

Offer vs. Serve Program: With the exception of Pre-K, Fredericksburg ISD participates in the Offer vs. Serve Program. This program is a serving method designed to reduce food waste and food costs in the school lunch program without jeopardizing the nutritional integrity of the lunches served it allows students to choose what they would like to eat. The meals are broken down into components and the students are required to take a minimum of three components to have the meal qualify as a reimbursable meal.

Pre-K utilizes most of the same menu items as all other grades but their lunches are not offer vs. serve. They are pre-plated and under the new guidelines Pre-K are only allowed 1% unflavored milk.

School Meal Patterns:

Meal patterns are divided into four age/grade groups:

- Pre-K, Grades K-5, Grades 6-8, Grades 9-12

Breakfast: The meal pattern is food-based and consists of three items:

- fruit (or vegetable), grains and milk

Breakfast Items:

- Milk may be selected or declined.
- We offer students **4 food items**. A total of 3 menu items must be chosen.
- Students may take a juice and a fruit but must take at least one serving.
- Students have the right to decline the items of their choice.
- **Students taking fewer than three items must be charged a la carte prices, as those items would not meet the requirements under the program for a reimbursable meal.**

Lunch: The meal pattern is food-based and consists of five components:

- Fruit, vegetables, grains, meat/meat alternative and milk

Lunch Components:

- Milk may be selected or declined.
- We offer students **5 components**. A total of at least 3 components must be chosen.
- Students are offered a choice of fruit or vegetable but must take at least one serving.
- Student have the right to decline the items of their choice.
- **Students taking fewer than three components must be charged a la carte prices, as those components would not meet the requirements under the program for reimbursable meal.**

Definitions:

Food Component: means one of the three food groups - fruit (or vegetable), grain, and fluid milk - that make up a reimbursable breakfast meal. Each of the three food components must be offered prior to the point of service in order for the meal to be reimbursable.

Food Item: means a specific food offered that contains one or more of the three food components.

Menu Items: are the actual foods served as breakfast tacos, fruit salad, or muffins. Menu items may contain one or more components or food items.