed to select 3 items then OVS is not permitted/student must take all three in the minimum portions stated. **Note:** To meet weekly oz. eq. Grains and/or Meats/Meat Alternates (M/MA) portions, the 1 oz. eq. plan is only acceptable one day per week.

Item	Component	Food Item Offered	Student Selects	OVS is not permitted with only 3 items from the 3 full component items offered.
1	Grains 1 or M/MA 1	1 oz Wheat Toast	1 oz Toast	
2	Fruit 1 or Vegetable 1	1 Cup Fresh Apple	Whole Apple (1 cup)	
3	Fluid Milk Choice	8 oz Milk Choice*	8 oz Fat Free	

2. Daily minimum reimbursable Breakfast from four items/three components - two separate Grains. Menu Planner sets the Fruit in this sample at one item at 1 cup. Students may select all.

Item	Component	Food Item Offered	Student Selects	In this example, OVS permitted with 4 items. Students must select 3 items of which one is at least ½ cup of fruit. Menu planners allow students to select a reduced fruit portion.
1 a.	Grains 1 or M/MA 1	1 oz Wheat Toast		
1 b.	Grains 2 or M/MA 2	1 oz/1 cup Cereal Choice	1 oz eq Oaty-O's	
2	Fruit 1 or Vegetable 1	1 Cup Peaches	1/2 Cup Peaches	
3	Fluid Milk Choice	8 oz Milk Choice*	8 oz Fat Free	

3. Daily minimum Reimbursable Breakfast from four items/four components – two separate items from Grains and Meats/Meat Alternates. Menu Planner sets the Fruit in this sample at one item for 1 cup. Students may select all.

Item	Component	Food Item Offered	Student Selects	In this example, OVS permitted with 4 items. Students must select 3 items of which one is at least ½ cup of fruit. Student selects the full 1-cup fruit portion.
1 a.	Grains 1 or M/MA 1	1 oz Toast		
1 b.	Grains 2 or M/MA 2	1.25 oz Egg Patty (CN Label 1 oz. eq.)	1 Egg Patty	
2	Fruit 1 or Vegetable 1	1 Cup Fruit Choice	1 Cup Fruit	
3	Fluid Milk Choice	8 oz Milk Choice*	8 oz Low-fat White	

4. Daily minimum Reimbursable Breakfast from four items/three components – single 2 oz. eq. Grain. Menu Planner sets the Fruit in this sample at one item 1 cup but with one-half as juice. Students may select all.

Item	Component	Food Item Offered	Student Selects	In this example, OVS permitted with 4 items. Students likely take the 2 oz eq. biscuit as the menu planner counts as two items. Menu planner allows and student also selects a reduced fruit portion.
1 a.	Grains or M/MA	2 oz eq Biscuit	2 oz eq Biscuit	
1 b.	Grains or M/MA	Biscuit above		
2	Fruit 1 or 2 and/or Vegetable 1 or 2	1/2 Cup Fruit & 4 oz Fruit Juice	1/2 Cup Grapes	
3	Fluid Milk Choice	8 oz Milk Choice*		

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5. Daily minimum Reimbursable Breakfast from four items/three components – single 2 oz. eq. Grain. Menu Planner sets the Fruit in this sample at two-1/2 cup items with as juice. Students may select all.

Item	Component	Food Item Offered	Student Selects	In this example, OVS permitted with 4 items. Students do not need the 2 oz eq. biscuit - the planner menu counts as one item. Student selects two-½ cup fruit choices and fluid milk.
1	Grains or M/MA	2 oz eq Biscuit		
2 a.	Fruit 1 or Vegetable 1	1/2 Cup Fruit	1/2 Cup Grapes	
2 b.	Fruit 2 or Vegetable 2	4 oz Fruit Juice	4 oz Orange Juice	
3	Fluid Milk Choice	8 oz Milk Choice*	8 oz Fat Free Milk	

6. Daily minimum Reimbursable Breakfast from five items/four components – 2 grain and 2 fruit portions. Menu Planner sets the Fruit in this sample at two-1/2 cup items and two 1 oz. eq. Grains. Students may select all.

Item	Component	Food Item Offered	Student Selects	In this example, OVS permitted with 5 items. The student only needs to select three items and does not have to have milk but must have ½ cup fruit or juice. Students select a reduced fruit portion and 2 grain items.
1 a.	Grains or M/MA	1 oz Wheat Toast	1 oz eq Toast	
1 b.	Grains or M/MA	1/2 Cup Oatmeal	1/2 Cup Oatmeal	
2 a.	Fruit 1 or Vegetable 1	4 oz 100% Juice		
2 b.	Fruit 2 or Vegetable 2	1/4 Cup Dried Fruit	¼ Cup Raisins = 1/2 Cup Fruit	
3	Fluid Milk Choice	8 oz Milk Choice*		

7. Daily minimum Reimbursable Breakfast from five items/five components – 1 meat/meat alternate, 1 grain, 1 fruit, 1 vegetable portion and milk. Menu Planner sets the Fruit and Vegetable in this sample at two-1/2 cup items, Fruit from juice and Vegetable from potatoes. Students may select all. Grains do not have to be selected.

Item	Component	Food Item Offered	Student Selects	In this example, OVS permitted with 5 items. Students select three items with one being the reduced fruit and/or vegetable portion.
1 a.	Grains 1 or M/MA 1	2 oz Pre-Cooked Turkey Sausage Patty (1.25 oz eq)	One 1.25 oz eq Sausage Patty	
1 b.	Grains 2 or M/MA 2	WGR "Slider" Biscuit (1 oz eq.)		
2 a.	Fruit 1 or Vegetable 1	4 oz 100% Juice		
2 b.	Fruit 2 or Vegetable 2	1/2 Cup Tater Tots (8 each)	1/2 Cup Potatoes	
3	Fluid Milk Choice	8 oz Milk Choice*	8 oz Low-fat White	

Note: Offer "Double Grains", "Double Meats/Meat Alternates" or Grains and M/MA most days of the week to meet weekly minimum portions (7 oz. eq. K-5, 8 oz. eq. K-8 and 6-8, 9 oz. eq. K-12 and 9-12).

*Reminder: The 8 fluid ounce/1 cup Milk choice must include two or more at Breakfast with one choice being unflavored/plain/white milk.

*Fluid cow's milk planned at breakfast and lunch may be fat free, low-fat, reduced-fat, and/or whole milk.