

MAINE SCHOOL ADMINISTRATIVE DISTRICT NO. 33

SCHOOL BREAKFAST "OFFER VERSUS SERVE" POLICY

I. General Information:

School food authorities are allowed, but not required, to implement Offer vs Serve in their breakfast program at all grade levels, or may restrict Offer vs Serve to certain grade levels. The difference in schools implementing or not implementing Offer vs Serve is in what a student is required to take of the offered breakfast. In schools not implementing Offer vs Serve, a student must take full portion of all four food items offered. In schools implementing Offer vs Serve, student are allowed to refuse any one food item that they do not intend to eat. The refused item may be any of the four items offered to the student. A student's decision to accept or refuse one of the four food items does not affect the charge for breakfast. The school breakfast must contain, at a minimum, the following food items:

1. a serving of fluid milk;
2. a serving of fruit/vegetable, or full-strength fruit juice or vegetable juice;
3. Two servings of bread/bread alternate;
OR
4. Two servings of meat/meat alternate;
OR
5. One serving of meat/meat alternate and one serving of bread/bread alternate.

II. What a Student Must Take.

For the breakfast to be reimbursable under Offer vs Serve, a student must take full portions of at least three of the four food items offered. When a student has turned down a full portion of the fourth item, a school may offer the student a smaller portion of that item. (The offering of a smaller portion is a local decision.)

III. It shall be the policy of SAD # 33 to implement the "Offer versus Serve Breakfast Program" in accordance to the state guideline.

IV School Breakfast Menu Guideline

There are a number of points to consider when identifying food items:

1. A food item is different from a menu item. A menu item is any planned fruit/vegetable or juice, meat/meat alternate, bread/bread alternate and milk that are named on the menu to be served on a given day. Food items make up menu items. A menu item may contain only one food item or it may contain more than one food item. Some examples of menu items that contain more than one food item include peanut butter toast, ham biscuit, and egg muffin. All of these menu items are made up of two food items, the meat/meat alternate and the bread/bread alternate food items.
2. To count the fruit/vegetable, the total quantity taken must be 1/2 cup. If the menu contains two 1/4 cup servings of fruit/vegetable, the student would have to take both servings to fulfill the fruit/vegetable requirement.
3. To count the bread/bread alternate as one of the three food items needed for a reimbursable breakfast, a student must take a full serving. To count a meat/meat alternate food item, a student must also take a full serving. For example, if a student selected a half slice of cheese toast (1/2 ounce cheese, 1/2 slice bread), no credit would be given for either the meat alternate or the bread.
4. You may offer two servings of either a bread/bread alternate or meat/meat alternate. A double serving of the same food (bread/bread alternate or meat/meat alternate) will count as two food items towards the breakfast requirement. For example:
 - a. Two pancakes
 - b. One bagel
 - c. One-egg omelet
5. A second serving of fruit/vegetable or juice or a second serving of milk will not count towards the breakfast requirements.

Approved by the Board
of Directors on 3/5/90

See minutes #591