

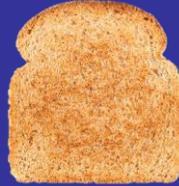
Offer versus Serve (OVS)

The 5 food components for lunch

Fruit



Grain



Vegetable



Milk



Meat / Meat
Alternate



**Choose at least 3 of 5
(including ½ cup fruit and/or vegetable)**

For a nutritious meal, choose all 5!