
What is a Reimbursable Meal?

The National School Lunch Program (NSLP) and School Breakfast Program (SBP) meals are primarily federally funded and reimbursed to local school systems through the Georgia Department of Education at a set rate based on student eligibility data.

At lunch, students must be offered **5 food components** with portions based on their grade, including:

- fruits (½-1 cup daily)
- veggies (¾-1 cup daily)
- grains (1-2 ounce daily)
- meats/meat alternates (1-2 ounce daily)
- fluid milk (1 cup daily)

At breakfast, students must be offered **3 food components**, including:

- juice/fruit/veggie (1/2 cup daily)
- grains and optional: meat or meat alternate (1-2 ounce daily)
- fluid milk (1 cup daily)

Students are offered an opportunity to select only items they will consume as a means to cut down on waste. This is called Offer versus Serve (OVS). Schools are required to offer choices within each food component to encourage children to choose a well-balanced meal including all 5 components from items they like.

OVS is optional at lunch for grades K-8, but is required for grades 9-12. OVS is optional for all grades at breakfast. Signs at the serving line and menus sent home to parents or on your school system's website will assist students and parents with their selections.

Healthy school meals at lunch gives students with the OVS option the opportunity to take at least ½ cup vegetable or fruit, **plus** 2 items from the food components listed above. So at school, your child is receiving a balanced meal including fruit and/or veggie, milk, a grain item, and a protein source.

Healthy school meals at breakfast allows students with the OVS option to choose at least 3 food items based on 3 of the components listed above. Again, your child is receiving a balanced breakfast that includes age appropriate calories, and reduced sodium and saturated fat.

Additional information is available:

<http://www.doe.k12.ga.us/Finance-and-Business-Operations/School-Nutrition/Pages/Review-and-Technical-Assistance.aspx>

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