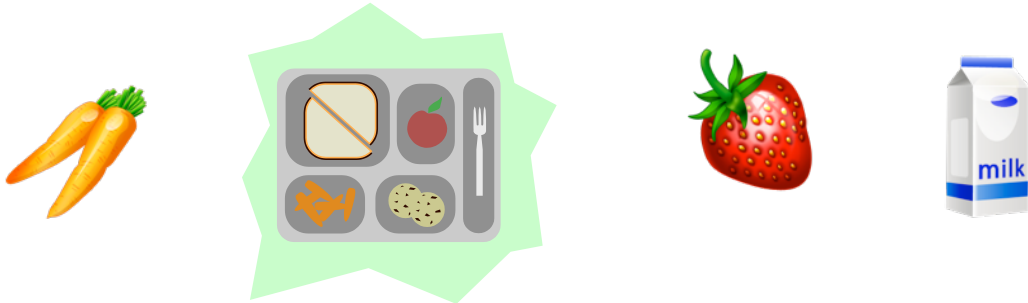


# School Lunch Starts at Home

## What does it mean to provide Offer versus Serve (OVS)?

At Olentangy Local Schools, students are offered all five required menu items (meat/meat alternative, milk, grains/breads, and two servings of vegetables/fruits) however, students are allowed to decline two of the five required food items. Therefore, your children are able to make decisions about the foods they eat at school. It's important to steer your children towards making healthy choices. Some tips for guiding them to make good choices include...



- Look over the lunch menu together and encourage your child to choose healthy items
- Explain to your child how a nutritious lunch will help them stay focused in school and give them the energy they need to enjoy after-school activities
- Come eat lunch with your child at school. Walking through the lunch line with your child will help them feel more comfortable with the process
- Be a good role model for your child by eating healthy yourself. Children will follow the lead of adults they see every day
- Partner with your school foodservice professionals. Remember they want what's best for kids too

