




# Miami-Dade County Public Schools DEPARTMENT OF FOOD AND NUTRITION

## OFFER VERSUS SERVE (OVS)

### School Breakfast Program

- A nutritious way to kickstart a successful day of learning
- Federally funded program offering a well-balanced breakfast to all M-DCPS students
- Meals include a variety of fruits, whole grain-rich items, protein options (meat/meat alternates), and milk

BREAKFAST	
<b>Take at least 3 items</b> <b>One must be a fruit</b>	
OPTIONS INCLUDE:	
	1/2 cup fruit
	1-2 oz grains*
	1 cup of milk






\*Protein may be substituted for Grains

### After School Meal Program

- Available to students enrolled in various after-school programs throughout the district
- Meals comply with the Dietary Guidelines for Americans and support the nutritional needs of children
- Each meal offers all five components: meat/meat alternate, grain, vegetable, fruit, and milk.

### School Lunch Program

- Helps students maintain consistent energy, attention and productivity all day long
- Designed to provide one-third of the daily essential nutrients necessary for students
- Offers a variety of food choices and aligns with U.S. Dietary Guidelines
- Meals feature a variety of fruits and vegetables, protein sources (meat or meat alternates), whole grains, and milk

LUNCH	
<b>Take at least 3 components</b> <b>One must be a fruit or vegetable</b>	
OPTIONS INCLUDE:	
	1/2 cup fruit
	1/2 cup vegetable
	1-2 oz grains
	1-2 oz protein
	1 cup of milk

The goal of OVS is to reduce food waste while allowing students to choose the foods they want to eat.

### Fresh Fruit & Vegetable Program

- A federally assisted program offering free fresh fruit and vegetable snacks during the school day at participating elementary schools
- Aims to improve children's overall diet and encourage lifelong healthy eating habits

# FREE Breakfast & Lunch Offered Daily at all M-DCPS Schools

THE DEPARTMENT OF FOOD & NUTRITION IS COMMITTED TO PROMOTING SAFE, HEALTHY, AND SUPPORTIVE LEARNING ENVIRONMENTS FOR ALL STUDENTS BY OFFERING A WIDE VARIETY OF NUTRITIOUS, WELL-BALANCED MEALS

## SCHOOL MEALS

- The Department of Food & Nutrition is committed to providing nutritious, balanced meals that support student health and academic achievement.
- We serve approximately 50,000 breakfasts and 150,000 lunches every day across 350+ schools.
- Our district menus:
  - Are thoughtfully planned to be both enjoyable and nutritionally sound.
  - Include a variety of fresh and healthy options for both breakfast and lunch.
- All new menu items are evaluated and approved by students through taste testing events and food shows.
- To qualify as a complete meal, students must select at least one fruit or vegetable; milk is optional.
- View school menus online: <https://dadeschools.nutrislice.com>

## SUSTAINABILITY

### Compostable Trays

- Since 2015, M-DCPS has used environmentally friendly compostable trays to promote a healthier environment for students and contribute to a more sustainable Earth.

### Strawless Spork Packets

- To reduce plastic waste and support environmental efforts, the plastic straw was removed from the standard spork packet.

### Edible Food Forests & School Gardens

- Through a partnership with the Education Fund, 71 M-DCPS schools feature Food Forests or School Gardens, provide students with hands-on learning about nutrition, sustainability, and agriculture.

### Share Tables

- Students are encouraged to place unwanted, unopened, non-perishable food items from their meal on designated Share Tables for other students to take at no cost, reducing food waste and promoting a culture of sharing.



[nutrition.dadeschools.net](https://nutrition.dadeschools.net)

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