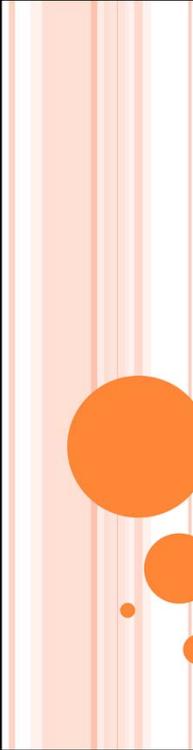


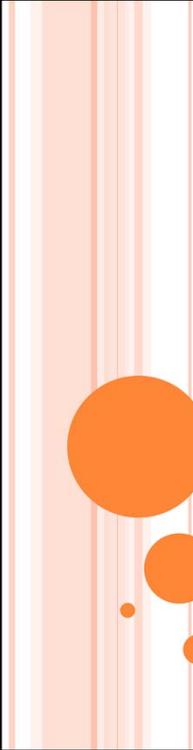


The only required component to be selected is either a fruit or a vegetable. As long as this means that milk is not required to complete a reimbursable meal.



OFFER VERSUS SERVE (OVS)

Welcome to *Understanding Offer versus Serve*. This course will help you to understand the concept of Offer versus Serve (OVS) as it applies to menu planning and the determination of reimbursable school meals in the USDA National School Lunch Program (NSLP) and School Breakfast Program (SBP).

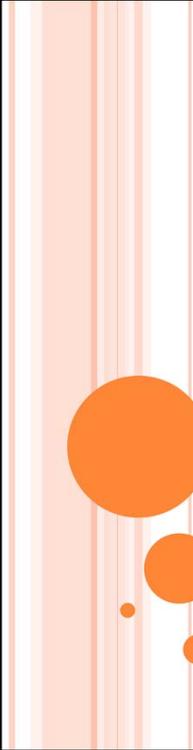


2000 – Operations
2200 –Serving Food
2220 – Offer vs Serve

Objectives:

- Understand the terminology associated with OVS
- Identify benefits of OVS
- Properly implement OVS
- Correctly identify reimbursable meals

The only required component to be selected is either a fruit or a vegetable. As long as this means that milk is not required to complete a reimbursable meal.



OFFER VERSUS SERVE (OVS)

Module 1: Offer versus Serve

Module 2: Item vs. Component

Module 3: OVS at Lunch

Module 4: Lunch Practice

Module 5: OVS at Breakfast

Module 6: Counting Items

Module 7: Breakfast Practice

OFFER VERSUS SERVE

Offer versus Serve, or **OVS**, is a concept that applies to menu planning and the meal service that allows students to decline certain food items offered as part of a reimbursable lunch or breakfast.

In both breakfast and lunch the student must have at least 3 food selections on their tray for the meal to be reimbursable. The variety offered and the portion size a student may select is at the discretion of the menu planner.



TERMINOLOGY

Offer Versus Serve (OVS)

Meal service that allows students to decline some of the food offered in a school lunch or breakfast

Ounce Equivalent (oz eq)

The amount of food counted as equal to one grain or meat/meat alternate

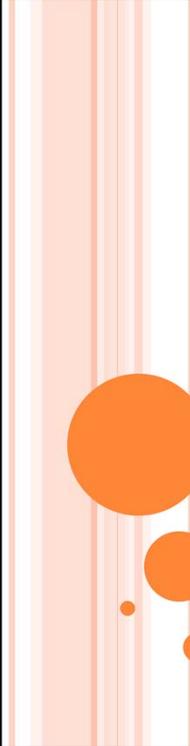
Food Component

One of 5 food groups that comprise a reimbursable lunch

Food Item

A specific food offered within the 5 food components





WHY OVS?

- Reduce waste
- Increase choice
- Lower costs



Q!

The goal of OVS is to increase food selection by allowing students to choose what they would like to eat and to reduce food costs and plate waste by not requiring students to take more food than they are hungry for.

When students choose what they want to eat, the likelihood that they will consume the food increases.

Because students may choose fewer selections under OVS, guidance is provided on what constitutes a reimbursable lunch and breakfast.

OVS does not affect the meal's unit price established by the SFA. Students who take 3, 4, or 5 food components for lunch or 3 or more food items for breakfast pay the same price.

REDUCE WASTE

The goal of **OVS** is to increase food selection by allowing students to choose what they would like to eat. This ultimately reduces plate waste by not requiring students to take more food than they are hungry for.



INCREASE CHOICE

When students choose what they want to eat, the likelihood that they will consume the food increases.

Because students may choose fewer selections under **OVS**, additional guidance is provided on what constitutes a reimbursable lunch and breakfast.

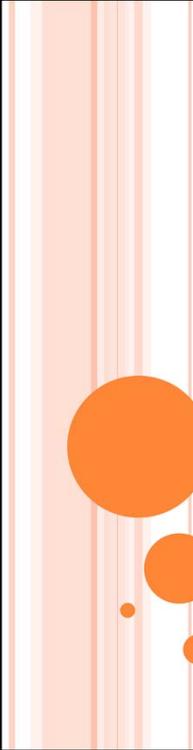


LOWER COSTS

OVS does not affect the meal's unit price established by the SFA. Students who take 3, 4, or 5 food components at lunch and 3 or more food items at breakfast pay the same price.

Students choosing what they would like to eat reduces food costs by limiting plate waste.





**PROMOTING
FRUITS
&
VEGETABLES**

PROMOTING FRUITS & VEGETABLES

Daily minimum offerings for each component constitute a serving. However, an allowance is made for the fruit and vegetable components allowing for only $\frac{1}{2}$ cup of either a fruit or vegetable to be selected as part of a reimbursable meal.

What can be done do to increase student selection and consumption of fruits and vegetables?

The only required component to be selected is either a fruit or a vegetable. As long as this means that milk is not required to complete a reimbursable meal.

PROMOTING FRUITS & VEGETABLES

The likelihood of students choosing more fruits and vegetables is increased when the choice is convenient and fast by offering pre-portioned or prepackaged selections.



Convenient!
Fast!



When choosing fruits and vegetables is FAST and convenient we increase the likelihood of students choosing at a eating more fruits and vegetables

PROMOTING FRUITS & VEGETABLES

Everyone “eats” with their eyes before their mouth! Be careful to not overcook vegetables. Bright and contrasting colors provide visual appeal.



Attractive!

Fun!



We all “eat” with our eyes before our mouths! Be careful to not overcook vegetables. Brighter colors provide that visual appeal.

PROMOTING FRUITS & VEGETABLES

Make choices appealing by displaying in an attractive manner.



Appealing!



Studies show, moving and highlighting the fruit increased sales by up to 102%
Ideas include

- ★ Add signs, a desk lamp or other illumination so that kids won't miss seeing the fruit!
- ★ Put fruit in a nice basket or bowl, anything to get it out of the stainless steel serving pans.

More information can be found at <http://smarterlunchrooms.org>

PROMOTING FRUITS & VEGETABLES

Schools are encouraged to use food bars and salad bars during meal service as a way to offer a wider variety of vegetables and fruits and to lower plate waste.



Schools are encouraged to use food bars and salad bars in the meal service as a way to offer a wider variety of vegetables and fruits and to lower plate waste. These bars can be set-up in a variety of ways, including pre-portioned and prepackaged food components/food items to emulate the grab-and-go concept to accommodate a high volume of students in a short period of time.

Pre-portioning also helps to ensure that students select an appropriate amount.

PROMOTING FRUITS & VEGETABLES

These bars can be set-up in a variety of ways, including offering pre-portioned and prepackaged food components/food items.



Schools are encouraged to use food bars and salad bars in the meal service as a way to offer a wider variety of vegetables and fruits and to lower plate waste. These bars can be set-up in a variety of ways, including pre-portioned and prepackaged food components/food items to emulate the grab-and-go concept to accommodate a high volume of students in a short period of time.

Pre-portioning also helps to ensure that students select an appropriate amount.

PROMOTING FRUITS & VEGETABLES

Prepackaging supports the grab-and-go concept that helps serve a high volume of students in a short period of time.

Pre-portioning also helps to ensure that students select an appropriate amount which makes it easier to identify a reimbursable meal.



Schools are encouraged to use food bars and salad bars in the meal service as a way to offer a wider variety of vegetables and fruits and to lower plate waste. These bars can be set-up in a variety of ways, including pre-portioned and prepackaged food components/food items to emulate the grab-and-go concept to accommodate a high volume of students in a short period of time.

Pre-portioning also helps to ensure that students select an appropriate amount.

OVS PARTICIPATION REQUIREMENT

	K-5	6-8	9-12
BREAKFAST	Optional	Optional	Optional
LUNCH	Optional	Optional	Mandatory

Q!

OVS is optional for all age-grade groups at breakfast and optional for elementary and middle schools at lunch.

OVS is mandatory for high schools at lunch.

FOOD COMPONENTS

Fluid Milk



Fruit



Vegetable



Grain



Meat/Meat Alternate



OVS has different requirements for lunch and breakfast

LUNCH



BREAKFAST



Offer versus Serve has different requirements for lunch and breakfast.

At *lunch*, OVS requires all 5 components to be offered and that students must take at least 3 of the 5 components in the required serving, including at least $\frac{1}{2}$ cup of either a fruit or vegetable for a reimbursable meal.

At *breakfast*, only 3 food *components* - milk, fruit, and grain - in a minimum of 4 food *items* must be offered. For a reimbursable meal, students must take a minimum of 3 food items, including at least $\frac{1}{2}$ cup of the fruit offering.

LUNCH



At *lunch*, OVS requires all 5 components to be offered and that students must take at least 3 of the 5 components in the required serving, including at least $\frac{1}{2}$ cup of either a fruit or a vegetable for a reimbursable meal.



BREAKFAST



At *breakfast*, only 3 food *components* - milk, fruit, and grain - in a minimum of 4 food *items* must be offered. For a reimbursable meal, students must take a minimum of 3 food items, including at least $\frac{1}{2}$ cup of the fruit offering.



NEED THREE!

For a reimbursable meal, students must take at least 3 components or items, including at least $\frac{1}{2}$ cup of a fruit or vegetable.



or

$$+ 2 = 3$$



For a reimbursable meal students must take at least three components or items, including at least $\frac{1}{2}$ cup of the fruit or vegetable component

OVS requires students to select at least $\frac{1}{2}$ cup minimum of a fruit or a vegetable, or a combination of both



or



or



$\frac{1}{2}$ cup

$\frac{1}{2}$ cup

$\frac{1}{4} + \frac{1}{4}$ cup



For a reimbursable meal, students must take $\frac{1}{2}$ cup of the fruit or vegetable component. In order to have an adequate amount they would need to take full $\frac{1}{2}$ cup of fruit OR a full $\frac{1}{2}$ cup of vegetable OR a $\frac{1}{4}$ cup of each.

REMEMBER....



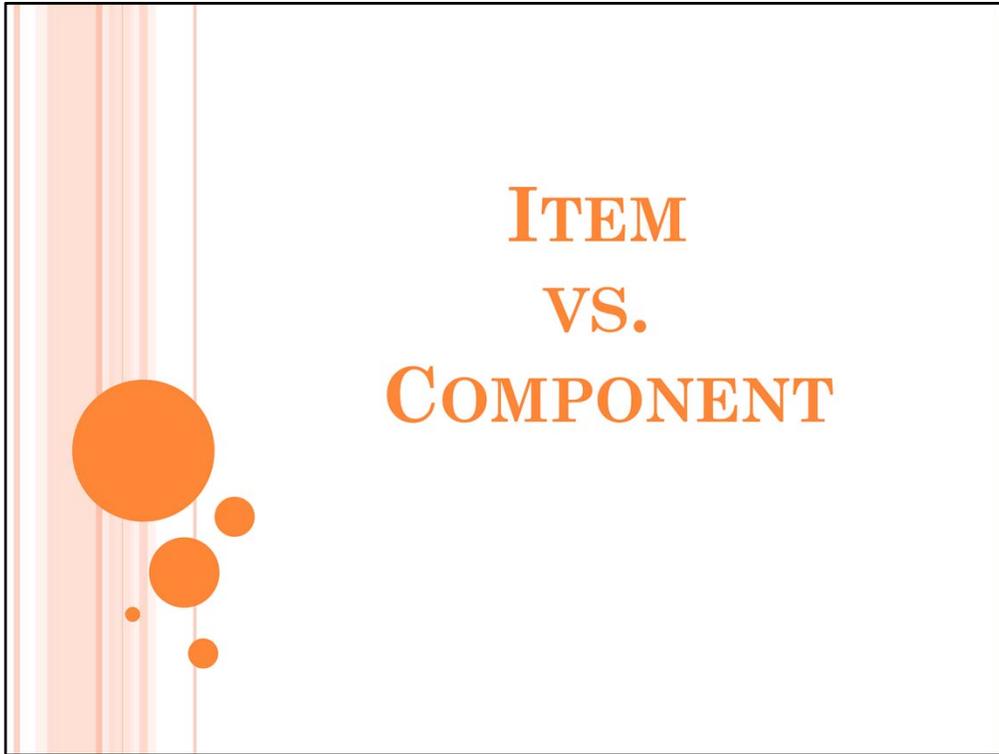
Dried Fruit – credit as
DOUBLE the volume served



Leafy Greens – credit as
HALF the volume served

Remember that dried fruit credits as double the volume and leafy greens credit as $\frac{1}{2}$ the volume served

Q! $\frac{1}{2}$ cup lettuce = ? Etc.



The only required component to be selected is either a fruit or a vegetable. As long
This means that milk is not required to complete a reimbursable meal.

ITEM VS. COMPONENT

It is important to understand the difference between a **component** and an **item**.

An **item** is a *specific food* offered *within* a food **component**.

Remember, at *lunch* we count **components** and at *breakfast* we count **items** in order to identify a reimbursable meal.



ITEM VS. COMPONENT

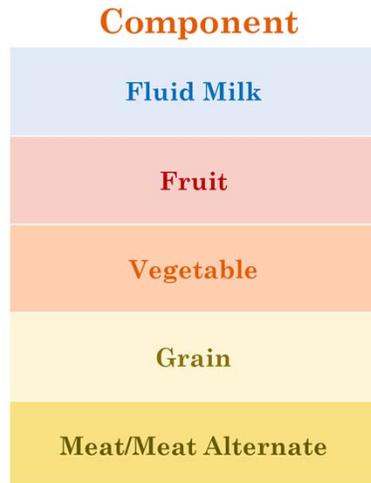
	Component	Item
	Fluid Milk	fat-free white, fat-free flavored, or 1% white milk
	Fruit	orange, pear, banana, grape, or apple, etc.
	Vegetable	carrots, beans, onion, or potatoes, etc.
	Grain	WGR cereal, toast, or muffin, etc.
	Meat/Meat Alternate	yogurt, cheese, nuts, or sausage, etc.

It is important to understand the difference between a component and a item.

An item is a specific food offered within the food component.

Q! Match

AT LUNCH WE COUNT *COMPONENTS*



5 components must be *offered*.

At least **3 components** must be *selected*, including a minimum $\frac{1}{2}$ cup fruit or vegetable.



At Lunch we count components

All 5 components must be offered.

At least 3 components must be selected (including a minimum $\frac{1}{2}$ cup fruit or vegetable).

AT BREAKFAST WE COUNT *ITEMS*

3 components must be *offered* in 4 items.

At least **3 items** must be *selected*, including a minimum ½ cup fruit or vegetable.

Item

fat-free white, fat-free flavored, or 1% white milk

orange, pear, banana, grape, or apple, etc.

carrots, beans, onion, or potatoes, etc.

WGR cereal, toast, or muffin, etc.

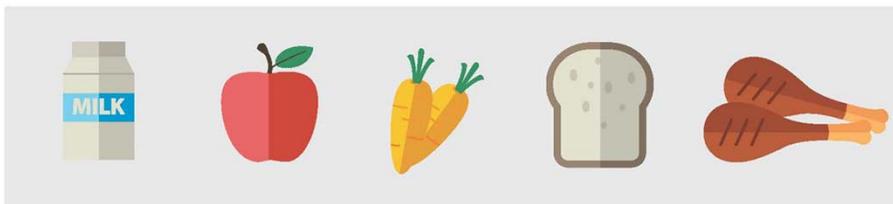
yogurt, cheese, nuts, or sausage, etc.

At Breakfast we count items.

3 components must be offered in **4 items**.

At least **3 items** must be selected (including a minimum ½ cup fruit or vegetable).

LUNCH



Offer versus Serve has different requirements for lunch and breakfast.

Let's talk about lunch.

Must *offer* all **five (5)** food components
in required daily minimum



1



2



3



4



5



At *lunch*, OVS requires all 5 components to be offered and that students must take at least 3 of the 5 components in the required serving, including at least $\frac{1}{2}$ cup of either a fruit or vegetable for a reimbursable meal.

Must select $\frac{1}{2}$ cup minimum of fruit or vegetable, or combination of both



$\frac{1}{2}$ cup

or



$\frac{1}{2}$ cup

or



$\frac{1}{4} + \frac{1}{4}$ cup

Plus two (2) full components



At *lunch*, OVS requires that students take at least 3 of the 5 components in the required serving, including at least $\frac{1}{2}$ cup of either a fruit or vegetable for a reimbursable meal.

A *full* component is the required *daily* minimum serving.

This amount varies by age group.

Each component also has a required *weekly* minimum for each age group.



At *lunch*, OVS requires that students take at least 3 of the 5 components in the required serving, including at least ½ cup of either a fruit or vegetable for a reimbursable meal.

LUNCH MEAL PATTERN (5 DAY WEEK)

Grade	K-5		6-8		9-12	
Minimum Requirement	Daily	Weekly	Daily	Weekly	Daily	Weekly
Fluid Milk 	1 cup	5 cups	1 cup	5 cups	1 cup	5 cups
Fruit 	½ cup	2 ½ cups	½ cup	2 ½ cups	1 cup	5 cups
Vegetable 	¾ cup	3 ¾ cups	¾ cup	3 ¾ cups	1 cup	5 cups
Grain 	1 oz eq	8 oz eq	1 oz eq	9 oz eq	2 oz eq	10 oz eq
Meat/Meat Alternate 	1 oz eq	8 oz eq	1 oz eq	9 oz eq	2 oz eq	10 oz eq

Meal pattern – note the increase of portion size for grade groups and for weekly amounts.

LUNCH MEAL PATTERN (5 DAY WEEK)

Grade	K-5	
Minimum Requirement	Daily	Weekly
Fluid Milk 	1 cup	5 cups
Fruit 	½ cup	2 ½ cups
Vegetable 	¾ cup	3 ¾ cups
Grain 	1 oz eq	8 oz eq
Meat/Meat Alternate 	1 oz eq	8 oz eq

Meal pattern – note the increase of portion size for grade groups and for weekly amounts.

LUNCH MEAL PATTERN (5 DAY WEEK)

Grade	
Minimum Requirement	
Fluid Milk	
Fruit	
Vegetable	
Grain	
Meat/Meat Alternate	

6-8	
Daily	Weekly
1 cup	5 cups
½ cup	2 ½ cups
¾ cup	3 ¾ cups
1 oz eq	9 oz eq
1 oz eq	9 oz eq

Meal pattern – note the increase of portion size for grade groups and for weekly amounts.

LUNCH MEAL PATTERN (5 DAY WEEK)

Grade	
Minimum Requirement	
Fluid Milk	
Fruit	
Vegetable	
Grain	
Meat/Meat Alternate	

9-12	
Daily	Weekly
1 cup	5 cups
1 cup	5 cups
1 cup	5 cups
2 oz eq	10 oz eq
2 oz eq	10 oz eq

Meal pattern – note the increase of portion size for grade groups and for weekly amounts.

LUNCH MEAL PATTERN (5 DAY WEEK)

Grade	K-5		6-8		9-12	
Minimum Requirement	Daily	Weekly	Daily	Weekly	Daily	Weekly
Fluid Milk 	1 cup	5 cups	1 cup	5 cups	1 cup	5 cups

The fluid milk daily and weekly portion sizes are the same for all grade levels.

Meal pattern – note the increase of portion size for grade groups and for weekly amounts.

LUNCH MEAL PATTERN (5 DAY WEEK)

Grade	K-5		6-8		9-12	
Minimum Requirement	Daily	Weekly	Daily	Weekly	Daily	Weekly
Fruit 	$\frac{1}{2}$ cup	2 $\frac{1}{2}$ cups	$\frac{1}{2}$ cup	2 $\frac{1}{2}$ cups	1 cup	5 cups

The fruit daily and weekly portion sizes are the same for grades K-8, but double for grades 9-12.

Meal pattern – note the increase of portion size for grade groups and for weekly amounts.

LUNCH MEAL PATTERN (5 DAY WEEK)

Grade	K-5		6-8		9-12	
Minimum Requirement	Daily	Weekly	Daily	Weekly	Daily	Weekly

Vegetable 	$\frac{3}{4}$ cup	$3 \frac{3}{4}$ cups	$\frac{3}{4}$ cup	$3 \frac{3}{4}$ cups	1 cup	5 cups
---	-----------------------------	-------------------------	-----------------------------	-------------------------	------------------------	------------------

The vegetable daily and weekly portion sizes are the same for grades K-8, but increases for grades 9-12.

Meal pattern – note the increase of portion size for grade groups and for weekly amounts.

LUNCH MEAL PATTERN (5 DAY WEEK)

Grade	K-5		6-8		9-12	
Minimum Requirement	Daily	Weekly	Daily	Weekly	Daily	Weekly

The grain daily portion sizes are the same for grades K-8, but double for grades 9-12.

The weekly portion sizes increase for each grade level.

Grain	K-5		6-8		9-12	
	1 oz eq	8 oz eq	1 oz eq	9 oz eq	2 oz eq	10 oz eq

Meal pattern – note the increase of portion size for grade groups and for weekly amounts.

LUNCH MEAL PATTERN (5 DAY WEEK)

Grade	K-5		6-8		9-12	
Minimum Requirement	Daily	Weekly	Daily	Weekly	Daily	Weekly

The m/ma daily portion sizes are the same for grades K-8, but double for grades 9-12.

The weekly portion sizes increase for each grade level.

Meat/Meat Alternate 	1	8	1	9	2	10
	oz eq					

Arrows indicate that the daily portion size for grades 6-8 (1 oz eq) is the same as for grades K-5 (1 oz eq), and the daily portion size for grades 9-12 (2 oz eq) is double that of grades K-8 (1 oz eq). Similarly, the weekly portion size for grades 9-12 (10 oz eq) is double that of grades K-8 (8 oz eq).

Meal pattern – note the increase of portion size for grade groups and for weekly amounts.

If your district holds school fewer than 5 days a week, the weekly minimums are decreased.

However, the required daily minimum serving is always the same.



At *lunch*, OVS requires that students take at least 3 of the 5 components in the required serving, including at least $\frac{1}{2}$ cup of either a fruit or vegetable for a reimbursable meal.

LUNCH MEAL PATTERN (4 DAY WEEK)

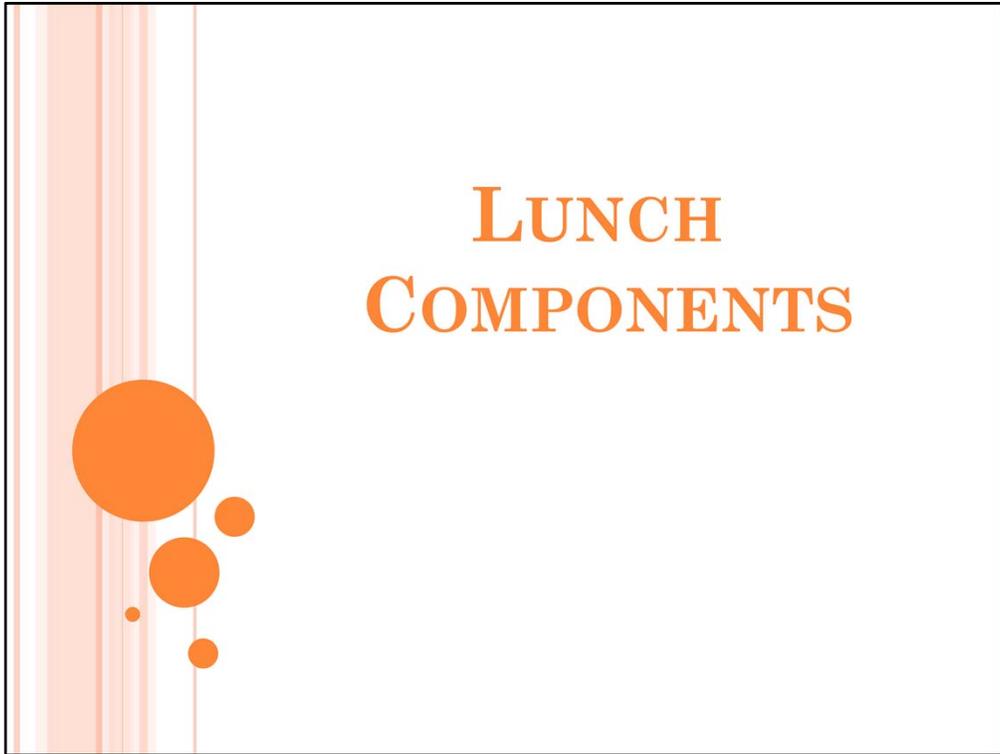
Grade	K-5		6-8		9-12	
Minimum Requirement	Daily	Weekly	Daily	Weekly	Daily	Weekly
Fluid Milk 	1 cup	4 cups	1 cup	4 cups	1 cup	4 cups
Fruit 	½ cup	2 cups	½ cup	2 cups	1 cup	4 cups
Vegetable 	¾ cup	3 cups	¾ cup	3 cups	1 cup	4 cups
Grain 	1 oz eq	6.5 oz eq	1 oz eq	6.5 oz eq	2 oz eq	8 oz eq
Meat/Meat Alternate 	1 oz eq	6.5 oz eq	1 oz eq	7 oz eq	2 oz eq	8 oz eq

Meal pattern – note the increase of portion size for grade groups and for weekly amounts.

LUNCH MEAL PATTERN (3 DAY WEEK)

Grade	K-5		6-8		9-12	
Minimum Requirement	Daily	Weekly	Daily	Weekly	Daily	Weekly
Fluid Milk 	1 cup	3 cups	1 cup	3 cups	1 cup	3 cups
Fruit 	½ cup	1.5 cups	½ cup	1.5 cups	1 cup	3 cups
Vegetable 	¾ cup	2 ¼ cups	¾ cup	2 ¼ cups	1 cup	3 cups
Grain 	1 oz eq	5 oz eq	1 oz eq	5 oz eq	2 oz eq	6 oz eq
Meat/Meat Alternate 	1 oz eq	5 oz eq	1 oz eq	5.5 oz eq	2 oz eq	6 oz eq

Meal pattern – note the increase of portion size for grade groups and for weekly amounts.



The only required component to be selected is either a fruit or a vegetable. As long
This means that milk is not required to complete a reimbursable meal.



MILK

- Required at lunch
- **1 cup** (8 fluid oz) daily minimum
 - 5 cups for 5 day school week
 - 4 cups for 4 day school week
- Must be offered in two varieties in fat content and/or flavor
 - Fat-free or 1% fat content
 - Flavored milk must be fat-free



Remember, water must also be available

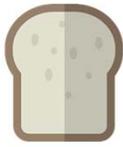




FRUIT

- Required at lunch
- **½ cup** daily minimum for **K-8**
 - 2 ½ cups for 5 day school week
 - 2 cups for 4 day school week
- **1 cup** daily minimum for **9-12**
 - 5 cups for 5 day school week
 - 4 cups for 4 day school week
- Students *must* select at least ½ cup fruit *or* vegetable *or* ½ cup combination
- Dried fruit credits as double the volume





GRAIN

- Required at lunch
- **1 oz eq** daily minimum with increased weekly requirements for **K-8**
 - 8 oz eq for 5 day school week
 - 6.5 oz eq for 4 day school week
- **2 oz eq** daily minimum with increased weekly requirements for **9-12**
 - 10 oz eq for 5 day school week
 - 8 oz eq for 4 day school week
- Must be whole grain-rich (**WGR**)





VEGETABLE

- Required at lunch
- **$\frac{3}{4}$ cup** daily minimum for **K-8**
 - $3\frac{3}{4}$ cups for 5 day school week
 - 3 cups for 4 day school week
- **1 cup** daily minimum for **9-12**
 - 5 cups for 5 day school week
 - 4 cups for 4 day school week
- Students *must* select at least $\frac{1}{2}$ cup vegetable *or* fruit *or* $\frac{1}{2}$ cup combination
- Servings must come from the required minimal amounts of the 5 vegetable subgroups
- Leafy greens credit as $\frac{1}{2}$ the volume





MEAT/MEAT ALTERNATE

- Required at lunch
- **1 oz eq** daily minimum with increased weekly requirements for **K-8**
 - 8 oz eq for 5 day school week
 - 6.5 oz eq for 4 day school week
- **1 oz eq** daily minimum with increased weekly requirements for **6-8**
 - 9 oz eq for 5 day school week
 - 7 oz eq for 4 day school week
- **2 oz eq** daily minimum with increased weekly requirements for **9-12**
 - 10 oz eq for 5 day school week
 - 8 oz eq for 4 day school week



Would this selection be reimbursable
for a **High School** student?

 Fruit	½ cup
 Vegetable	½ cup
 Milk	1 cup

Q

No. Two of the selections must be in the full component and at the high school level the full component of fruit and vegetables is 1 cup so, the student could use the decreased selection of ½ cup for either the fruit or vegetable component, but then would need a full component (1 cup) for the other.

Would this selection be reimbursable
for a **High School** student?

	Fruit	½ cup
	Vegetable	½ cup
	Milk	1 cup

No. If a ½ cup of fruit or vegetable is selected, then two of the selections must be in the full component.

At the high school level the full component of fruit and vegetable is 1 cup so, the student could use the decreased selection of ½ cup for either the fruit or vegetable component, but then would need a full component (1 cup) for the other.

Q

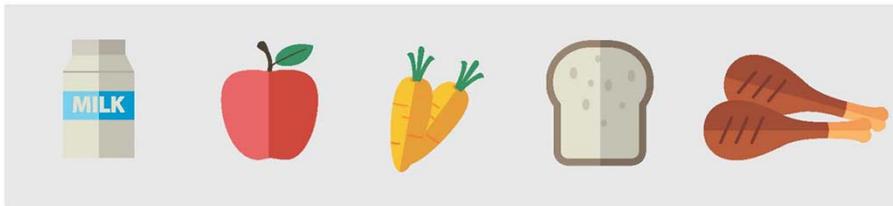
LUNCH



Remember, at *lunch*, OVS requires all 5 *components* to be offered and that students must take at least 3 of the 5 components in the required serving, including at least $\frac{1}{2}$ cup of either a fruit or a vegetable for a reimbursable meal.



LET'S PRACTICE!



Offer versus Serve has different requirements for lunch and breakfast.

This is different than the OVS requirements for breakfast.

PLANNED K-8 MENU

	1 cup milk
	½ cup fresh orange slices
	½ cup steamed broccoli & ½ cup green salad (crediting at ¼ cup)
	2 oz eq whole grain-rich bun
	2 oz eq hamburger patty

SERVING PORTION SIZES



**½ cup
fruit**



**½ cup
vegetables**



1 cup milk



**½ cup leafy vegetable
credits at ¼ cup**



2 oz G + 2 oz M/MA





Let's do a little practice with Offer vs Serve.

Here is our planned meal: A hamburger (on a WG bun ☺), 1/2 c steamed broccoli, 1/2 cup green salad, 1/2 c fresh oranges and milk.

For this tray:

- How many components: 5*
- Is there a minimum of 1/2 cup fruit or vegetable? Yes*
- Is this tray reimbursable: Yes*



If a student declines the broccoli does this remain a reimbursable meal?

-How many components: 5

-Is there a minimum of ½ cup fruit or vegetable? Yes

-Is this tray reimbursable: Yes



What if the student declines both the broccoli and the salad?

-How many components: 4

-Is there a minimum of ½ cup fruit or vegetable? Yes

-Is this tray reimbursable: Yes



This student only selects the burger and milk

-How many components: 3

-Is there a minimum of ½ cup fruit or vegetable? No

-Is this tray reimbursable: No



This student declines the burger

For this tray:

-How many components: 3

-Is there a minimum of $\frac{1}{2}$ cup fruit or vegetable? Yes

-Is this tray reimbursable: It depends on the grade group!

Think about a k-5 grade group. You may want to get your chart out for a reference. For this age group a full component of fruit is $\frac{1}{2}$ cup and a full component of vegetables is $\frac{3}{4}$ cup. For this tray we can consider the fruit at $\frac{1}{2}$ cup a full component. Therefore we can use the special rule for fruits and vegetables for the $\frac{1}{2}$ cup serving of broccoli. And therefore this tray is reimbursable for the K-5 grade group.

On the other hand lets think about this same tray for the 9 – 12 grade group. For this age group a full component of fruit is 1 cup and a full component of vegetables is also 1 cup. Therefore we can NOT use the special $\frac{1}{2}$ cup exception for both the fruit AND the vegetable. One would need to be the full 1 cup serving. And this tray is not reimbursable for the 9-12 grade group



If a student declines the broccoli does this remain a reimbursable meal?

-How many components: 5

-Is there a minimum of ½ cup fruit or vegetable? Yes

-Is this tray reimbursable: Yes

PLANNED K-8 MENU

	1 cup milk
	½ cup blueberries
	½ cup green peas & ¼ cup celery
	2 oz eq whole grain-rich pizza crust
	2 oz eq cheese on pizza slice

SERVING PORTION SIZE



$\frac{1}{2}$ cup
fruit



$\frac{1}{4}$ cup
vegetable



1 cup milk



$\frac{1}{2}$ cup
vegetables



2 oz G + 2 oz M/MA



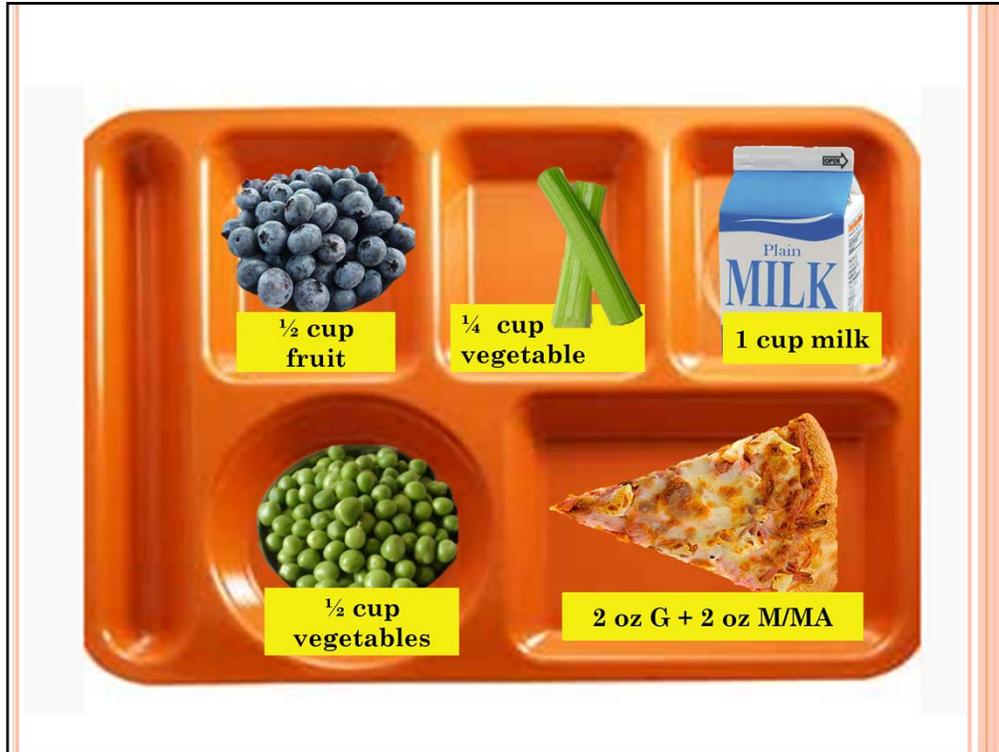
Lets take a look at another meal.

The planned meal for the day : 1 slice cheese pizza, $\frac{1}{2}$ c peas, $\frac{1}{2}$ cup of blueberries, $\frac{1}{4}$ cup of celery and milk.

-How many components: 5

-Is there a minimum of $\frac{1}{2}$ cup fruit or vegetable? YES

-Is this tray reimbursable: YES



Lets take a look at another meal.

The planned meal for the day : 1 slice cheese pizza, 1/2 c peas, 1/2 cup of blueberries, 1/4 cup of celery and milk.

-How many components: 5

-Is there a minimum of 1/2 cup fruit or vegetable? YES

-Is this tray reimbursable: YES



What if the student declines the blueberries and celery?

-How many components: 4

-Is there a minimum of ½ cup fruit or vegetable? Yes

-Is this tray reimbursable: Yes



What if the student declines the peas and celery?

For this tray:

- How many components: 4*
- Is there a minimum of ½ cup fruit or vegetable? YES*
- Is this tray reimbursable: YES*



What if the student declines the peas and celery and self serves a small portion of blueberries?

For this tray:

- How many components: 3 or 4 (depending if you count the blueberries!)
- Is there a minimum of $\frac{1}{2}$ cup fruit or vegetable? NO
- Is this tray reimbursable: NO



What if the student declines the blueberries and the peas?

For this tray:

- How many components: 4*
- Is there a minimum of ½ cup fruit or vegetable? NO – only ¼ cup of celery (you could count the tomato sauce – but likely only 1/8 cup per slice)*
- Is this tray reimbursable: NO*



*And what if the student declines the peas, celery, and fruit and selects juice instead of milk?
For this tray:*

- How many components: 3*
- Is there a minimum of ½ cup fruit or vegetable? YES*
- Is this tray reimbursable: YES*

Let's be clear that this is not a great choice! Ideally the student would also choose a whole fruit, vegetables and milk.

BREAKFAST



Offer versus Serve has different requirements for lunch and breakfast.

At *lunch*, OVS requires all 5 components to be offered and that students must take at least 3 of the 5 components in the required serving, including at least $\frac{1}{2}$ cup of either a fruit or vegetable for a reimbursable meal.

At *breakfast*, only 3 food *components* - milk, fruit, and grain - in a minimum of 4 food *items* must be offered. For a reimbursable meal, students must take a minimum of 3 food items, including at least $\frac{1}{2}$ cup of the fruit offering.

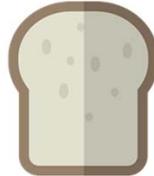
Must *offer* at least four (4) food items
from three (3) food components



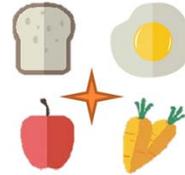
1



2



3



4



At *breakfast*, only 3 food *components* - milk, fruit, and grain - in a minimum of 4 food *items* must be offered.

Since students must have the option to *decline* a food selection, they must be *offered four food items*. Students must take at least three food items, and one of these food items must be at least a half cup serving of fruit (or vegetable if it is substituted for fruit that day)

Must select $\frac{1}{2}$ cup minimum of fruit or vegetable, or a combination of both



$\frac{1}{2}$ cup

or



$\frac{1}{2}$ cup

or



$\frac{1}{4} + \frac{1}{4}$ cup

Plus two (2) items



For a reimbursable meal, students must take a minimum of 3 food items, including at least $\frac{1}{2}$ cup of the fruit offering.

BREAKFAST MEAL PATTERN

Grade	K-5		6-8		9-12	
Minimum Requirement	Daily	Weekly	Daily	Weekly	Daily	Weekly
Fluid Milk 	1 cup	5 cups	1 cup	5 cups	1 cup	5 cups
Fruit 	1 cup	5 cups	1 cup	5 cups	1 cup	5 cups
Vegetable 	Vegetables may substitute for fruits if 2 cups non-starchy vegetables are served in the week					
Grain 	1 oz eq	7 oz eq	1 oz eq	8 oz eq	1 oz eq	9 oz eq
Meat/Meat Alternate 	Meat/Meat Alternates can credit as a grain after the 1 oz eq grain daily requirement has been met or count as an extra					

BREAKFAST MEAL PATTERN

Grade	K-5		6-8		9-12	
Minimum Requirement	Daily	Weekly	Daily	Weekly	Daily	Weekly
Fluid Milk 	1 cup	5 cups	1 cup	5 cups	1 cup	5 cups
Fruit 	1 cup	5 cups	1 cup	5 cups	1 cup	5 cups

The minimum daily and weekly servings for fluid milk and fruit are the same for all grade levels.



BREAKFAST MEAL PATTERN

Grade	K-5		6-8		9-12	
Minimum Requirement	Daily	Weekly	Daily	Weekly	Daily	Weekly

Vegetables can credit for fruit if 2 cups of non-starchy vegetables are served in the week.

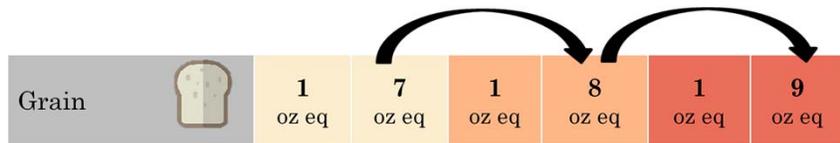
Vegetable		Vegetables may substitute for fruits if 2 cups non-starchy vegetables are served in the week
-----------	---	--



BREAKFAST MEAL PATTERN

Grade	K-5		6-8		9-12	
Minimum Requirement	Daily	Weekly	Daily	Weekly	Daily	Weekly

The grain daily servings are the same for all grades, but the weekly minimum increases for each grade level.



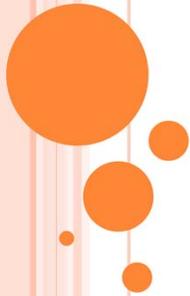
BREAKFAST MEAL PATTERN

Grade	K-5		6-8		9-12	
Minimum Requirement	Daily	Weekly	Daily	Weekly	Daily	Weekly

Meat and meat alternate servings can credit for grain after the 1 oz eq daily grain minimum has been met. This can help to meet the weekly minimum requirement ensuring a variety of food items are offered.

Meat/Meat Alternate 	Meat/Meat Alternates can credit as a grain after the 1 oz eq grain daily requirement has been met or count as an extra 
---	--

BREAKFAST ITEMS





MILK

- Required at breakfast
- **1 cup** (8 fluid oz) daily minimum
 - 5 cups for 5 day school week
 - 4 cups for 4 day school week
- Must be offered in two varieties in fat content and/or flavor
 - Fat-free or 1% fat content
 - Flavored milk must be fat-free



Remember, water must also be available



Remember potable water must be available at both breakfast and lunch.

Cannot take the place of milk. A student can take both milk and water.



FRUIT

- Required at breakfast
- **1 cup** daily minimum
 - 5 cups for 5 day school week
 - 4 cups for 4 day school week
- Students *must* select at least ½ cup
- 🥕 Non-starchy vegetables may be substituted for fruit
 - If a starchy vegetable is served, then 2 cups of vegetables from the non-starchy subgroups must also be served during the week
- Dried fruit credits as double the volume

Remember that dried fruit credits as double the volume served.

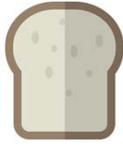


VEGETABLE

- *Not* required at breakfast
- May credit as fruit
 - Non-starchy vegetables may be substituted for fruit
 - If a starchy vegetable is served, then 2 cups of vegetables from the non-starchy subgroups must also be served during the week
- May be served as an extra
 - Extras are counted in the nutrient analysis
 - Extra food can not count as an item for a reimbursable meal
- Leafy greens credit as $\frac{1}{2}$ the volume served



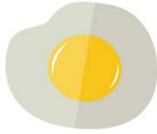
Remember that leafy greens credit as $\frac{1}{2}$ the volume served.



GRAIN

- Required at breakfast
- **1 oz eq** daily minimum with increased weekly requirements based on grade level (5 day / 4 day)
 - **K-5:** 7 oz eq / **5.5** oz eq
 - **6-8:** 8 oz eq / **6.5** oz eq
 - **9-12:** 9 oz eq / **7** oz eq
- Must be whole grain-rich (**WGR**)



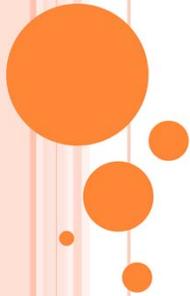


MEAT/MEAT ALTERNATE

- *Not* required at breakfast
- May credit as additional grain after daily minimum grain requirement has been met
- May be served as an extra
 - Extras are counted in the nutrient analysis
 - Extra food can not count as an item for a reimbursable meal



COUNTING ITEMS



COUNTING ITEMS: WHAT ARE THEY?

Component	Item
Fluid Milk	fat-free white, fat-free flavored, or 1% white milk
Fruit	orange, pear, banana, grape, or apple, etc.
Vegetable	carrots, beans, onion, or potatoes, etc.
Grain	WGR cereal, toast, or muffin, etc.
Meat/Meat Alternate	yogurt, cheese, nuts, or sausage, etc.



COUNTING ITEMS: WHAT COUNTS?

Component		Item
Fluid Milk		\geq 1 cup
Fruit		\geq 1/2 cup
Vegetable		\geq 1/2 cup
Grain		\geq 1 oz eq
Meat/Meat Alternate		\geq 1 oz eq



COUNTING ITEMS: CREDITABLE AMOUNTS

1 oz eq grain = 1 item



1 piece of **1 oz eq** toast



2 pieces of **.5 oz eq** toast



COUNTING ITEMS: CREDITABLE AMOUNTS

For some food items it is pretty simple to determine the creditable amount.

For example, this 1 ounce equivalent piece of toast equals one item.



1 piece of **1 oz eq** toast = 1 item



For some items it is pretty simple to determine how many items it represents.
For example: this 1 oz grain equivalent piece of toast = 1 item

However, if one piece of toast was only .5 oz eq, then two pieces of toast (or another accompanying grain) would be required to **equal at least the minimum daily oz eq requirement** (1 oz eq for all grade groups).

It is up to the menu planner to identify how to credit items. Make sure the serving staff and POS understand what is required to count as 1 item.

COUNTING ITEMS: CREDITABLE AMOUNTS

However, if one piece of toast was only .5 oz eq, then two pieces (or another accompanying grain) would be required meet the minimum daily 1 oz eq requirement to equal one item.



2 pieces of **.5 oz eq** toast = 1 item

For some items it is pretty simple to determine how many items it represents.
For example: this 1 oz grain equivalent piece of toast = 1 item

However, if one piece of toast was only .5 oz eq, then two pieces of toast (or another accompanying grain) would be required to **equal at least the minimum daily oz eq requirement** (1 oz eq for all grade groups).

It is up to the menu planner to identify how to credit items. Make sure the serving staff and POS understand what is required to count as 1 item.

COUNTING ITEMS: CREDITABLE AMOUNTS



1 piece of
1 oz eq toast

It is up to the menu planner to identify how to credit items.



2 pieces of
.5 oz eq toast

Make sure the serving staff understand what is required each day to count as 1 item.



COUNTING ITEMS: CREDITABLE AMOUNTS

$\frac{1}{2}$ cup fruit = 1 item



$\frac{1}{2}$ cup fruit



$\frac{1}{2}$ cup 100% fruit juice



Although breakfast requires at least 1 cup of fruit be offered, OVS allows the students to only select $\frac{1}{2}$ cup.

Therefore, each $\frac{1}{2}$ cup of fruit or fruit juice can count as 1 item.

However, the menu planner can decide that a 1 cup portion of fruit or fruit juice should count as 1 item.

COUNTING ITEMS: CREDITABLE AMOUNTS

$\frac{1}{2}$ cup fruit = 1 item

Although breakfast requires at least 1 cup of fruit be offered to all students each day, **OVS** allows students to select only $\frac{1}{2}$ cup.

Therefore, each $\frac{1}{2}$ cup of fruit or fruit juice can count as 1 item.



COUNTING ITEMS: CREDITABLE AMOUNTS

1 fruit item = ½ cup fruit



The menu planner can decide if the daily required 1 cup portion of fruit or 100% fruit juice should count as 1 item.



COUNTING ITEMS: DOUBLE PORTIONS

1 oz eq grain = 1 item



1 piece of **1 oz eq** toast



2 pieces of **1 oz eq** toast



Again, some items are fairly easy to determine how many items it represents.
For example: this 1 oz grain equivalent piece of toast = 1 item

However, it can get a little confusing on double portions that can count as multiple items:
For example: 2 Servings of a 1 oz equivalent grain = 2 items

Make sure you know if double portions are available that day and how the menu planner has determined to count them.

COUNTING ITEMS: DOUBLE PORTIONS

1 oz eq grain = 1 item

Again, some items are fairly easy to determine their creditable amounts.

For example, this 1 ounce equivalent piece of toast equals one item.



1 piece of **1 oz eq** toast = 1 item



Again, some items are fairly easy to determine how many items it represents.
For example: this 1 oz grain equivalent piece of toast = 1 item

However, it can get a little confusing on double portions that can count as multiple items:
For example: 2 Servings of a 1 oz equivalent grain = 2 items

Make sure you know if double portions are available that day and how the menu planner has determined to count them.

COUNTING ITEMS: DOUBLE PORTIONS

1 oz eq grain = 1 item

However, it can get a little confusing on double portions that can count as multiple items.

For example, 2 servings of a 1 ounce equivalent grain can equal 2 items.



2 pieces of 1 oz eq toast = 2 items



Again, some items are fairly easy to determine how many items it represents.
For example: this 1 oz grain equivalent piece of toast = 1 item

However, it can get a little confusing on double portions that can count as multiple items:
For example: 2 Servings of a 1 oz equivalent grain = 2 items

Make sure you know if double portions are available that day and how the menu planner has determined to count them.

COUNTING ITEMS: DOUBLE PORTIONS



1 piece of
1 oz eq toast
= 1 item

It is up to the menu planner to identify how to credit items.



2 pieces of
1 oz eq toast
= 1 or 2 items

Make sure the serving staff knows if double portions are available and how they should be counted.



COUNTING ITEMS: PORTION SIZES

1 item



Small Muffin

1 oz eq

1 item *or* 2 items



Large Muffin

2 oz eq



A 1 oz eq grain can only count as 1 item, but a larger portion can be counted as 2 or more items .

For example, a 2oz eq muffin can be counted as 2 items or 1 item.

It's the menu planners choice!

COUNTING ITEMS: PORTION SIZES



Small Muffin

1 oz eq = 1 item



Large Muffin

2 oz eq
= 1 or 2 items

A 1 oz eq grain can only count as 1 item, but a larger portion can count as 2 or more items .

For example, a 2 oz eq muffin can be counted as 2 items or 1 item.

It's the menu planner's choice!



A 1 oz eq grain can only count as 1 item, but a larger portion can be counted as 2 or more items .

For example, a 2oz eq muffin can be counted as 2 items or 1 item.

It's the menu planners choice!

COUNTING ITEMS: COMBINATION FOODS

3 items



Parfait

Berries (1/2 cup fruit)
Granola (1 oz eq grain)
Yogurt (1 oz eq m/ma)

4 items



Breakfast Sandwich

Muffin (2 oz eq grain)
Sausage (.5 oz eq m/ma)
Egg (1 oz eq m/ma)
Cheese (.5 oz eq m/ma)

A combination food of multiple components in the minimum creditable amount can count as 2 or more items.

So, a 1 oz grain + a 1 oz M/MA could count as 2 items

***OR** the M/MA could be an "Extra" and only the 1 oz eq grain counted as 1 item.*

With this breakfast sandwich you can count the M/MA as a grain and the sandwich equals a 4 oz eq and counts as 4 items.

***OR** You can count the M/MA as an "extra" and the sandwich equals a 2 oz eq and counts as 2 items*

(Note: You could also count the two grains as 1 and then entire sandwich would count as 1 item)

If this one sandwich counted as four items, would it be a reimbursable meal? (No – no fruit!)

COUNTING ITEMS: COMBINATION FOODS

A combination food of at least two *full* components in the daily minimum creditable amount can count as 2 items.

So, a 1 oz eq grain *plus* a 1 oz eq m/ma crediting as a grain could count as 2 items.

However, the menu planner could determine that the m/ma should be an “extra” and only credit the 1 oz eq grain. In that case, the combination food would count as 1 item.

A combination food of multiple components in the minimum creditable amount can count as 2 or more items.

So, a 1 oz grain + a 1 oz M/MA could count as 2 items

OR *the M/MA could be an “Extra” and only the 1 oz eq grain counted as 1 item.*

With this breakfast sandwich you can count the M/MA as a grain and the sandwich equals a 4 oz eq and counts as 4 items.

OR *You can count the M/MA as an “extra” and the sandwich equals a 2 oz eq and counts as 2 items*

(Note: You could also count the two grains as 1 and then entire sandwich would count as 1 item)

If this one sandwich counted as four items, would it be a reimbursable meal? (No – no fruit!)

COUNTING ITEMS: COMBINATION FOODS



Parfait
= 3 items

Berries
1/2 cup fruit
= 1 item

Granola
1 oz eq grain
= 1 item

Yogurt
1 oz eq m/ma
= 1 grain item

A combination food of multiple components in the minimum creditable amount can count as multiple items.

For example, a parfait made of 1/2 cup fruit + 1 oz eq grain + 1 oz eq m/ma could count as 3 items.

A combination food of multiple components in the minimum creditable amount can count as 2 or more items.

So, a 1 oz grain + a 1 oz M/MA could count as 2 items

***OR** the M/MA could be an "Extra" and only the 1 oz eq grain counted as 1 item.*

With this breakfast sandwich you can count the M/MA as a grain and the sandwich equals a 4 oz eq and counts as 4 items.

***OR** You can count the M/MA as an "extra" and the sandwich equals a 2 oz eq and counts as 2 items*

(Note: You could also count the two grains as 1 and then entire sandwich would count as 1 item)

If this one sandwich counted as four items, would it be a reimbursable meal? (No – no fruit!)

COUNTING ITEMS: COMBINATION FOODS



Berries
1/2 cup fruit
= 1 item

Granola
1 oz eq grain
= 1 item

Yogurt
1 oz eq m/ma
= 1 grain item

1 parfait = 3 items

Because this parfait contains 3 items, including ½ cup fruit, it is a reimbursable meal by itself.

A combination food of multiple components in the minimum creditable amount can count as 2 or more items.

So, a 1 oz grain + a 1 oz M/MA could count as 2 items

***OR** the M/MA could be an “Extra” and only the 1 oz eq grain counted as 1 item.*

With this breakfast sandwich you can count the M/MA as a grain and the sandwich equals a 4 oz eq and counts as 4 items.

***OR** You can count the M/MA as an “extra” and the sandwich equals a 2 oz eq and counts as 2 items*

(Note: You could also count the two grains as 1 and then entire sandwich would count as 1 item)

If this one sandwich counted as four items, would it be a reimbursable meal? (No – no fruit!)

COUNTING ITEMS: COMBINATION FOODS



Breakfast Sandwich

Muffin (2 oz eq grain)
Sausage (.5 oz eq m/ma)
Egg (1 oz eq m/ma)
Cheese (.5 oz eq m/ma)

How many ways could the menu planner choose to count this sandwich?

A combination food of multiple components in the minimum creditable amount can count as 2 or more items.

So, a 1 oz grain + a 1 oz M/MA could count as 2 items

OR

the M/MA could be an "Extra" and only the 1 oz eq grain counted as 1 item.

With this breakfast sandwich you can count the M/MA as a grain and the sandwich equals a 4 oz eq and counts as 4 items.

OR

You can count the M/MA as an "extra" and the sandwich equals a 2 oz eq and counts as 2 items

(Note: You could also count the two grains as 1 and then entire sandwich would count as 1 item)

COUNTING ITEMS: COMBINATION FOODS



Breakfast Sandwich

Muffin (2 oz eq grain)
Sausage (.5 oz eq m/ma)
Egg (1 oz eq m/ma)
Cheese (.5 oz eq m/ma)

1, 2, 3, or 4

2 oz eq grain = 1 *or* 2 items

2 oz eq m/ma = 1 *or* 2 items

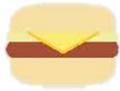
or

Extra



With this breakfast sandwich you can count the M/MA as a grain and the sandwich equals a 4 oz eq and counts as 4 items. OR You can count the M/MA as an "extra" and the sandwich equals a 2 oz eq and counts as 2 items OR You could also count the two grains as 1 and then entire sandwich would count as 1 item.

COUNTING ITEMS: COMBINATION FOODS



Muffin

2 oz eq grain
= 2 items

Egg

1 oz eq m/ma
= 1 grain item

Sausage

.5 oz eq m/ma
+

Cheese

.5 oz eq m/ma
= 1 grain item

Breakfast Sandwich = 4 items

The m/ma (egg, sausage, and cheese) are counted as additional grains, so the sandwich equals 4 oz eq grain and counts as 4 items.

With this breakfast sandwich you can count the M/MA as a grain and the sandwich equals a 4 oz eq and counts as 4 items. OR You can count the M/MA as an "extra" and the sandwich equals a 2 oz eq and counts as 2 items OR You could also count the two grains as 1 and then entire sandwich would count as 1 item.

COUNTING ITEMS: COMBINATION FOODS



Muffin

2 oz eq grain
= 2 items

Egg

1 oz eq m/ma
= 1 grain item

Sausage

.5 oz eq m/ma
+

Cheese

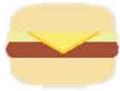
.5 oz eq m/ma
= extra

Breakfast Sandwich = 3 items

The egg is counted as a grain in addition to the 2 oz eq grain muffin, but the sausage and cheese are considered to be extra. Therefore, the sandwich credits as 3 oz eq grains and counts as 3 items.

With this breakfast sandwich you can count the M/MA as a grain and the sandwich equals a 4 oz eq and counts as 4 items. OR You can count the M/MA as an "extra" and the sandwich equals a 2 oz eq and counts as 2 items OR You could also count the two grains as 1 and then entire sandwich would count as 1 item.

COUNTING ITEMS: COMBINATION FOODS



Muffin

2 oz eq grain
= 2 items

Egg

1 oz eq m/ma
= extra

Sausage

.5 oz eq m/ma
+

Cheese

.5 oz eq m/ma
= extra

Breakfast Sandwich = 2 items

The m/ma is considered “extra” and not counted, so only the 2 oz eq muffin is credited toward the grain requirement and the sandwich counts as 2 items.

With this breakfast sandwich you can count the M/MA as a grain and the sandwich equals a 4 oz eq and counts as 4 items. OR You can count the M/MA as an “extra” and the sandwich equals a 2 oz eq and counts as 2 items OR You could also count the two grains as 1 and then entire sandwich would count as 1 item.

COUNTING ITEMS: COMBINATION FOODS



Muffin

2 oz eq grain
= 1 items

Egg

1 oz eq m/ma
= extra

Sausage

.5 oz eq m/ma
+

Cheese

.5 oz eq m/ma
= extra

Breakfast Sandwich = 1 item

The m/ma are extra and not counted and the 2 oz eq grain muffin is counted as only 1 item, so the entire sandwich counts as 1 item.

With this breakfast sandwich you can count the M/MA as a grain and the sandwich equals a 4 oz eq and counts as 4 items. OR You can count the M/MA as an "extra" and the sandwich equals a 2 oz eq and counts as 2 items OR You could also count the two grains as 1 and then entire sandwich would count as 1 item.

COUNTING ITEMS: CONSISTENCY

**The Menu Planner determines
how to count items**

Avoid confusion; consider **consistency** in
counting items!



COUNTING ITEMS: CONSISTENCY

Changing the way a food item is counted each time it is served is confusing for both students and foodservice staff.

Consider making all of your planned menus contain the same number of items.



COUNTING ITEMS: CONSISTENCY

Item	Item Count
Breakfast Pizza	2
Breakfast Burrito	2
Breakfast Sandwich	2
Pancake	1
Mini Bagel	1
Cereal	1
Yogurt	1
Fruit (1/2 cup)	1
Juice (1/2 cup)	1
Milk	1

Another trick is to create a “Reference Sheet” that lists all your breakfast menu foods and how many “items” are counted for each.



BREAKFAST



Remember, at *breakfast*, only 3 food *components* - milk, fruit, and grain - in a minimum of 4 food *items* must be offered.

For a reimbursable meal, students must take a minimum of 3 food items, including at least $\frac{1}{2}$ cup of the fruit offering.



LET'S PRACTICE!



Offer versus Serve has different requirements for lunch and breakfast.

At *lunch*, OVS requires all 5 components to be offered and that students must take at least 3 of the 5 components in the required serving, including at least $\frac{1}{2}$ cup of either a fruit or vegetable for a reimbursable meal.

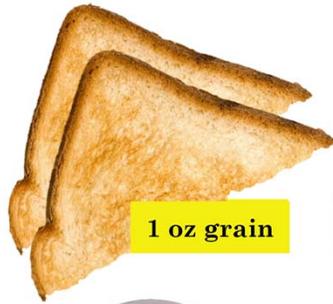
At *breakfast*, only 3 food *components* - milk, fruit, and grain - in a minimum of 4 food *items* must be offered. For a reimbursable meal, students must take a minimum of 3 food items, including at least $\frac{1}{2}$ cup of the fruit offering.

PLANNED MENU

	1 cup milk
	½ cup orange slices & ½ cup juice
	1 oz eq cereal
	1 oz eq whole grain-rich toast



SERVING PORTION SIZE



1 oz grain



$\frac{1}{2}$ cup
fruit



1 cup milk



$\frac{1}{2}$ cup
fruit



1 oz grain



Here is our planned menu with 1 cup of milk, 1 oz eq of cereal, 1 oz eq of toast and $\frac{1}{2}$ cup of fruit and $\frac{1}{2}$ cup of fruit juice
This menu has: **5 items**



Here is our planned menu with 1 cup of milk, 1 oz eq of cereal, 1 oz eq of toast and 1/2 cup of fruit and 1/2 cup of fruit juice
This menu has: **5 items**



The student selects the toast, cereal and milk.

How many items on this tray? **3 items**

Is this tray reimbursable? **NO – missing fruit**



The student selects the cereal, milk and applesauce.

How many items on this tray? **3 items**

Is this tray reimbursable? **YES**



The student selects two cereals and a milk.

How many items on this tray? **3 items**

Is this tray reimbursable? **NO (missing fruit)**



The student selects two servings of toast and the juice.

How many items on this tray? **3 items**

Is this tray reimbursable? **YES**

CHECK YOUR ANSWERS



Offer versus Serve has different requirements for lunch and breakfast.

At *lunch*, OVS requires all 5 components to be offered and that students must take at least 3 of the 5 components in the required serving, including at least $\frac{1}{2}$ cup of either a fruit or vegetable for a reimbursable meal.

At *breakfast*, only 3 food *components* - milk, fruit, and grain - in a minimum of 4 food *items* must be offered. For a reimbursable meal, students must take a minimum of 3 food items, including at least $\frac{1}{2}$ cup of the fruit offering.

MORE PRACTICE!



Offer versus Serve has different requirements for lunch and breakfast.

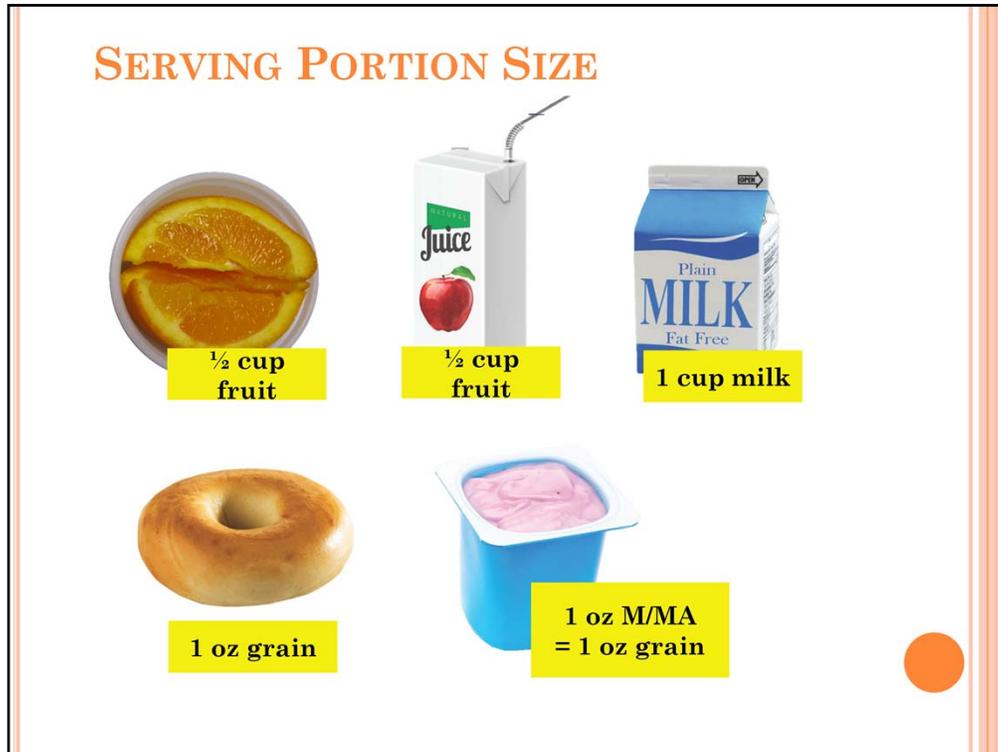
At *lunch*, OVS requires all 5 components to be offered and that students must take at least 3 of the 5 components in the required serving, including at least $\frac{1}{2}$ cup of either a fruit or vegetable for a reimbursable meal.

At *breakfast*, only 3 food *components* - milk, fruit, and grain - in a minimum of 4 food *items* must be offered. For a reimbursable meal, students must take a minimum of 3 food items, including at least $\frac{1}{2}$ cup of the fruit offering.

PLANNED MENU

	1 cup milk
	½ cup orange slices & ½ cup juice
	1 oz eq whole grain-rich bagel
	1 oz eq yogurt (m/ma counting as grain)



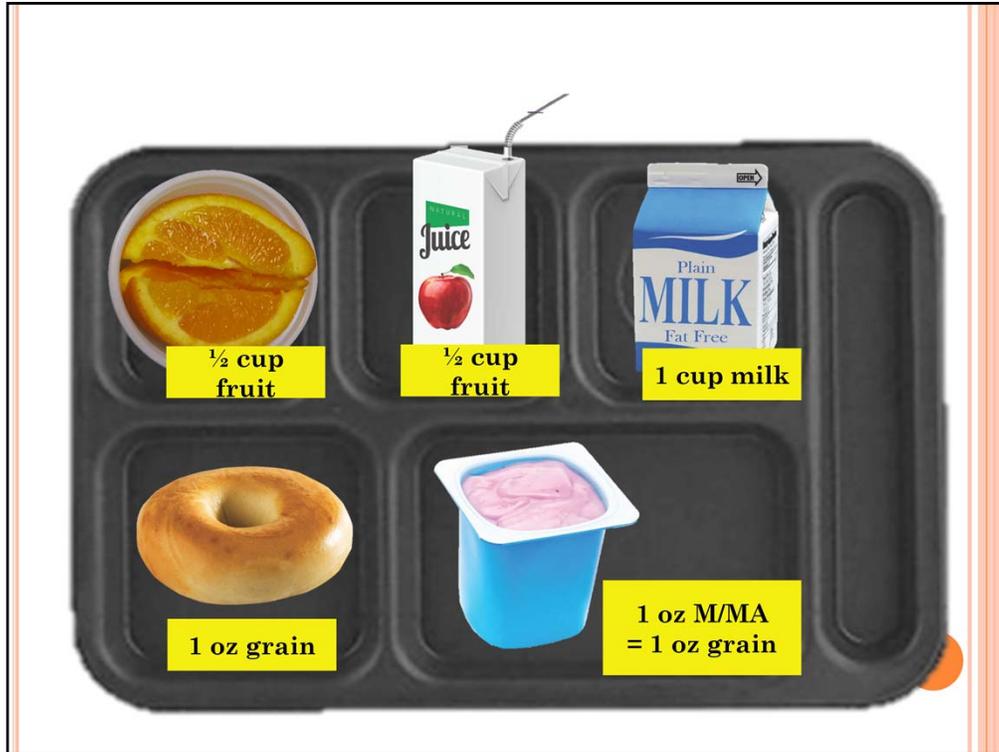


Let's look at several trays where we count the M/MA (yogurt) counted as a grain

So the planned menu is 1 cup of milk, an mini bagel that is 1oz eq of grain, 1/2 cup of fruit, and 1/2 cup juice:

- The yogurt that is 1 oz equivalent of M/MA is counted as a grain

This menu has: 5 items



Let's look at several trays where we count the M/MA (yogurt) counted as a grain

So the planned menu is 1 cup of milk, an mini bagel that is 1oz eq of grain, 1/2 cup of fruit, and 1/2 cup juice:

- The yogurt that is 1 oz equivalent of M/MA is counted as a grain

This menu has: 5 items



The student selects the yogurt, bagel and milk.

How many items on this tray? **3 items**

Is this tray reimbursable? **NO (missing fruit)**



The student selects the yogurt, a bagel, and a juice.

How many items on this tray? **3 items**

Is this tray reimbursable? Yes – 3 items...1/2 cup fruit



The student selects the yogurt, fruit and milk.

How many items on this tray? **3 items**

Is this tray reimbursable? Yes, 3 items, $\frac{1}{2}$ cup fruit



The student selects the yogurt, fruit and fruit juice.

How many items on this tray? **3 items**

Is this tray reimbursable? Yes...3 items, ½ cup fruit

PLANNED MENU



1 cup milk



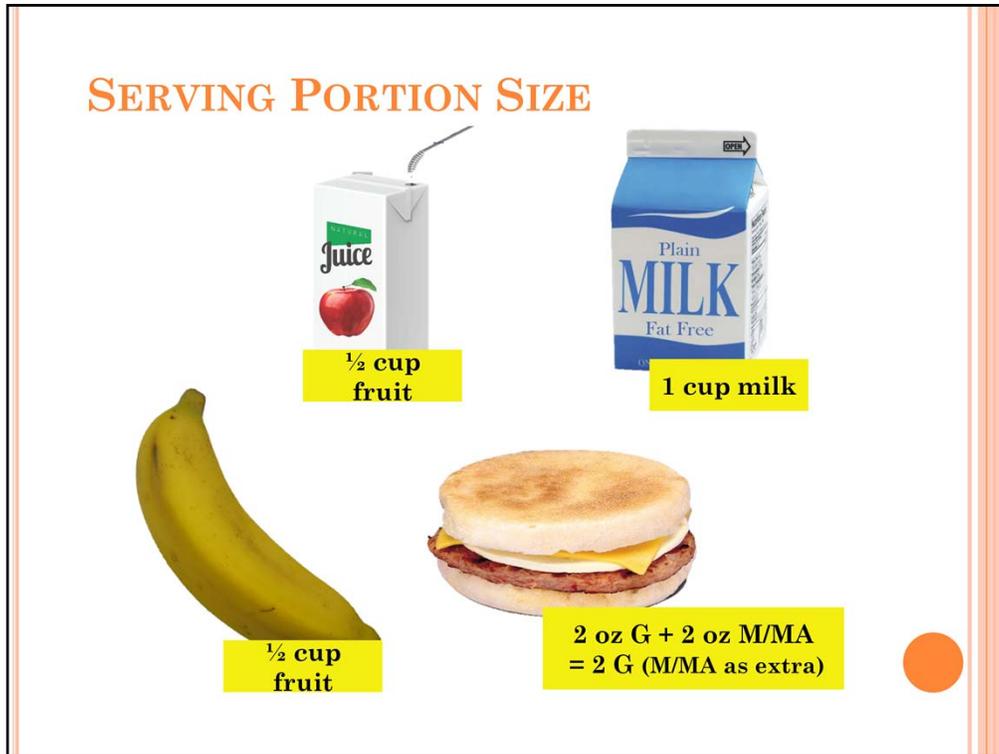
½ cup banana & ½ cup juice



2 oz eq breakfast sandwich

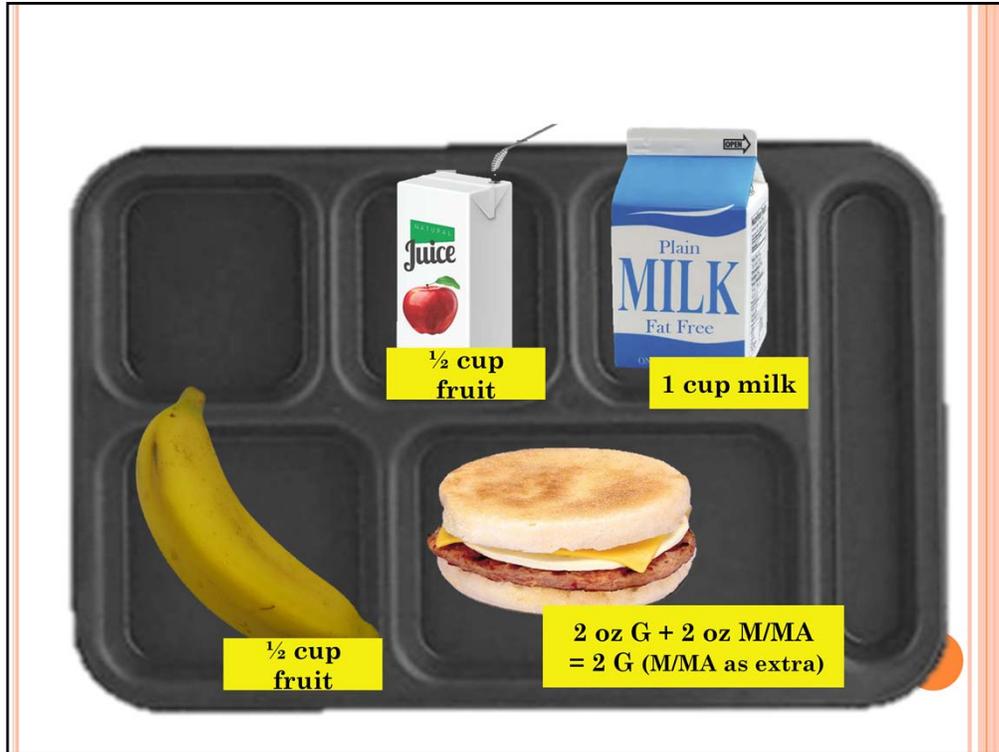
- 2 oz eq whole grain-rich muffin
- egg/meat/cheese as “extra”





So this planned menu is 1 cup of milk, a breakfast sandwich that is a 2 oz eq grain (2 items - M/MA is an extra), 1/2 cup of fruit, and 1/2 cup juice:

This menu has: **5 items**



So this planned menu is 1 cup of milk, a breakfast sandwich that is a 2 oz eq grain (2 items - M/MA is an extra), 1/2 cup of fruit, and 1/2 cup juice:

This menu has: **5 items**



The student selects the breakfast sandwich and milk.

How many items on this tray? **3 items**

Is this tray reimbursable? **NO (missing the ½ cup of fruit)**



The student selects the breakfast sandwich and juice.

How many items on this tray? 3

Is this tray reimbursable? **Yes**

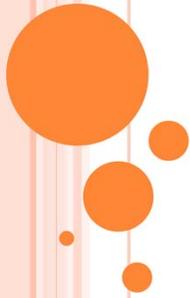


The student selects the fruit, juice and milk.

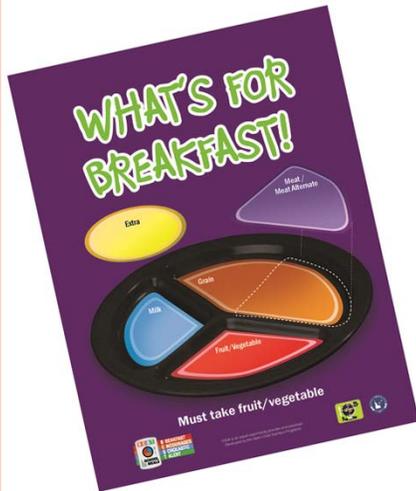
How many items on this tray? **3 items**

Is this tray reimbursable? Yes

SIGNAGE



SIGNAGE



Federal Regulation **7 CFR 210.10(a)(2)** requires that schools identify, near or at the beginning of the serving line(s), the food items that constitute a reimbursable meal.

Students, servers and cashiers must be able to identify what constitutes a reimbursable meal. Signage as well as menus should provide clear information to help students determine what comprises a reimbursable meal. This will foster an effective point of service. Training should be done for serving line staff so they can assist students in selecting a reimbursable meal for POS staff so they can accurately determine if a reimbursable meal has been selected for meal claiming purpose.

In addition to the signage in the food service areas to show what a reimbursable meal looks like, schools should also provide information on OVS in places accessible to parents, such as in menus, on websites, and/or in school newsletters. Besides exposing students and parents to OVS, this will increase awareness of the good value of the meal you are providing and will reinforce nutrition education messages.

Federal Regulation 7 CFR 210.10(a)(2) requires that schools identify, near or at the beginning of the serving line(s), the food items that constitute a reimbursable meal. This can be done in a variety of ways, but for your convenience, the State Agency (SA) has created the “What’s for Breakfast!” and “What’s for Lunch!” posters that allows for food items to be written with a dry-erase marker within the meal component areas to identify a healthy meal that contains multiple food components.

If a consistent format is used, students quickly learn how to read the signage and

identify what they may need to select for a reimbursable meal. It is also a tool to help foodservice employees recognize what items will need to be selected for a reimbursable meal. Filling out the poster prior to service time will ensure that all required components are accounted for. Listing all food items being served will promote the variety of foods being offered and help students identify the selection choices they have.

SIGNAGE

Students, servers and cashiers must be able to identify what constitutes a reimbursable meal. Signage, as well as menus, should provide clear information to help students determine what is required.

This will foster an effective point of service (POS). Training is necessary for serving line staff so they can assist students in selecting a reimbursable meal and for POS staff so they can accurately determine if a reimbursable meal has been selected for meal claiming purposes.

Students, servers and cashiers must be able to identify what constitutes a reimbursable meal. Signage as well as menus should provide clear information to help students determine what comprises a reimbursable meal. This will foster an effective point of service. Training should be done for serving line staff so they can assist students in selecting a reimbursable meal for POS staff so they can accurately determine if a reimbursable meal has been selected for meal claiming purpose.

In addition to the signage in the food service areas to show what a reimbursable meal looks like, schools should also provide information on OVS in places accessible to parents, such as in menus, on websites, and/or in school newsletters. Besides exposing students and parents to OVS, this will increase awareness of the good value of the meal you are providing and will reinforce nutrition education messages.

Federal Regulation 7 CFR 210.10(a)(2) requires that schools identify, near or at the beginning of the serving line(s), the food items that constitute a reimbursable meal. This can be done in a variety of ways, but for your convenience, the State Agency (SA) has created the “What’s for Breakfast!” and “What’s for Lunch!” posters that allows for food items to be written with a dry-erase marker within the meal component areas to identify a healthy meal that contains multiple food components.

If a consistent format is used, students quickly learn how to read the signage and

identify what they may need to select for a reimbursable meal. It is also a tool to help foodservice employees recognize what items will need to be selected for a reimbursable meal. Filling out the poster prior to service time will ensure that all required components are accounted for. Listing all food items being served will promote the variety of foods being offered and help students identify the selection choices they have.

SIGNAGE

In addition to the signage in the food service areas to show what a reimbursable meal looks like, schools should also provide information on OVS in places accessible to parents, such as in menus, on websites, and/or in school newsletters.

Besides exposing students and parents to the choices available with OVS, this will increase awareness of the good value of the meals that are provided as well as reinforce nutrition education messages.

Students, servers and cashiers must be able to identify what constitutes a reimbursable meal. Signage as well as menus should provide clear information to help students determine what comprises a reimbursable meal. This will foster an effective point of service. Training should be done for serving line staff so they can assist students in selecting a reimbursable meal for POS staff so they can accurately determine if a reimbursable meal has been selected for meal claiming purpose.

In addition to the signage in the food service areas to show what a reimbursable meal looks like, schools should also provide information on OVS in places accessible to parents, such as in menus, on websites, and/or in school newsletters. Besides exposing students and parents to OVS, this will increase awareness of the good value of the meal you are providing and will reinforce nutrition education messages.

Federal Regulation 7 CFR 210.10(a)(2) requires that schools identify, near or at the beginning of the serving line(s), the food items that constitute a reimbursable meal. This can be done in a variety of ways, but for your convenience, the State Agency (SA) has created the “What’s for Breakfast!” and “What’s for Lunch!” posters that allows for food items to be written with a dry-erase marker within the meal component areas to identify a healthy meal that contains multiple food components.

If a consistent format is used, students quickly learn how to read the signage and

identify what they may need to select for a reimbursable meal. It is also a tool to help foodservice employees recognize what items will need to be selected for a reimbursable meal. Filling out the poster prior to service time will ensure that all required components are accounted for. Listing all food items being served will promote the variety of foods being offered and help students identify the selection choices they have.

USDA NONDISCRIMINATION STATEMENT

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992.

Submit your completed form or letter to USDA by:

(1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;

(2) fax: (202) 690-7442; or

(3) email: program.intake@usda.gov.

This institution is an equal opportunity provider.



TEAM NUTRITION STATEMENT

This project has been funded at least in part with Federal funds from the U.S. Department of Agriculture. The contents of this publication do not necessarily reflect the view or policies of the U.S. Department of Agriculture, nor does mention of trade names, commercial products, or organizations imply endorsement by the U.S. Government.

