



Offer versus Serve

Idaho Child Nutrition Reference Guide

OVERVIEW

Offer Versus Serve (OVS) is a menu planning and meal service concept for the National School Lunch Program (NSLP) and School Breakfast Program (SBP) with the goal of increasing food consumption and reducing waste. OVS allows students to decline some of the food offered in order to choose the foods they want to eat, as well as, an option to select a reduced portion of the fruit or vegetable serving.

OVS follows the meal pattern requirements for the food components that schools must offer during a meal and sets allowances for the minimal number of items or components a student must take for a reimbursable meal. SBP and NSLP have different OVS requirements as indicated by the following:

- *School Breakfast Program (SBP):*
 - Schools must offer at least the three food components required in the SBP meal pattern (fruit, grain, and fluid milk) in the daily minimum required amounts.
 - A minimum of four food items must be offered as part of the required components. Students are allowed to decline one of the four food items, provided at least $\frac{1}{2}$ cup of the fruit component is selected for a reimbursable meal.
 - A reimbursable breakfast requires a minimum of three food items, including at least $\frac{1}{2}$ cup of the fruit (or vegetable) offering.

- *National School Lunch Program (NSLP):*
 - Schools must offer the five food components required in the NSLP meal pattern (fruit, vegetable, grain, meat/meat alternate, and fluid milk) in the daily minimum required amounts for the age-grade group.
 - Students are allowed to decline two of the food components, provided at least $\frac{1}{2}$ cup of either the fruit or vegetable component, or combination of both, is selected for a reimbursable meal.
 - A reimbursable lunch requires at least three of the five food components in the required serving, including at least $\frac{1}{2}$ cup of either the fruit and/or vegetable.

Offering a variety of choices within food components is different from OVS. It is up to the menu planner to indicate what combination of choices must be selected for a reimbursable meal.

OVS is optional for all students in grades K-12 in the SBP as well as optional for grades K-8 in the NSLP; however, OVS is mandatory for grades 9-12 in the NSLP. OVS is not an option for infants and children aged 1 through 5 not yet enrolled in Kindergarten. Preschool and Prekindergarten

(PK) students may follow the grades K-5 meal pattern only if co-mingled with students in those grade groups. OVS is also optional for lunches consumed off site (field trips) as well as for school food authorities (SFAs) providing meals through the at-risk afterschool meals component of the Child and Adult Care Food Programs (CACFP) and summer meals offered by SFAs through Summer Food Service Program. OVS cannot be used for snacks in any program.

The minimum portion sizes for each grade level of the meal pattern must be offered to students; OVS only provides flexibility for students to not select all food choices being served. Please read the Breakfast Meal Pattern and the Lunch Meal Pattern sections of the Idaho School Nutrition Reference Guide before delving into the Offer vs Serve section.

TERMS TO KNOW

Extra – Food that does not credit toward meeting USDA meal pattern requirements; “extra” food does not count as a component or as an item in a reimbursable meal. “Extra” food is simply additional food that is counted in the nutrient analysis in regards to the dietary specifications for calories, saturated fat, and sodium and “extra” food may impact the budget.

Food component (meal component) - One of the required food groups that comprise a reimbursable meal: meats/meat alternate (m/ma); grain; fruit; vegetable; and fluid milk. Schools must offer the specified food components in at least the minimum required quantities. The menu planner decides how to count (credit) certain foods that have more than one component option (e.g., legumes may count as either a m/ma or as a vegetable).

Food item - A specific food offered within the three food components required at breakfast. Depending on the planned menu, the student may need to select more than one food item to have the minimum quantity needed for a component to be credited. The menu planner decides how to count/credit food items.

Offer versus serve (OVS) - A menu planning and meal service concept that allows students to decline some of the food offered in a reimbursable lunch or breakfast while permitting students to choose the foods they want while reducing food waste. OVS is optional at breakfast for students in grades K-12. OVS is optional for students at lunch for grades K-5 and 6-8, but is required for senior high school grades 9-12. For identifying a reimbursable meal under OVS, food components are counted at lunch, whereas food items are counted at breakfast.

Point-of-service (POS) - Food service operation point where determination of a reimbursable meal served to free, reduced-price, or paid lunch eligible students is made.

Reimbursable meal - A meal that has met all of the mandatory Federal meal requirements and can be claimed to receive reimbursement.

Whole grain-rich (WGR) – Whole grain-rich products must contain at least 50 percent whole grains, and the remaining grain, if any, must be enriched. To qualify as WGR, the item must:

meet portion size requirements for the grains component; contain 100 percent whole grain meal/flour and enriched meal/flour of which at least 50 percent is whole grain and the remaining, if any, enriched. For further information, see the Whole Grain Resource link listed under Resources.

WHAT IS OFFER VERSUS SERVE?

OVS sets requirements for the food components that schools must offer during a meal and the minimal number of items or components a student must take for a reimbursable meal. OVS reduces food costs by limiting the amount of food waste by allowing students to select preferred food items or components and to decline some options.

School Breakfast Program (SBP)

- OVS is optional at breakfast for grades K-12.
- Schools must offer or menu at least four food items in the creditable portion sizes from three food components. The three required breakfast food components are:
 - Fruit/Vegetable, 1 cup (vegetables may substitute as fruit)
 - Grain, 1 oz eq
 - Fluid Milk, 1 cup/8 fluid oz
- One of the three food items selected must be at least $\frac{1}{2}$ cup fruit; or $\frac{1}{2}$ cup vegetable; or $\frac{1}{4}$ cup fruit plus $\frac{1}{4}$ cup vegetable.
 - Schools may substitute vegetables in place of fruit. In order for a starchy vegetable (e.g., hash browns) to be offered in place of the fruit component, two cups per week of any such substitution must be from the following non-starchy subgroups: dark green, red/orange, beans/peas, or other vegetables. Find a link to a list of vegetable subgroups under Resources.
 - If a starchy vegetable, such as hash browns, is to be served during a week without having met the requirement of having planned to offer 2 cups of non-starchy vegetables that week, then the starchy vegetable may be offered as an “extra” as long as fruit is served to meet the fruit component requirement.
- Students must select at least three food items in the daily minimum required amount, including at least $\frac{1}{2}$ cup of fruit.
- A grain selection counts as one item if it equals at least the 1 oz equivalent minimum daily requirement.
 - A m/ma can credit as a grain *if* the minimum daily WGR component requirement has already been met. In this way, a m/ma may count toward the *weekly* grain requirement if it fits within dietary specifications.
 - Alternatively, a m/ma may be offered as an “extra”.
- The menu planner decides how to count items:
 - Double portions can count as two items. For example, two pieces of 1 oz toast can count as two items.

- Large portions can count as more than one item. For example, a 2 oz eq muffin can count as either one or two items.
- Combination food can count as one or more items. For example, a breakfast sandwich may provide 1 oz eq grain and 1 oz eq m/ma:
 - The 1 oz eq grain may count as one item and the 1 oz eq m/ma may count as one item (a grain), therefore the breakfast sandwich selection may count as two items. Furthermore, using this menu planning, a m/ma may count toward the *weekly* grain requirement (note: average weekly dietary specifications for calories, saturated fat, and sodium must be followed).
 - The 1 oz eq grain may count as one item while the 1 oz eq m/ma may count as an “extra”, therefore the breakfast sandwich selection may count as one item (note: average weekly dietary specifications for calories, saturated fat, and sodium must be followed).
- If OVS is not implemented at breakfast, schools must “Serve” all three required food components in the daily minimum amount specified in the meal pattern.
- Additional allowable food may be served as long as the food is counted in the nutrient analysis in regards to the dietary specifications for calories, saturated fat, and sodium dietary specifications.

National School Lunch Program (NSLP)

- OVS is mandatory at lunch for grades 9-12 and optional for grades K-8.
- Schools must offer or menu food items from all five food components: m/ma, grain, fruit, vegetable, fluid milk in the amounts specified in the NSLP meal pattern for the age-grade group.
 - Students must select at least three different food components in the daily minimum required amounts.
 - Students must select at least ½ cup serving of fruit, vegetable, or a combination of fruit and vegetable. The other two components must be in the daily minimum required amount.
- Combination food can count toward multiple components. For example, pizza may count toward the grain and m/ma components.
- If OVS is not implemented at lunch, schools must “Serve” all five required food components in the daily minimum amount specified in the NSLP meal pattern.
- Additional allowable food may be served as long as the food is counted in the nutrient analysis in regards to the dietary specifications for calories, saturated fat, and sodium dietary specifications.

Fruit and Vegetable Requirements

The age-grade group minimum portion size for each component must be offered to all students. However, OVS allows students to decline up to two components and to select a reduced serving size of either the fruit or vegetable components. Students must select at least a ½ cup of either the fruit or the vegetable component, or a ½ cup combination of both components (e.g., ¼ cup fruit and ¼ cup vegetable) along with two other components, in their minimum serving size, for a reimbursable meal. In the case where a student chooses both a fruit and a vegetable as two of three components selected, then the student may choose to select the ½ cup minimum of either the fruit or the vegetable, but must take the full age-grade group required portion size of the other (vegetable or fruit) component. For example, a high school student may decline the combination entrée and choose the milk, fruit, and vegetable. That student could opt for only ½ cup of either the fruit or vegetable, but would need to take the required full cup serving of the other.

Salad Bars

Salad bars are still subject to OVS requirements. Foods may be pre-portioned to ensure that students take the minimum required portion sizes from a salad bar so that food service staff can quickly identify a reimbursable meal. If food is not pre-portioned, then food service staff must be trained to accurately identify the required portion sizes of self-serve items to ensure at least ½ cup of fruit and/or vegetable has been selected in addition to two other full components.

“Extra”

Food(s) noted on the menu as “extra” do not count toward meeting the minimum required meal components nor do they count as breakfast food items. If a student selected an “extra” at breakfast, they would still need to have three other breakfast items, including at least ½ cup of fruit, on the breakfast tray for a reimbursable meal. In the SBP, m/ma may count as a grain component *or* may count as an “extra”. In the SBP, vegetables can either substitute as the fruit component or be an “extra”. It is up to the menu planner to decide how items should credit. The “extra” is counted in the nutrient analysis in regards to the dietary specifications for calories, saturated fat, and sodium, but the “extra” is not creditable toward meeting USDA meal requirements and does not count as a selection towards a reimbursable meal.

Summer Food Service Program (SFSP)

Non-school and school sponsors participating in SFSP that choose to follow the SFSP meal pattern are required to use OVS, however the requirements in SFSP are different from the OVS requirements in NSLP. School sponsors that chose to use the NSLP or SBP meal pattern are required to follow the OVS requirements of NSLP and SBP.

CACFP Meal Pattern in School Meal Programs

Per the CACFP Flexibility for Co-Mingled Preschool Meals: Q&A (SP37-2017), schools that serve meals to preschoolers and K-5 students in the same service area at the same time may choose

to follow the grade-appropriate meal patterns for each grade group, or serve the K-5 meal pattern under parts 7 CFR 210.10 and 220.8 to both grade groups. Otherwise, OVS is not an option for infants, preschool, or prekindergarten (PK) students not co-mingled with K-5 students.

At Risk Afterschool Meal Program

When meals are prepared and served by schools for CACFP in the At Risk Afterschool Meal Program, the schools have the option of following the NSLP *or* the CACFP meal pattern. If the school chooses the NSLP meal pattern, the use of OVS is permitted. If they choose the CACFP meal pattern, OVS is not permitted. In this case, the schools may use either cafeteria style meal service or family style meal service. In cafeteria style meal service, all meal components must be served to the participant in the cafeteria line. In family style meal service: all components must be available and the participants serve themselves; the participant must be seated at the table and has the option of how much and even if they select an item(s); an adult mentor models healthy nutrition habits and encourages the introduction of new foods to the children.

WHY IS OFFER VERSUS SERVE IMPORTANT?

Offering a variety of food choices to students increases the likelihood that students will select the food and beverages they prefer, which increases consumption and reduces waste. The menu planner must indicate what choices or combination of choices may be selected to have a reimbursable meal. It is important to recognize that offering a variety of choices within the food components is different from OVS. If multiple food items within a component are made available for selection, but the student is only allowed to select up to two of the food item choices, then only two food items are actually being “offered”. Students, servers, and cashiers must be able to identify what constitutes a reimbursable meal. Schools using OVS must also identify what a student must select in order to have a reimbursable meal. This can be accomplished through menu signage located in the cafeteria, at or near the beginning of the serving line, explaining what constitutes a reimbursable meal, including the requirement to select at least ½ cup fruit or vegetable.

When implementing OVS, menu planners must ensure that enough food components or food items are accounted for in order to meet meal pattern requirements while offering choices to students. Point-of-service staff must be able to recognize if enough components/items have been selected by the student to make a reimbursable meal. If a reimbursable meal is not selected, the student may be directed to select additional choices to make a reimbursable meal or be charged a la carte prices for the choices that were selected.

RESOURCES

Additional resources may be available for this topic. Please check the Idaho School Nutrition Reference Guide website for copies of manuals, user guides and helpful links to relevant subject matter.

For Questions Contact

Child Nutrition Programs
Idaho State Department of Education
650 W State Street, Boise, ID 83702
208 332 6820 | www.sde.idaho.gov

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