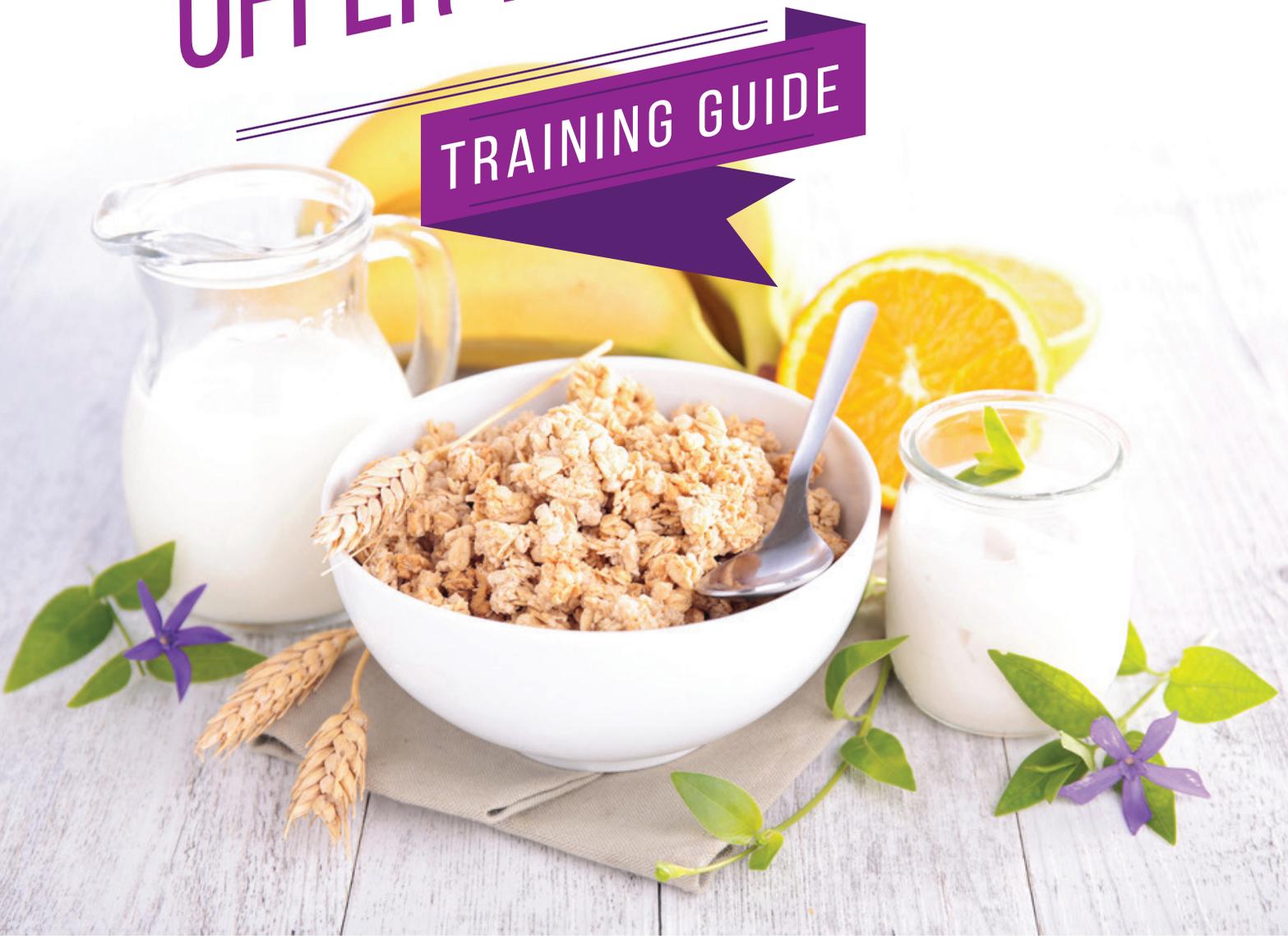


BREAKFAST

OFFER VERSUS SERVE

TRAINING GUIDE



BREAKFAST
ENCOURAGES
SCHOLASTIC
TALENT



HOW TO USE THIS GUIDE

DEAR TRAINER,

This training guide was designed to help you develop a presentation on the topic “Offer versus Serve” at breakfast, as well as guide discussions on identifying reimbursable meals.

This guide has two sides for training purposes. The front side is for the trainees to view; while the back side is for you as the trainer. The trainer’s side includes a script that guides the training. You may choose to present the training by reading the script word for word, or you may prefer to explain the topic in your own words. Along with the script are highlighted areas that give additional guidance. These highlighted areas are: Discuss, Think, Remember, and Note to Trainer. They are designed to help promote an effective training.

As each training group will be different, it would have been impossible to anticipate all needs. It is your responsibility as the trainer to be familiar with the content in this tool and know how to best facilitate learning for your training group. This includes knowing where to pause and interject additional information in the training script, as well as leading discussions toward the correct answer. You may also find opportunities to add additional information unique to your school or district’s situation. If necessary, you may have to create additional menus and meal selection examples in order to provide more instruction on areas that are confusing or to focus on preferred food items. A “Notes” section is included for you to record information that will personalize or enhance your training.

In the “Print Resources” section, you will find pages that can be photocopied and distributed to support your training. These pages are optional and may not fit your training needs. Included is a sign-in sheet that can be used to document professional development.



OFFER VERSUS SERVE OVERVIEW

TERMINOLOGY

Food component - One of the required food groups that comprise a reimbursable meal: meat/meat alternate; grain; fruit; vegetable; and fluid milk. Schools must offer all of the specified food components in at least the minimum required quantities for breakfast and lunch.

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 to have the minimum quantity needed for a component to be credited as a food item.

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 in order to reduce food waste. For identifying a reimbursable meal under OVS, meal components are counted at lunch, whereas food items are counted at breakfast.

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

SUMMARY

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.

OVS sets requirements for the food components that schools must offer during a meal and the minimum number of items or components a student must take for a reimbursable meal. SBP and NSLP have different OVS requirements.

SCHOOL BREAKFAST PROGRAM (SBP):

Schools must offer 3 food components (milk, fruit, and grain or optional vegetable or meat/meat alternate) in a minimum of 4 food items.

Students must take a minimum of 3 food items, including at least ½ cup of the fruit offering.

NATIONAL SCHOOL LUNCH PROGRAM (NSLP):

Schools must offer 5 food components (milk, fruit, vegetable, grain, meat/meat alternate) in at least the daily minimum required amounts.

Students must take 3 of the 5 food components in the required serving, including at least ½ cup of either a fruit 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 grades at breakfast. At lunch, it is optional for the elementary and middle/junior high level, but is mandatory in NSLP for the senior high school level. It 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 the Summer Food Service Program (SFSP). OVS cannot be used for snacks in any program.

OFFER VERSUS SERVE OVERVIEW

FRUIT AND VEGETABLE

OVS at the lunch meal requires students to select at least a $\frac{1}{2}$ cup of either the fruit or the vegetable component, or a $\frac{1}{2}$ cup combination of both components (e.g., $\frac{1}{4}$ cup fruit and $\frac{1}{4}$ cup vegetable) for a reimbursable meal. Whereas at the breakfast meal, students are required to select at least a $\frac{1}{2}$ cup of the fruit component. A vegetable substitute may replace fruit at breakfast, but if a starchy vegetable is served, then 2 cups of vegetables from the non-starchy subgroups must also be served during the week.

GRAIN

The grain component is required at lunch and breakfast. Grains have a required daily and weekly minimum serving for each meal that varies by grade level.

FLUID MILK

At least 1 cup of fluid milk must be offered at breakfast and lunch. Milk must be offered in two varieties in fat content (fat-free or 1%) and/or flavor. Flavored milk must be fat-free.

MEAT/MEAT ALTERNATE

Meat/meat alternates are not required at breakfast, however they can be used to credit toward the weekly grain requirements after the daily 1 oz eq grain serving has been met.

EXTRA

Selected extra items do not count for purposes of OVS. Extras do not credit as food components or count as food items. If a student selected an “extra” item at breakfast, they would still need to have three other breakfast items, including at least $\frac{1}{2}$ cup fruit, on the breakfast tray for a reimbursable meal.

Dietary specifications of extra items must be counted in the nutrition standards. At breakfast, a meat/meat alternate can either count as a grain component or count as an extra. Vegetables can either substitute as the fruit component or count as an extra. It is up to the menu planner to decide how items should credit.

IMPLEMENTATION AT BREAKFAST

OVS sets requirements for the food components that schools must offer during a meal and the minimum 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 decline some options.

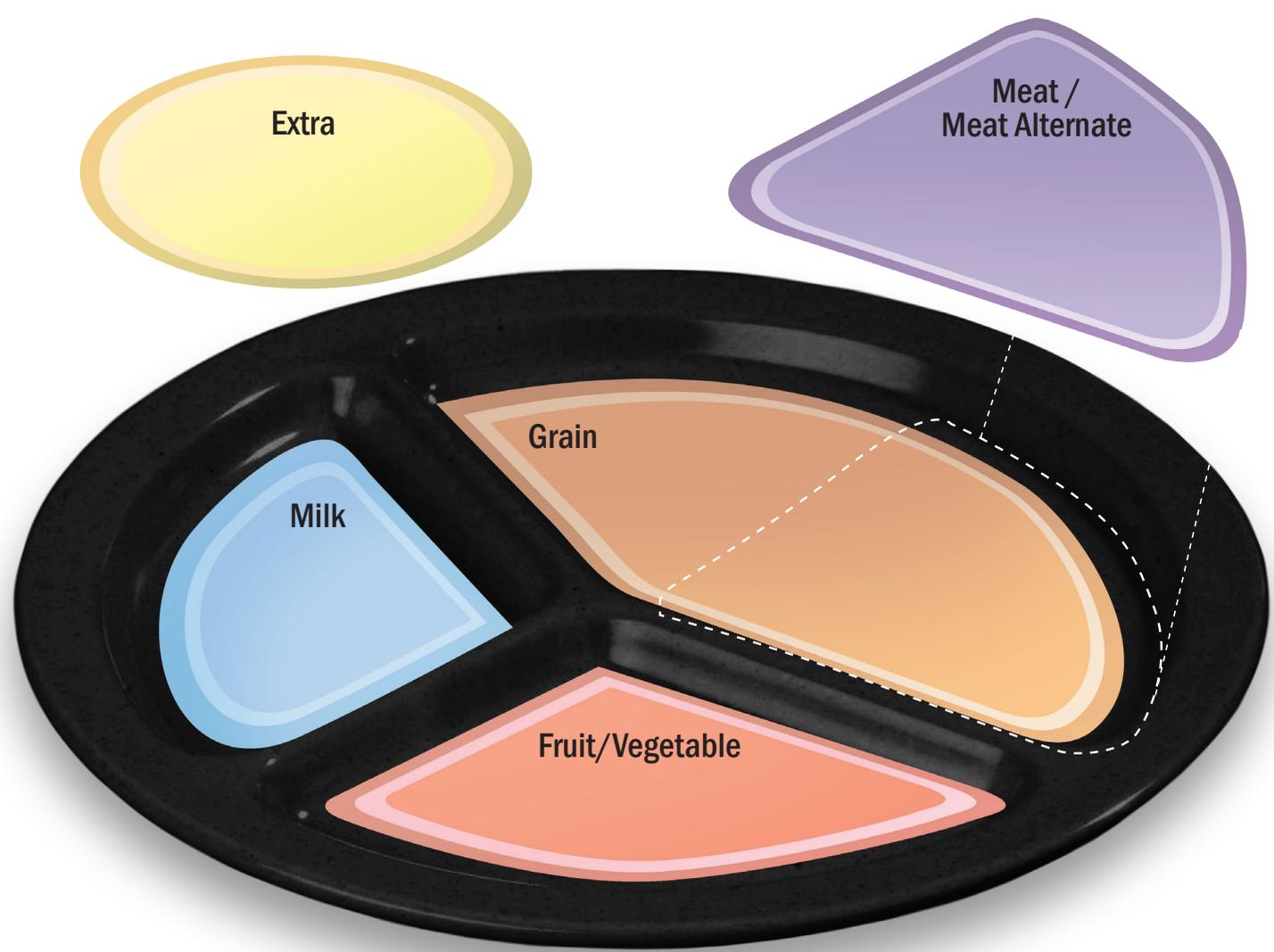
OVS in the School Breakfast Program (SBP)

- Schools must offer at least 4 food items in the creditable portion sizes from the 3 required food components: grain, fruit, and fluid milk.
 - Meat/meat alternates (m/ma) may substitute as a grain after the daily grain requirement has been met *or* count as an extra.
 - Vegetables may substitute as a fruit *or* count as an extra.
- One of the 3 food items offered must be at least 1 cup of fruit/vegetable. However, a student only needs to select a minimum of ½ cup of the fruit/vegetable component.
 - Schools may substitute non-starchy vegetables for fruit at breakfast, but if a starchy vegetable is served then 2 cups of any non-starchy vegetable subgroup must also be served that week.
- Students must select at least 3 food items in the daily minimum required amount, including at least ½ cup of fruit/vegetable.
- A grain selection counts as 1 item if it equals 1 oz grain equivalent.
 - Meat/meat alternates can substitute as a grain after the 1 oz eq grain daily requirement has been met *or* count as an extra.
- The menu planner decides how to count items:
 - Double portions can count as 2 items. For example, two pieces of 1 oz toast can count as 2 items.
 - Large portions can count as more than 1 item. For example, a 2 oz muffin can count as either 1 *or* 2 items.
 - A combination food can count as two or more items. For example, a breakfast sandwich that provides 1 oz equivalents for both the grain and meat/meat alternate components can be counted as 1 *or* 2 items.
- OVS is optional at breakfast for all age groups.
- If OVS is not implemented at breakfast, schools must menu 3 food components: grain, fruit, and fluid milk and students must take all 3 components in their full amount, including the full 1 cup offering of fruit.
 - Optional meat/meat alternate is allowed after daily grain requirement has been met.
 - Non-starchy vegetables can substitute as a fruit.



BREAKFAST OVS TRAINING

WHAT'S FOR BREAKFAST!



Must take fruit/vegetable



USDA is an equal opportunity provider and employer.
Developed by the Idaho Child Nutrition Programs.



BREAKFAST OVS TRAINING

5-DAY BREAKFAST MEAL PATTERN					
SERVE ONLY		OFFER VS. SERVE (OVS)			
<ul style="list-style-type: none"> Minimum 3 items daily. Must prepare each milk, fruit/vegetable, and grain item in the required amount. 	<ul style="list-style-type: none"> Minimum 4 items daily. Must prepare milk, fruit/vegetable, grain, and 1 additional item (either grain, fruit/vegetable, or meat/meat alternate) in the required amount. Students must have at least 3 items on tray at POS; 1 item must be at least ½ cup fruit/vegetable. 				
REQUIRED TO PREPARE		Grade K-5	Grade 6-8	Grade 9-12	Grade K-12
<p>1 item of Fluid Milk Must offer two varieties in fat content and/or flavor: Fat-free flavored, Fat-free plain, 1% plain.</p> 		1 cup daily	1 cup daily	1 cup daily	1 cup daily
<p>1 item of Fruit/Vegetable Juice must be 100% full-strength. No more than half weekly offering may be juice. In order to count starchy vegetables, must serve 2 cups of vegetables from any non-starchy subgroup in the same week.</p> 		1 cup daily	1 cup daily	1 cup daily	1 cup daily
<p>1 item of Grain Daily and weekly minimums must be met. All of grains offered must be whole grain-rich.</p> 		1 oz eq daily 7 oz eq weekly	1 oz eq daily 8 oz eq weekly	1 oz eq daily 9 oz eq weekly	1 oz eq daily 9 oz eq weekly
OPTIONAL TO PREPARE					
<p>1 item of Meat/Meat Alternate No daily or weekly requirement. Item can count towards weekly grain requirement.</p> 		0	0	0	0
Calories Weekly Average		350-500	400-550	400-500	450-500
Sodium (mg) Target 1 (SY 14-15) Weekly Average		<540	<600	<540	<540
Sodium (mg) Target 2 (SY 17-18) Weekly Average		<485	<535	<485	<485
Sodium (mg) Target 3 (SY 22-23) Weekly Average		<430	<470	<430	<430
Saturated Fat (% of total calories) Weekly Average		<10			
Trans Fat Daily		Og/serving			

BREAKFAST OVS TRAINING

		4-DAY BREAKFAST MEAL PATTERN				OFFER VS. SERVE (OVS)				
SERVE ONLY										
<ul style="list-style-type: none"> Minimum 3 items daily. Must prepare each milk, fruit/vegetable, and grain item in the required amount. 		<ul style="list-style-type: none"> Minimum 4 items daily. Must prepare milk, fruit/vegetable, grain, and 1 additional item (either grain, fruit/vegetable, or meat/meat alternate) in the required amount. Students must have at least 3 items on tray at POS; 1 item must be at least ½ cup fruit/vegetable. 								
REQUIRED TO PREPARE		Grade K-5	Grade 6-8	Grade K-8	Grade 9-12	Grade K-12				
<p>1 item of Fluid Milk Must offer two varieties in fat content and/or flavor: Fat-free flavored, Fat-free plain, 1% plain.</p> <p>1 item of Fruit/Vegetable Juice must be 100% full-strength. No more than half weekly offering may be juice. In order to count starchy vegetables, must serve 2 cups of vegetables from any non-starchy subgroup in the same week.</p> <p>1 item of Grain Daily and weekly minimums must be met. All of grains offered must be whole grain-rich.</p>						1 cup daily	1 cup daily	1 cup daily	1 cup daily	1 cup daily
		1 cup daily	1 cup daily	1 cup daily	1 cup daily	1 cup daily	1 cup daily	1 cup daily	1 cup daily	
		1 oz eq daily 5.5 oz eq weekly	1 oz eq daily 6.5 oz eq weekly	1 oz eq daily 6.5 oz eq weekly	1 oz eq daily 7 oz eq weekly	1 oz eq daily 7 oz eq weekly	1 oz eq daily 7 oz eq weekly	1 oz eq daily 7 oz eq weekly	1 oz eq daily 7 oz eq weekly	
OPTIONAL TO PREPARE										
1 item of Meat/Meat Alternate No daily or weekly requirement. Item can count towards weekly grain requirement.		0	0	0	0	0	0	0	0	
Calories Weekly Average		350-500	400-550	400-500	450-600	450-500				
Sodium (mg) Target 1 (SY 14-15) Weekly Average		<540	<600	<540	<640	<540				
Sodium (mg) Target 2 (SY 17-18) Weekly Average		<485	<535	<485	<570	<485				
Sodium (mg) Target 3 (SY 22-23) Weekly Average		<430	<470	<430	<500	<430				
Saturated Fat (% of total calories) Weekly Average		<10								
Trans Fat Daily		Og/serving								

OFFER VERSUS SERVE AT BREAKFAST

Welcome to Offer versus Serve at Breakfast training. This training will provide you with a greater understanding of Offer versus Serve and how it is implemented at breakfast. As part of this training, we will address meal signage and identification of reimbursable meals.



TRAINING GOALS

Key Area

2000 Operations

Key Topics

2200 Serving Food

2300 Cashier and Point of Service

LEARNING OBJECTIVES

2220 Offer Versus Serve: Employee will be able to correctly and efficiently use Offer versus Serve.

2310 Reimbursable Meals: Employee will be able to count reimbursable meals according to meal pattern requirements.

TIME

2 hours or less, depending on discussion

OFFER VERSUS SERVE AT BREAKFAST



WHAT IS OFFER VERSUS SERVE (OVS)?

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.

NOTES



WHAT IS OFFER VERSUS SERVE (OVS)?



WHY IS OVS 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 production record should reflect what choices or combination of choices may be selected to make a reimbursable meal. Menu planners must ensure that enough food items are accounted for in order to meet meal pattern requirements while offering choices to students. It is important to recognize that 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”.

REMEMBER



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 under OVS.

WHY IS OVS IMPORTANT?

- Increases consumption of preferred choices
- Reduces food waste



NOTES

WHY IS OVS IMPORTANT?

- Increases consumption of preferred choices
- Reduces food waste



WHEN IS OVS USED?

OVS is optional for all grades in the SBP and is mandatory for the senior high school level in NSLP. It 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 (SFSP). OVS cannot be used for snacks in any program.

NOTES

WHEN IS OVS USED?

- Optional at breakfast
- Optional for grades K-8 lunch
- Mandatory for grades 9-12 lunch
- Not allowed in any snack program



WHEN IS OVS USED?

- Optional at breakfast
- Optional for grades K-8 lunch
- Mandatory for grades 9-12 lunch
- Not allowed in any snack program



HOW IS OVS USED?



OVS sets requirements for the food components that schools must offer during a meal, as well as the minimum number of items or components a student must take for a reimbursable meal. NSLP and SBP have different OVS requirements.

OVS at breakfast requires that schools offer 3 food components: fluid milk, fruit (or vegetable), and grain in creditable portion sizes in a minimum of 4 food items. Students must take a minimum of 3 food items, including at least ½ cup of the fruit (or vegetable) offering.

NOTES

REMEMBER



Offering a variety of choices within food components is different from OVS. The production record should reflect what combination of choices must be selected for a reimbursable meal.

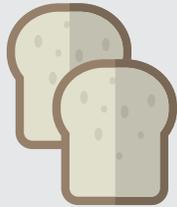
HOW IS OVS USED?



Fluid Milk



Fruit/Vegetable



Grain

or



Grain &
Meat/Meat Alternative

FOOD COMPONENT VS. FOOD ITEM

FOOD COMPONENT VS. FOOD ITEM	
Food Components	Food Items
 Fluid Milk	1 c Fluid Milk
 Fruit	1/2 c Fruit
 Vegetable	1/2 c Vegetable
 Grain	1 oz eq Grain
 Meat/Meat Alternate	1 oz eq Meat/Meat Alternate

QUESTION:

What is the difference between food component vs. food item?

DISCUSSION



Encourage discussion on how to identify the difference and the importance of distinguishing between the two.

The difference between these terms is important for understanding Offer versus Serve during breakfast.

NOTE TO TRAINER



ANSWER:

A **food component** is one of the required 5 food groups that comprise a reimbursable meal. Schools must offer the specified food components in at least the minimum required quantities for breakfast and lunch.

REMEMBER



Food components:

*fluid milk; fruit; vegetable; grain;
and meat/meat alternate*

A **food item** is a specific food offered within the 3 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.

REMEMBER



Food items:

*1 cup fluid milk; 1 cup fruit/vegetable; 1 oz eq grain;
1 oz m/ma counted as a grain*

NOTES

FOOD COMPONENT VS. FOOD ITEM

Food Components



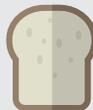
Fluid Milk



Fruit



Vegetable



Grain



Meat/Meat Alternate

Food Items

1 c Fluid Milk

1/2 c Fruit

1/2 c Vegetable

1 oz eq Grain

1 oz eq Meat/Meat Alternate

COUNTING FOOD ITEMS

COUNTING FOOD ITEMS	
Portion Sizes	Combination Foods
 Small Muffin 1 item Muffin (1 oz eq Grain)	 Breakfast Sandwich 4 items Muffin (1 oz eq Grain) Sausage (1 M/MA) Egg (1 M/MA) Cheese (1 M/MA)
 Large Muffin 1 item Muffin (2 oz eq Grain) or 2 items Muffin (2 oz eq Grain)	 Parfait 3 items Berries (1 Fruit) Granola (1 oz eq Grain) Yogurt (1 M/MA)

Counting food items at breakfast can be tricky. You must check with the production record and/or menu planner to determine how to count items.

- Large portions may count as more than 1 item. For example, a 2 oz muffin may count as either 1 or 2 items.
- Double portions may count as 1 or 2 items. For example, two pieces of 1 oz toast may count as 2 items. However, if a piece of toast was only .5 oz eq, then two pieces would be required to count as 1 item.
- Combination foods can count as 2 or more items. For example, a breakfast sandwich that provides 1 oz eq of grain and 3 oz eq of meat/meat alternate may count as 1, 2, 3, or 4 items.

The decision on how to count items must be clear before serving students as it impacts what must be selected for a reimbursable meal.

NOTES

REMEMBER



The goal of OVS is to increase food consumption and reduce waste. Menu planners must ensure that the minimum portion sizes in the required components are offered daily while staying within the weekly limits for the nutritional standards. Decisions on how to credit items are based on student preference, calorie, fat and sodium limits, and food costs.

COUNTING FOOD ITEMS

Portion Sizes



Small Muffin

1 item

Muffin (1 oz eq Grain)



Large Muffin

1 item

Muffin (2 oz eq Grain)

or

2 items

Muffin (2 oz eq Grain)

Combination Foods



Breakfast Sandwich

4 items

Muffin (1 oz eq Grain)

Sausage (1 M/MA)

Egg (1 M/MA)

Cheese (1 M/MA)



Parfait

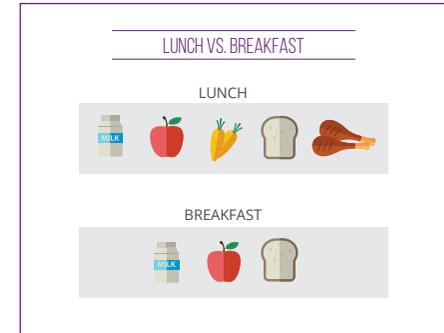
3 items

Berries (1 Fruit)

Granola (1 oz eq Grain)

Yogurt (1 M/MA)

LUNCH VS. BREAKFAST



Offer versus Serve has different requirements for lunch and breakfast. **NOTES**

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 ½ cup of either a fruit or vegetable for a reimbursable meal. This is different than the OVS requirements for 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 ½ cup of the fruit offering.

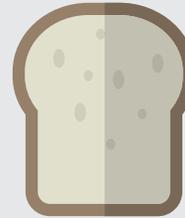
REMEMBER



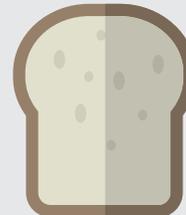
A reimbursable breakfast is at least two food items **plus** a minimum ½ cup fruit/vegetable.

LUNCH VS. BREAKFAST

LUNCH



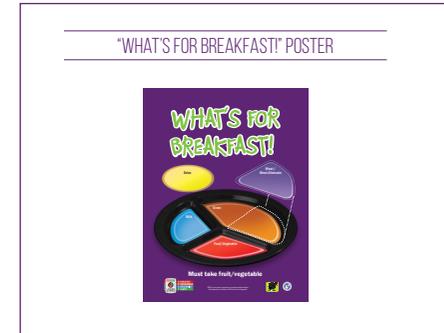
BREAKFAST



5-DAY BREAKFAST MEAL PATTERN

5-DAY BREAKFAST MEAL PATTERN						
SERVE ONLY	OFFER VS. SERVE (OVS)					
<ul style="list-style-type: none"> Minimum 3 items daily. Must prepare each milk, fruit/vegetable, and grain item in the required amount. 	<ul style="list-style-type: none"> Minimum 4 items daily. Must prepare milk, fruit/vegetable, grain, and 1 additional item (either grain, fruit/vegetable, or meat/meat alternate) in the required amount. Students must have at least 3 items on tray at POS; 1 item must be at least ½ cup fruit/vegetable. 					
REQUIRED TO PREPARE	Grade K-5	Grade 6-8	Grade K-8	Grade 9-12	Grade K-12	
1 item of Fluid Milk Must offer two varieties in fat content and/or flavor: Fat-free flavored, Fat-free plain, 1% plain. 	1 cup daily	1 cup daily	1 cup daily	1 cup daily	1 cup daily	
1 item of Fruit/Vegetable Juice must be 100% full-strength. No more than half weekly offering may be juice. In order to count starchy vegetables, must serve 2 cups of vegetables from any non-starchy subgroup in the same week. 	1 cup daily	1 cup daily	1 cup daily	1 cup daily	1 cup daily	
1 item of Grain Daily and weekly minimums must be met. All of grains offered must be whole grain-rich. 	1 oz eq daily 7 oz eq weekly	1 oz eq daily 8 oz eq weekly	1 oz eq daily 8 oz eq weekly	1 oz eq daily 9 oz eq weekly	1 oz eq daily 9 oz eq weekly	
OPTIONAL TO PREPARE						
1 item of Meat/Meat Alternate No daily or weekly requirement. Item can count towards weekly grain requirement. 	0	0	0	0	0	
Calories Weekly Average	350-500	400-550	400-500	450-600	450-500	
Sodium (mg) Target 1 (SY 14-15) Weekly Average	<540	<600	<540	<640	<540	
Sodium (mg) Target 2 (SY 17-18) Weekly Average	<485	<535	<485	<570	<485	
Sodium (mg) Target 3 (SY 22-23) Weekly Average	<430	<470	<430	<500	<430	
Saturated Fat (% of total calories) Weekly Average	<10					
Trans Fat Daily	0g/serving					

“WHAT’S FOR BREAKFAST!” POSTER



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!” poster 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.

NOTES

“WHAT’S FOR BREAKFAST!” POSTER



“WHAT’S FOR BREAKFAST!” POSTER

Using this production record, practice completing the “What’s for Breakfast!” poster by listing the food items in the applicable area.

The menu includes:

- A variety of milk that includes: Fat Free Plain, 1% Plain, Fat Free Strawberry, and Fat Free Chocolate.
- Grain items that include a variety of cereal choices, a muffin, or a cheese stick.
- Fruit selections of orange slices or a choice of apple, grape, or orange juice.

NOTE TO TRAINER



For this activity, copy the “What’s for Breakfast!” poster handout provided in the “Print Resources” section of this guide or use the large wall poster.

NOTES

WHAT'S FOR BREAKFAST! POSTER									
Daily Menu Production Record - Breakfast									
Planned Number of Students to be Served: K-5 Grade Group <u>100</u>									
Planned Number of Milk by Type: Non-Fat (W/C) <u>100</u> , 1% (L) <u>100</u>									
Food/Menu Items	Planned Number of Items	Number of Items Produced	Number of Items Served	Number of Items Left	Number of Items Discarded	Number of Items Returned	Number of Items Spoiled	Number of Items Missing	Number of Items Not Served
Cereal - Raisins	100								
Muffin	100								
Cheese Stick	100								
Cereal - Oatmeal	100								
Apple Juice	100								
Orange Juice	100								
Chocolate Juice	100								
Candy or Other Foods									

“WHAT’S FOR BREAKFAST!” POSTER

REFLECT

1. Did you list all the flavors of milk available or did you use a short cut such as “milk variety”?
2. Did you list all the juice flavors or did you use a short cut such as “juice variety”?
3. What are the advantages and disadvantages of listing all beverage choices individually?
4. Regardless of your preference, are students able to identify that they have a choice available to them?

Now that you have completed the poster, reflect on how you labeled each component area.

4. Regardless of your preference, are students able to identify that they have a choice available to them?

QUESTIONS

DISCUSSION



Answers may vary. Encourage discussion on advantages and disadvantages of various ways.

- 1. Did you list all the flavors of milk available or did you use a short cut such as “milk variety”?**
- 2. Did you list all the juice flavors or did you use a short cut such as “juice variety”?**
- 3. What are the advantages and disadvantages of listing all beverage choices individually?**

Identifying that students have choices in their selections can positively affect meal participation and enthusiasm.

REMEMBER



THINK



Advantages of using a short cut, such as milk variety or juice variety, allows for some flexibility in what flavors are served. Since the words are generic, they could be written on the poster in permanent marker and not have to be re-written every day.

Advantages of listing all flavors individually can promote the availability of choice. It provides the option of highlighting a particular flavor or focusing on something new or different being offered.

NOTES

REFLECT

1. Did you list all the flavors of milk available or did you use a short cut such as “milk variety”?
2. Did you list all the juice flavors or did you use a short cut such as “juice variety”?
3. What are the advantages and disadvantages of listing all beverage choices individually?
4. Regardless of your preference, are students able to identify that they have a choice available to them?

"WHAT'S FOR BREAKFAST!" POSTER

WHAT'S FOR BREAKFAST! POSTER

Daily Menu Production Record - Breakfast

Planned Number of Students to be Served: K-5 Grade Group 1000

Planned Number of Milk by Type: Non-Fat (MILK) 100 1% (LITMILK1) 100

Food/Menu Item	Planned # of Servings	Planned # of Servings of Flavored Non-Fat Milk	Planned # of Servings of 1% Plain Milk	Planned # of Servings of Fruit	Planned # of Servings of Parfait	Planned # of Servings of Breakfast Burrito	Planned # of Servings of Other Foods
Flavored Non-Fat Milk	100	100					
1% Plain Milk	100		100				
Fruit	100			100			
Parfait	100				100		
Breakfast Burrito	100					100	
Other Foods	100						100
Total	1000	100	100	100	100	100	100

Using this production record, practice completing the “What’s for Breakfast!” poster by listing the food items in the applicable area.

NOTES

For this activity, copy the “What’s for Breakfast!” poster handout provided in the “Print Resources” section of this guide or use the large wall poster.

The menu includes:

- A variety of flavored non-fat milk and 1% plain milk.
- A breakfast burrito and parfait that contains ingredients from more than one component.
- Fruit/vegetable selections including banana, apple slices, and salsa.

Production records are an excellent planning and forecasting tool. They are also used by the State Agency during a review to determine compliance with nutrient standards.

“WHAT’S FOR BREAKFAST!” POSTER

REFLECT

1. The breakfast burrito is a combination food that includes both the M/MA and Grain components. How did you record that on the poster?
2. What are the advantages and disadvantages of listing the burrito in more than one component area?
3. The parfait counts as 3 items. How did you record that on the poster?
4. What are the advantages and disadvantages of the way you listed the parfait?

Now that you have completed the poster, reflect on how you labeled each component area.

QUESTIONS

DISCUSSION



Answers may vary. Encourage discussion on advantages and disadvantages of various ways.

- 1. The breakfast burrito is a combination food that includes both the m/ma and grain components. How did you record that on the poster?**
- 2. What are the advantages and disadvantages of listing the item in more than one component area?**

THINK



Disadvantages of listing the breakfast burrito in two different areas of the poster may be confusing and make it appear that two breakfast burritos may be selected.

Advantages of listing the burrito in two areas can promote the idea that some foods are more nutritionally balanced and have ingredients that count toward multiple food components.

One way to avoid the misperception of being able to take two burritos, might be to highlight the burrito elements that credit within the different components, such as the egg and cheese for the m/ma and the tortilla for the grain. However, if those items are listed independently in the different poster areas, some students may interpret the poster to mean that they have their choice of taking the tortilla without the egg and cheese. If it is a prepared burrito, then this understanding could cause confusion and disappointment.

- 3. The parfait counts as 3 items. How did you record that on the poster?**
- 4. What are the advantages and disadvantages of the way you listed the parfait?**

The parfait ingredients could be listed in three separate areas of the poster. One way to highlight multiple ingredients that meet the various components, while indicating that those ingredients are part of one menu offering might be to write the ingredient with the menu offering in parenthesis. Ex: Yogurt (parfait), Granola (parfait), Fruit (parfait).

THINK



NOTES

REFLECT

1. The breakfast burrito is a combination food that includes both the m/ma and grain components. How did you record that on the poster?
2. What are the advantages and disadvantages of listing the burrito in more than one component area?
3. The parfait counts as 3 items. How did you record that on the poster?
4. What are the advantages and disadvantages of the way you listed the parfait?

“WHAT’S FOR BREAKFAST!” POSTER

REFLECT

1. What would be helpful to you as a foodservice employee if you had to explain to a student how to read the poster?
2. What is helpful to you as a foodservice employee in using the poster to identify a reimbursable meal?

QUESTIONS

DISCUSSION



Answers may vary. Encourage discussion on ways the poster is helpful.

1. What would be helpful to you as a foodservice employee if you had to explain to a student how to read the poster?

Consistency in utilizing the poster is key for students to be able to understand what is being offered that day. Once they are familiar with taking 3 items for a reimbursable meal, they should be able to quickly identify what those items can be by looking at the poster. Understanding that the yellow extra area doesn't count toward one of the 3 items will help avoid confusion at the POS.

2. What is helpful to you as a foodservice employee in using the poster to identify a reimbursable meal?

Knowing how the menu planner has credited food items is key to identifying a reimbursable meal. This should be indicated on the production record. The poster can provide guidance on what needs to be selected.

THINK



If the wall poster is not visible at the POS, then one idea is to have a smaller version of the poster at the POS where the cashier can easily identify if the required components have been selected.

NOTES

REFLECT

1. What would be helpful to you as a foodservice employee if you had to explain to a student how to read the poster?
2. What is helpful to you as a foodservice employee in using the poster to identify a reimbursable meal?

ALTERNATE MENU OPTION

ALTERNATE MENU OPTION

If the menu included hash browns, where would you write that on the poster?



QUESTION

If the menu included hash browns, where would you write that on the poster?

DISCUSSION



Lead discussion to consider that the menu planner determines if vegetables should be counted as a fruit or an extra.

ANSWER

The answer depends on how the menu planner determined to count the hash browns. Vegetables can either be credited as a fruit (vegetable substitute) at breakfast, or as an extra. It is critical to know how food items credit in order to identify a reimbursable meal.

NOTES

ALTERNATE MENU OPTION

If the menu included hash browns, where would you write that on the poster?



“WHAT’S FOR BREAKFAST!” POSTER

REFLECT

1. Where would you write “hash browns” if the menu planner identified that they credit as a fruit/vegetable?
2. What must occur within the weekly menu to allow a starchy vegetable to credit as a fruit/vegetable?
3. If non-starchy vegetable subgroups are not being served during the week, how must the menu planner credit the hash browns?
4. If the hash browns are extra and do not credit toward one of the components, how would you write that on the poster?

QUESTIONS

DISCUSSION



Lead discussion to consider the menu planner’s options when starchy vegetables are served.

1. Where would you write “hash browns” if the menu planner identified that they credit as a fruit?

If the hash browns credit as a vegetable substitute for the fruit component, then it should be written in the red fruit/vegetable area of the poster. The hash browns could then count toward the required $\frac{1}{2}$ cup minimum fruit selection.

2. What must occur within the weekly menu to allow a starchy vegetable (like hash brown potatoes) to credit as a fruit?

A minimum of 2 cups from the dark green, red/orange, beans and peas (legumes) or “other” vegetables subgroups must be served during breakfast that week.

3. If vegetable subgroups are not being served during the week, how must the menu planner credit the hash browns?

As an extra.

4. If the hash browns are served as an extra and do not credit toward one of the required food components, where would you write that on the poster?

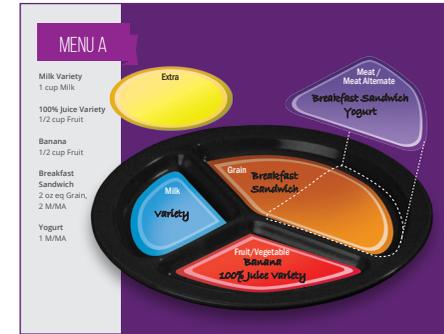
If the hash browns are served as an extra, then it should be written in the yellow extra area of the poster. Extras do not count as one of the 3 required components, so the hash browns would only be an extra item served in addition to the required 3 food items that must be selected for a reimbursable meal. Extra items still must fit within the calorie and sodium limits for the meal.

NOTES

REFLECT

1. Where would you write “hash browns” if the menu planner identified that they credit as a fruit/vegetable?
2. What must occur within the weekly menu to allow a starchy vegetable to credit as a fruit/vegetable?
3. If non-starchy vegetable subgroups are not being served during the week, how must the menu planner credit the hash browns?
4. If the hash browns are extra and do not credit toward one of the components, how would you write that on the poster?

MENU A



Now that you have an understanding of how to use the “What’s For Breakfast!” poster, let’s practice identifying if a selected meal is reimbursable or not.

THIS BREAKFAST MENU INCLUDES:

Item	Serving Credit
Milk Variety	1 cup milk
100% Juice Variety	1/2 cup fruit
Banana	1/2 cup fruit
Breakfast Sandwich	2 oz eq grain, 2 m/ma
Yogurt	1 m/ma

NOTES

MENU A

Milk Variety

1 cup Milk

100% Juice Variety

1/2 cup Fruit

Banana

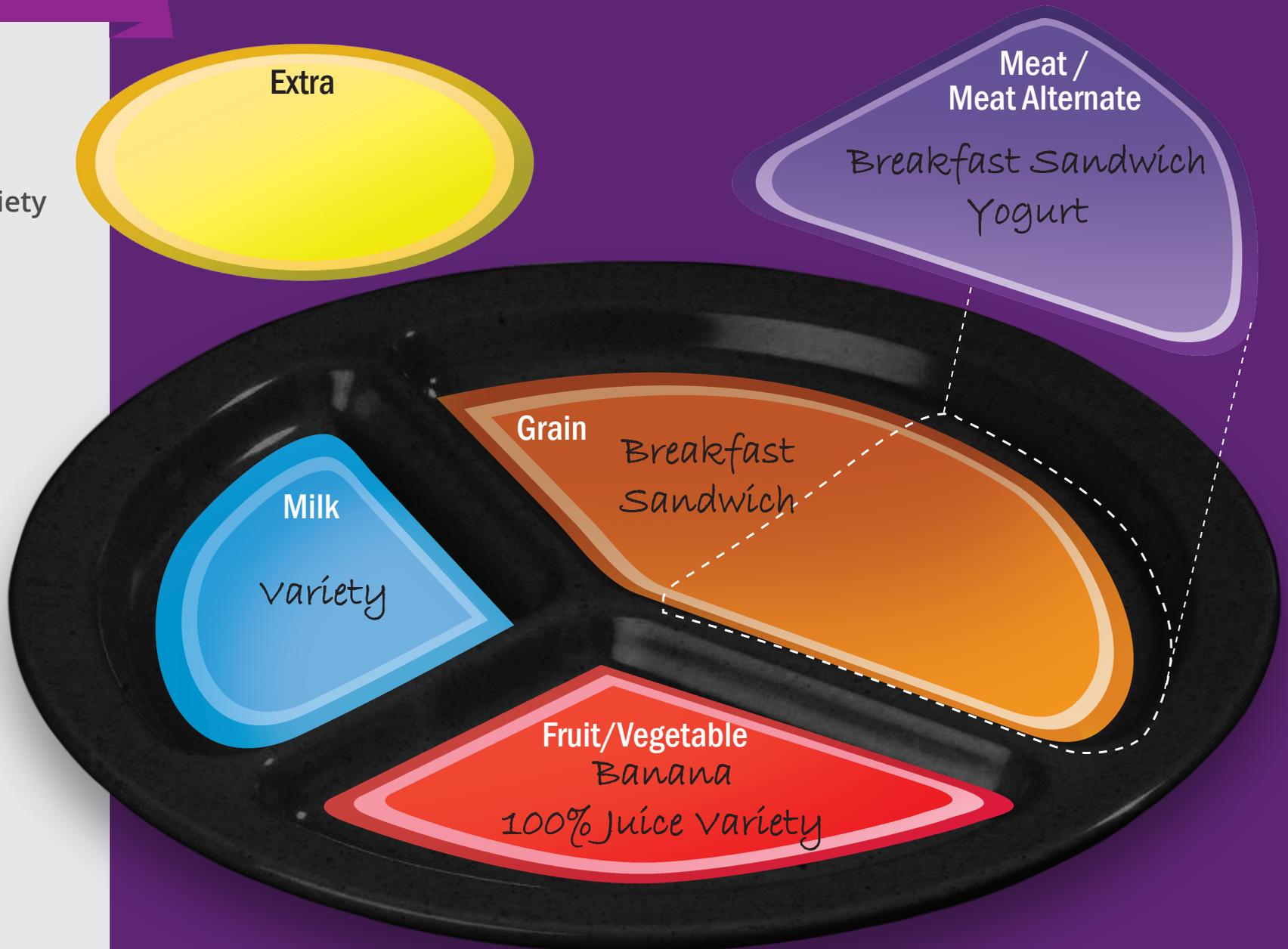
1/2 cup Fruit

Breakfast Sandwich

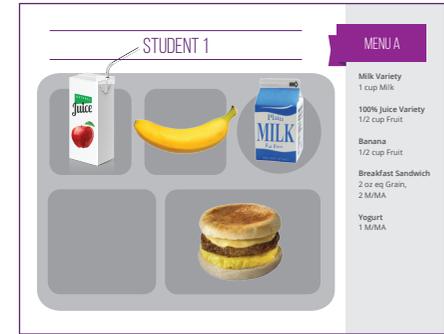
2 oz eq Grain,
2 M/MA

Yogurt

1 M/MA



STUDENT 1



IS THIS MEAL REIMBURSABLE?

Yes – At least 3 items including a minimum of 1/2 cup of fruit have been selected.

NOTES

STUDENT 1

MENU A



Milk Variety

1 cup Milk

100% Juice Variety

1/2 cup Fruit

Banana

1/2 cup Fruit

Breakfast Sandwich

2 oz eq Grain,
2 M/MA

Yogurt

1 M/MA

STUDENT 2

STUDENT 2

MENU A

- Milk Variety
1 cup Milk
- 100% Juice Variety
1/2 cup Fruit
- Banana
1/2 cup Fruit
- Breakfast Sandwich
2 oz eq Grain,
2 MAMA
- Yogurt
1 MAMA

IS THIS MEAL REIMBURSABLE?

No – 6 items* have been selected, but no fruit. A minimum ½ cup of fruit must be selected for a reimbursable meal.

REMEMBER



** Per the production record, the breakfast sandwich counted as 2 oz eq grain and 2 meat/meat alternate, so the sandwich alone counts as 4 items.*

NOTES

STUDENT 2

MENU A



Milk Variety

1 cup Milk

100% Juice Variety

1/2 cup Fruit

Banana

1/2 cup Fruit

Breakfast Sandwich

2 oz eq Grain,
2 M/MA

Yogurt

1 M/MA

STUDENT 3

STUDENT 3

MENU A



- Milk Variety
1 cup Milk
- 100% Juice Variety
1/2 cup Fruit
- Banana
1/2 cup Fruit
- Breakfast Sandwich
2 oz eq Grain,
2 MAMA
- Yogurt
1 MAMA

IS THIS MEAL REIMBURSABLE?

Yes -3 items, including 1/2 cup fruit* have been selected.

REMEMBER



* 1/2 cup of 100% fruit juice credits as a fruit serving.

NOTES

STUDENT 3

MENU A



Milk Variety

1 cup Milk

100% Juice Variety

1/2 cup Fruit

Banana

1/2 cup Fruit

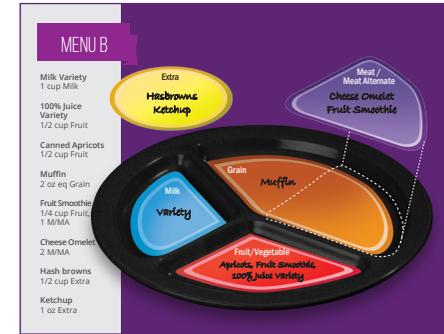
Breakfast Sandwich

2 oz eq Grain,
2 M/MA

Yogurt

1 M/MA

MENU B



THIS BREAKFAST MENU INCLUDES:

Item	Serving Credit
Milk Variety	1 cup milk
100% Juice Variety	1/2 cup fruit
Canned Apricots	1/2 cup fruit
Muffin	2 oz eq grain
Fruit Smoothie	1/4 cup fruit, 1 m/ma
Cheese Omelet	2 m/ma
Hash browns	1/2 cup extra
Ketchup	1 oz extra

NOTES

MENU B

Milk Variety
1 cup Milk

100% Juice Variety
1/2 cup Fruit

Canned Apricots
1/2 cup Fruit

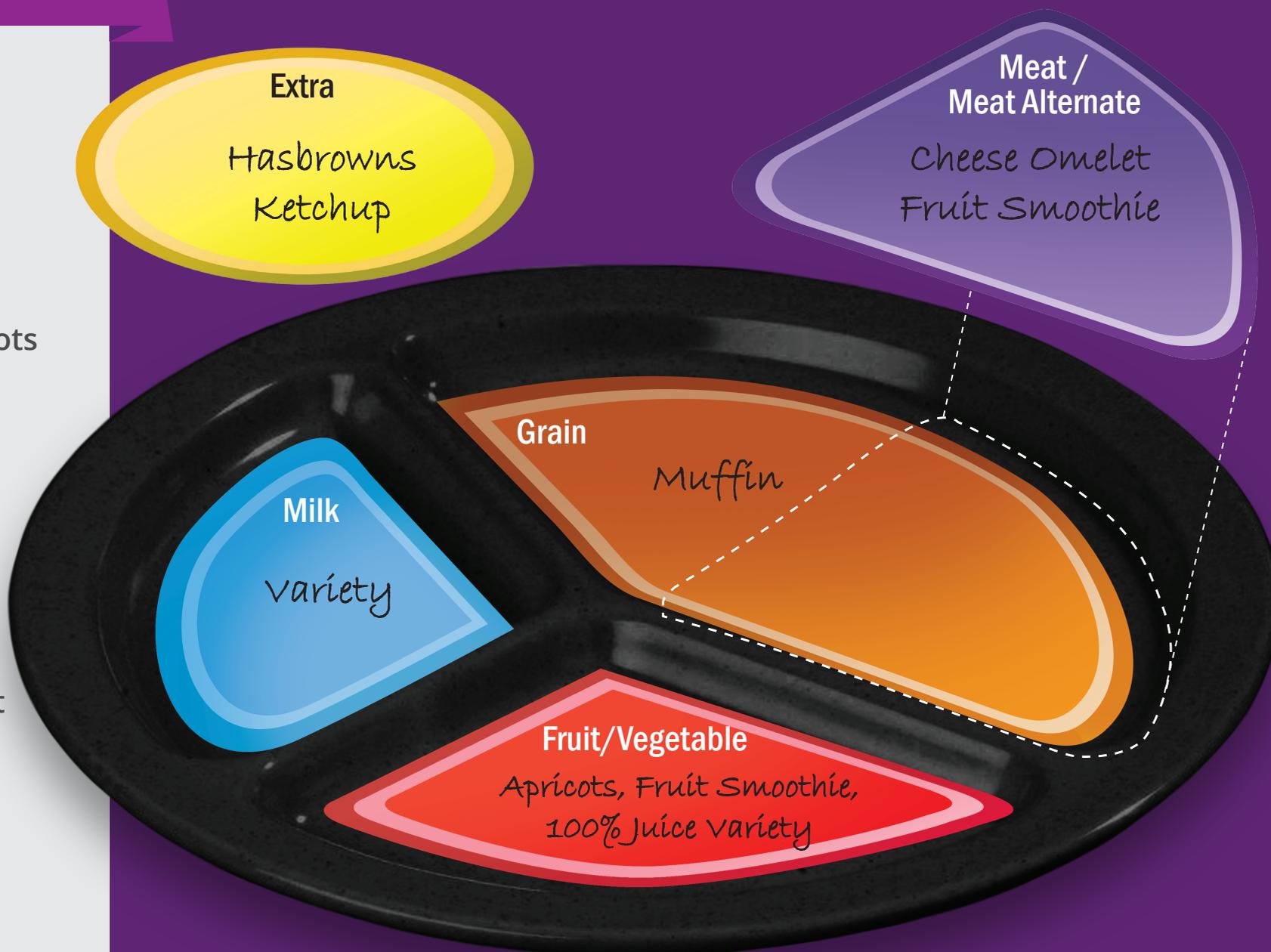
Muffin
2 oz eq Grain

Fruit Smoothie
1/4 cup Fruit,
1 M/MA

Cheese Omelet
2 M/MA

Hash browns
1/2 cup Extra

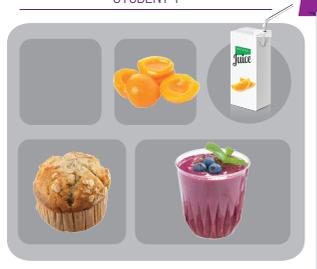
Ketchup
1 oz Extra



STUDENT 1

STUDENT 1

MENU B



- Milk Variety
1 cup Milk
- 100% Juice
Variety
1/2 cup Fruit
- Canned Apricots
1/2 cup Fruit
- Muffin
2 oz eq Grain
- Fruit Smoothie
1/4 cup Fruit,
1 M/MA
- Cheese Omelet
2 M/MA
- Hash browns
1/2 cup Extra
- Ketchup
1 oz Extra

IS THIS MEAL REIMBURSABLE?

Yes – More than 3 items were selected, including the minimum requirement of 1/2 cup of fruit.

NOTES

NOTE TO TRAINER



Be sure to point out the fruit smoothie credit amounts. The 1/4 cup of fruit in the smoothie is not enough to credit without being combined with another fruit/vegetable selection.

STUDENT 1

MENU B



Milk Variety
1 cup Milk

100% Juice Variety
1/2 cup Fruit

Canned Apricots
1/2 cup Fruit

Muffin
2 oz eq Grain

Fruit Smoothie
1/4 cup Fruit,
1 M/MA

Cheese Omelet
2 M/MA

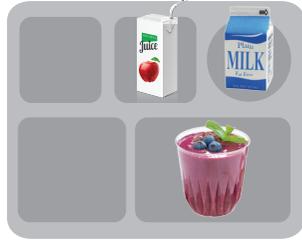
Hash browns
1/2 cup Extra

Ketchup
1 oz Extra

STUDENT 2

STUDENT 2

MENU B



- Milk Variety
1 cup Milk
- 100% Juice
Variety
1/2 cup Fruit
- Canned Apricots
1/2 cup Fruit
- Muffin
2 oz eq Grain
- Fruit Smoothie
1/4 cup Fruit,
1 M/MA
- Cheese Omelet
2 M/MA
- Hash browns
1/2 cup Extra
- Ketchup
1 oz Extra

IS THIS MEAL REIMBURSABLE?

Yes – 3 items selected, including 1/2 cup fruit (100% juice).

REMEMBER



1/2 cup 100% full-strength fruit juice credits as .5 fruit. Although one cup of fruit/vegetable must be offered daily, only 1/2 cup is required for a reimbursable meal. Juice can not count for more than half of the weekly fruit offerings.

NOTES

STUDENT 2

MENU B



Milk Variety
1 cup Milk

100% Juice Variety
1/2 cup Fruit

Canned Apricots
1/2 cup Fruit

Muffin
2 oz eq Grain

Fruit Smoothie
1/4 cup Fruit,
1 M/MA

Cheese Omelet
2 M/MA

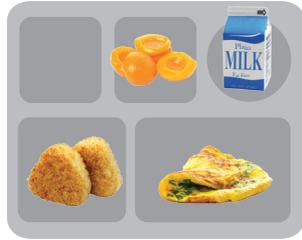
Hash browns
1/2 cup Extra

Ketchup
1 oz Extra

STUDENT 3

STUDENT 3

MENU B



- Milk Variety
1 cup Milk
- 100% Juice Variety
1/2 cup Fruit
- Canned Apricots
1/2 cup Fruit
- Muffin
2 oz eq Grain
- Fruit Smoothie
1 1/4 cup Fruit
1 M/MA
- Cheese Omelet
2 M/MA
- Hash browns
1/2 cup Extra
- Ketchup
1 oz Extra

IS THIS MEAL REIMBURSABLE?

Yes – More than 3 items selected, including 1/2 cup fruit.

REMEMBER



The menu planner determines if the cheese omelet counts as 1 or 2 items. In this scenario, 4 items were selected: 1 fruit, 1 milk, 2 m/ma. The hash browns do not count because they were offered as an extra item.

NOTE TO TRAINER



Point out that the hash browns were served as an extra, so can not count as one of the food items in a reimbursable meal.

NOTES

STUDENT 3

MENU B



Milk Variety
1 cup Milk

100% Juice Variety
1/2 cup Fruit

Canned Apricots
1/2 cup Fruit

Muffin
2 oz eq Grain

Fruit Smoothie
1/4 cup Fruit,
1 M/MA

Cheese Omelet
2 M/MA

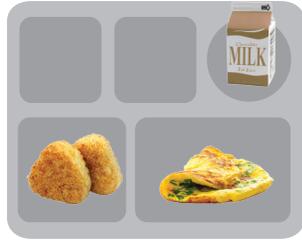
Hash browns
1/2 cup Extra

Ketchup
1 oz Extra

STUDENT 4

STUDENT 4

MENU B



- Milk Variety
1 cup Milk
- 100% Juice Variety
1/2 cup Fruit
- Canned Apricots
1/2 cup Fruit
- Muffin
2 oz eq Grain
- Fruit Smoothie
1/4 cup Fruit,
1 M/MA
- Cheese Omelet
2 M/MA
- Hash browns
1/2 cup Extra
- Ketchup
1 oz Extra

IS THIS MEAL REIMBURSABLE?

No – 3 items were selected, but no 1/2 cup fruit was included.

REMEMBER



Hash browns were served as an extra so cannot count towards a reimbursable meal.

NOTES

STUDENT 4

MENU B



Milk Variety
1 cup Milk

100% Juice Variety
1/2 cup Fruit

Canned Apricots
1/2 cup Fruit

Muffin
2 oz eq Grain

Fruit Smoothie
1/4 cup Fruit,
1 M/MA

Cheese Omelet
2 M/MA

Hash browns
1/2 cup Extra

Ketchup
1 oz Extra

ALTERNATE MENU OPTION

ALTERNATE MENU OPTION

The production record indicates that the ½ cup hash browns should be served as an extra. What does that mean?



QUESTION

The production record indicates that the ½ cup hash browns should be served as an extra. What does that mean?

DISCUSSION



Encourage discussion on extras not counting toward the 3 items required for a reimbursable breakfast.

ANSWER

The hash browns cannot be counted as one of the 3 food items selected for a reimbursable breakfast because they do not count toward one of the required food components. They are only an extra food selection that has been added to the menu.

The ketchup will always be counted as an extra as it does not fit into any component.

When serving extras, the menu planner must calculate the sodium, saturated fat, and calories that the extra food items add to the meal.

NOTES

ALTERNATE MENU OPTION

The production record indicates that the ½ cup hash browns should be served as an extra. What does that mean?



ALTERNATE MENU OPTION

ALTERNATE MENU OPTION

The menu planner indicates that the ½ cup hash browns count toward the fruit/vegetable requirement. What does that mean?



QUESTION

The menu planner indicates that the ½ cup hash browns count toward the fruit/vegetable requirement. What does that mean?

DISCUSSION



Lead discussion to consider that hash browns are a starchy vegetable.

ANSWER

If a starchy vegetable, like a potato, is counted toward the fruit requirement, then at least 2 cups of vegetables from a non-starchy vegetable subgroup must be offered at breakfast that week.

REMEMBER



Non-starchy vegetables are from the dark green, red/orange, beans and peas (legumes) or “other” vegetable subgroups.

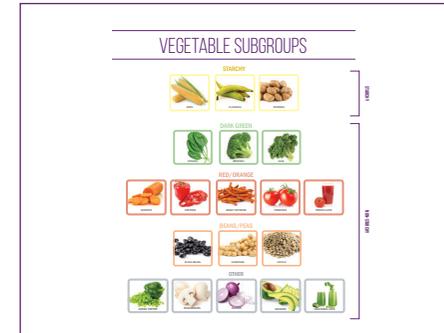
NOTES

ALTERNATE MENU OPTION

The menu planner indicates that the ½ cup hash browns count toward the fruit/vegetable requirement. What does that mean?



VEGETABLE SUBGROUPS



As non-starchy vegetables are less common in traditional breakfast, it may be difficult to offer 2 cups of non-starchy vegetables each week as required when a starchy vegetable is credited as fruit. However, it can be done. Here are some examples of vegetables in each subgroup that might be included in a breakfast menu.

One high school with multiple serving lines, serves hash browns every day and counts them toward the fruit/vegetable component. They are able to meet their vegetable sub-group requirements by offering tomato juice as a red/orange vegetable and a vegetable juice as an “other” vegetable every day. They also incorporate vegetables any chance they get by using salsa, and adding mushrooms and spinach to omelets.

STARCHY

Starchy:

Corn, potatoes, plantains

NON-STARCHY

Dark Green:

Broccoli, spinach, kale

Red/Orange:

Red & orange peppers, tomatoes, sweet potatoes, carrots, tomato juice

Beans/Peas:

Black beans, chickpeas, lentils

Other:

Avocado, green peppers, mushrooms, onions, vegetable juice

This is a good opportunity to discuss what your school/district does when potatoes are served at breakfast.

NOTE TO TRAINER



NOTES

VEGETABLE SUBGROUPS

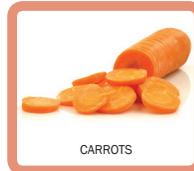
STARCHY



DARK GREEN



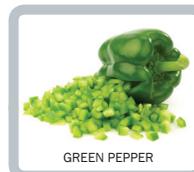
RED/ORANGE



BEANS/PEAS



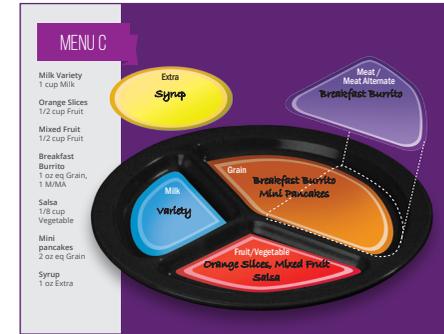
OTHER



STARCHY

NON-STARCHY

MENU C



THIS BREAKFAST MENU INCLUDES:

Item	Serving Credit
Milk Variety	1 cup milk
Orange Slices	1/2 cup fruit
Mixed Fruit	1/2 cup fruit
Breakfast Burrito	1 oz eq grain, 1 m/ma
Salsa	1/8 cup vegetable
Mini pancakes	2 oz eq grain
Syrup	1 oz extra

The CN Label for the breakfast burrito indicates that one burrito credits as 1 oz eq of grain and 2 m/ma. However, the menu planner has indicated that the breakfast burrito should only count as 2 items: 1 grain and 1 m/ma.

NOTES

REMEMBER



At breakfast, a vegetable can credit toward the fruit component requirement and a meat/meat alternate can count toward the grain requirement after the minimum daily grain requirement is met.

MENU C

Milk Variety
1 cup Milk

Orange Slices
1/2 cup Fruit

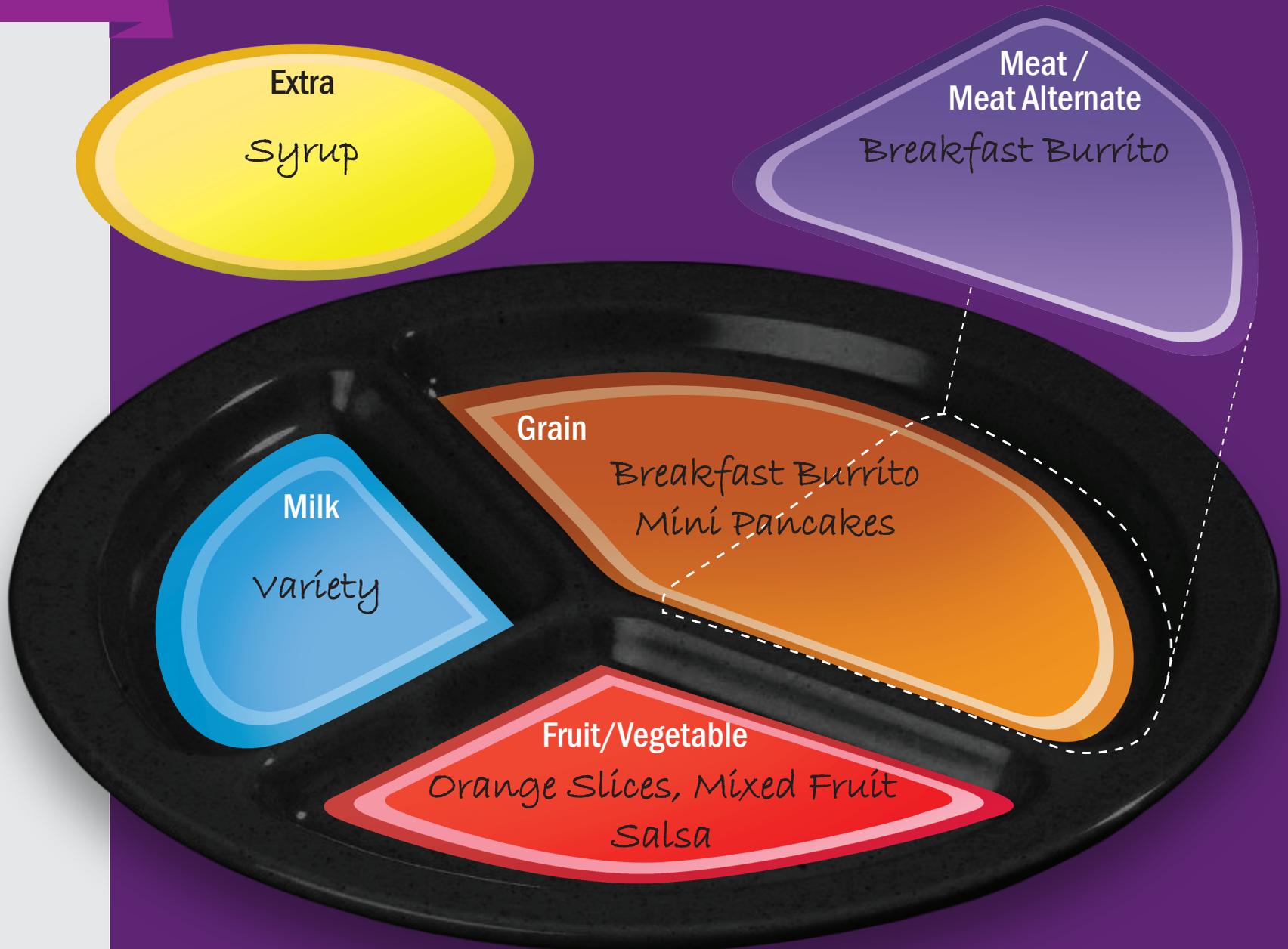
Mixed Fruit
1/2 cup Fruit

Breakfast Burrito
1 oz eq Grain,
1 M/MA

Salsa
1/8 cup
Vegetable

**Mini
pancakes**
2 oz eq Grain

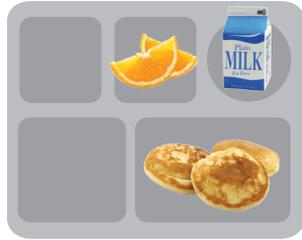
Syrup
1 oz Extra



STUDENT 1

STUDENT 1

MENU C



Milk Variety
1 cup Milk

Orange Slices
1/2 cup Fruit

Mixed Fruit
1/2 cup Fruit

Breakfast Burrito
1 oz eq Grain,
1 M/M/A

Salsa
1/8 cup Vegetable

Mini pancakes
2 oz eq Grain

Syrup
1 oz Extra

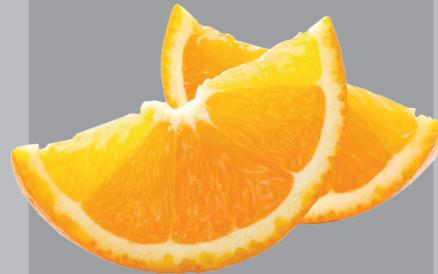
IS THIS MEAL REIMBURSABLE?

Yes –at least 3 items have been selected, including 1/2 cup fruit.

NOTES

STUDENT 1

MENU C



Milk Variety
1 cup Milk

Orange Slices
1/2 cup Fruit

Mixed Fruit
1/2 cup Fruit

**Breakfast
Burrito**
1 oz eq Grain,
1 M/MA

Salsa
1/8 cup Vegetable

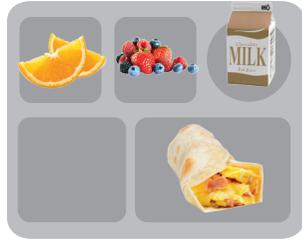
**Mini
pancakes**
2 oz eq Grain

Syrup
1 oz Extra

STUDENT 2

STUDENT 2

MENU C



Milk Variety
1 cup Milk

Orange Slices
1/2 cup Fruit

Mixed Fruit
1/2 cup Fruit

Breakfast Burrito
1 oz eq Grain,
1 MAMA

Salsa
1/8 cup Vegetable

Mini pancakes
2 oz eq Grain

Syrup
1 oz Extra

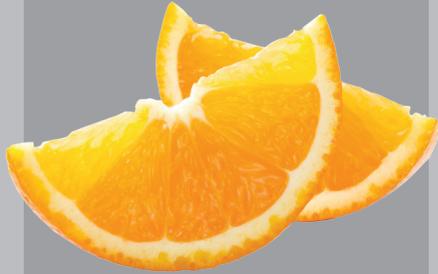
IS THIS MEAL REIMBURSABLE?

Yes – More than 3 items have been selected, including at least 1/2 cup fruit.

NOTES

STUDENT 2

MENU C



Milk Variety
1 cup Milk

Orange Slices
1/2 cup Fruit

Mixed Fruit
1/2 cup Fruit

**Breakfast
Burrito**
1 oz eq Grain,
1 M/MA

Salsa
1/8 cup Vegetable

**Mini
pancakes**
2 oz eq Grain

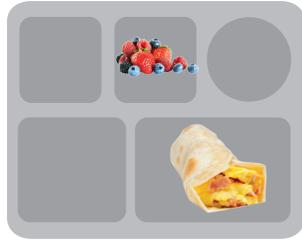
Syrup
1 oz Extra



STUDENT 3

STUDENT 3

MENU C



- Milk Variety
1 cup Milk
- Orange Slices
1/2 cup Fruit
- Mixed Fruit
1/2 cup Fruit
- Breakfast Burrito
1 oz eq Grain,
1 M/M/A
- Salsa
1/8 cup Vegetable
- Mini pancakes
2 oz eq Grain
- Syrup
1 oz Extra

IS THIS MEAL REIMBURSABLE?

Yes – at least 3 items*, including 1/2 cup fruit has been selected.

The menu planner determined that the breakfast burrito counts as 2 items: 1 grain, 1 m/ma.

REMEMBER



** You must always check with the production record on how to count combination items.*

NOTES

STUDENT 3

MENU C



Milk Variety
1 cup Milk

Orange Slices
1/2 cup Fruit

Mixed Fruit
1/2 cup Fruit

**Breakfast
Burrito**
1 oz eq Grain,
1 M/MA

Salsa
1/8 cup Vegetable

**Mini
pancakes**
2 oz eq Grain

Syrup
1 oz Extra

ALTERNATE MENU OPTION

ALTERNATE MENU OPTION

MENU C

What if the same items were selected, but the menu planner had determined that the breakfast burrito only counted as 1 item?



- Milk Variety
1 cup Milk
- Orange Slices
1/2 cup Fruit
- Mixed Fruit
1/2 cup Fruit
- Breakfast
Burrito
1 oz eq Grain,
1 M/MA
- Salsa
1/8 cup Vegetable
- Mini
pancakes
2 oz eq Grain
Syrup
1 oz Extra

QUESTION

What if the same items (breakfast burrito and mixed fruit) were selected, but the menu planner had determined that the burrito only counted as 1 item? Would this meal be reimbursable?

NOTES

DISCUSSION



Encourage discussion that reinforces that it is the menu planner's decision on how to count items. This breakfast burrito serving has enough grain (1 oz eq) and m/ma (2 oz) to count as 3 items, but the menu planner could choose to count the burrito for 1, 2, or 3 items. Food cost, student preference, and nutritional values may impact the menu planner's decision.

ANSWER

No – If the burrito only counts as 1 item, then only 2 food items have been selected. The student would need to select one more item to have the minimum food items for a reimbursable breakfast.

Keep in mind that the menu planner may also determine that students may only select one of the main entrees being offered. If the menu planner indicated that students must choose between the burrito and the pancakes, then this student would need to select additional fruit or a milk as the third item.

REMEMBER

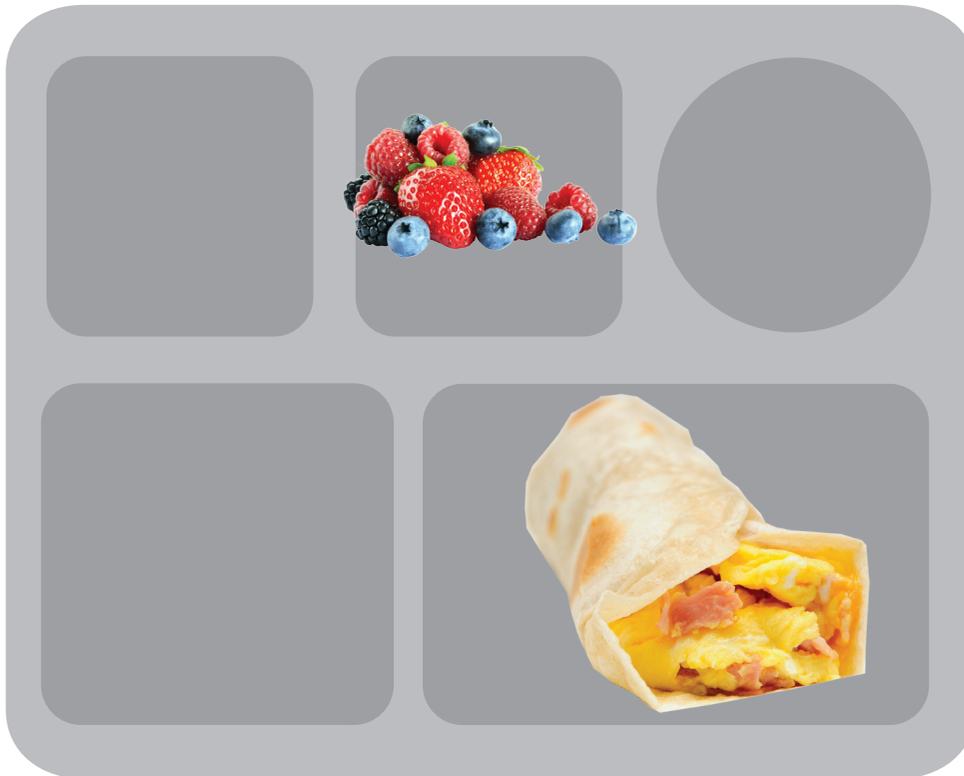


Always check with the menu planner and/or the production record on how to count combination items and to determine whether or not students can select multiple entree items.

ALTERNATE MENU OPTION

MENU C

What if the same items were selected, but the menu planner had determined that the breakfast burrito only counted as 1 item?



Milk Variety
1 cup Milk

Orange Slices
1/2 cup Fruit

Mixed Fruit
1/2 cup Fruit

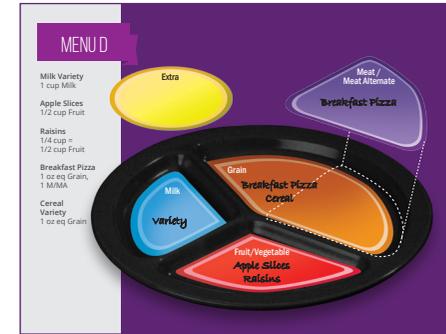
Breakfast Burrito
1 oz eq Grain,
1 M/MA

Salsa
1/8 cup Vegetable

Mini pancakes
2 oz eq Grain

Syrup
1 oz Extra

MENU D



THIS BREAKFAST MENU INCLUDES:

Item	Serving Credit
Milk Variety	1 cup milk
Apple Slices	1/2 cup fruit
Raisins	1/4 cup serving = 1/2 cup credit
Breakfast Pizza	1 oz eq grain, 1 m/ma
Cereal Variety	1 oz eq

NOTES

MENU D

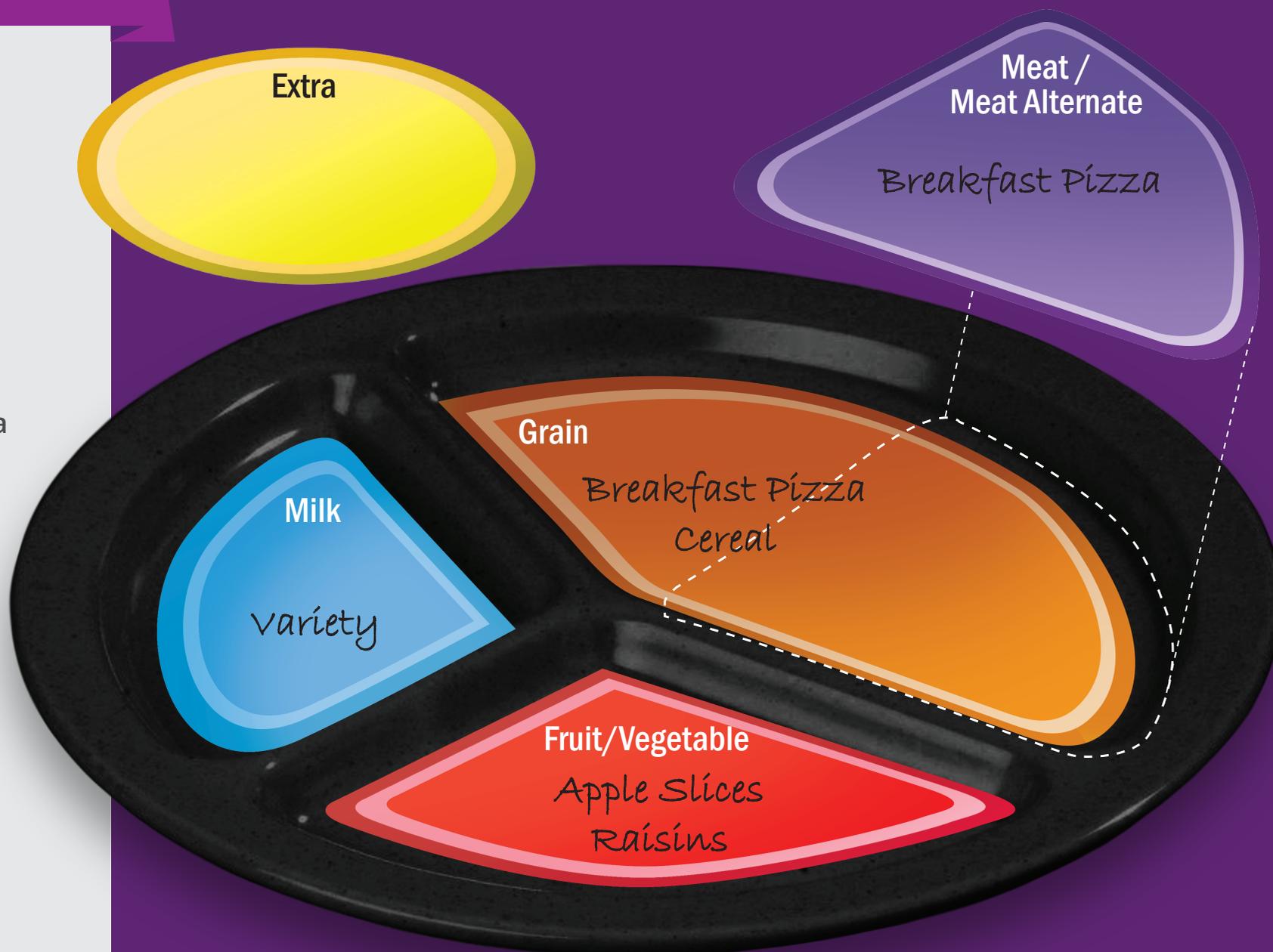
Milk Variety
1 cup Milk

Apple Slices
1/2 cup Fruit

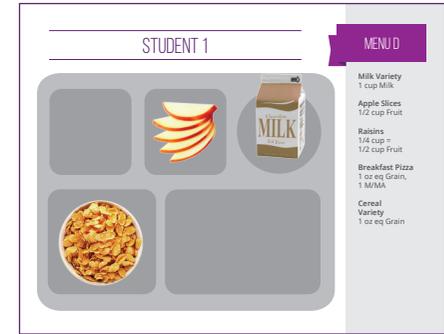
Raisins
1/4 cup =
1/2 cup Fruit

Breakfast Pizza
1 oz eq Grain,
1 M/MA

Cereal Variety
1 oz eq Grain



STUDENT 1



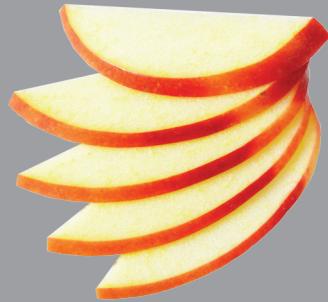
IS THIS MEAL REIMBURSABLE?

Yes – 3 items selected, including 1/2 cup fruit.

NOTES

STUDENT 1

MENU D



Milk Variety
1 cup Milk

Apple Slices
1/2 cup Fruit

Raisins
1/4 cup =
1/2 cup Fruit

Breakfast Pizza
1 oz eq Grain,
1 M/MA

Cereal Variety
1 oz eq Grain

STUDENT 2

STUDENT 2

MENU D



- Milk Variety
1 cup Milk
- Apple Slices
1/2 cup Fruit
- Raisins
1/4 cup =
1/2 cup Fruit
- Breakfast Pizza
1 oz eq Grain,
1 M/M/A
- Cereal
Variety
1 oz eq Grain

IS THIS MEAL REIMBURSABLE?

Yes – 3 items selected, including the minimum 1/2 cup fruit requirement.

REMEMBER



1/4 cup of dried fruit credits as 1/2 cup fruit.

NOTES

STUDENT 2

MENU D



Milk Variety
1 cup Milk

Apple Slices
1/2 cup Fruit

Raisins
1/4 cup =
1/2 cup Fruit

Breakfast Pizza
1 oz eq Grain,
1 M/MA

Cereal Variety
1 oz eq Grain

STUDENT 3

STUDENT 3

MENU D



Milk Variety
1 cup Milk

Apple Slices
1/2 cup Fruit

Raisins
1/4 cup =
1/2 cup Fruit

Breakfast Pizza
1 oz eq Grain,
1 M/M/A

Cereal
Variety
1 oz eq Grain

IS THIS MEAL REIMBURSABLE?

No – 3 items* have been selected, but no 1/2 cup fruit minimum included.

REMEMBER



** You must always check with the menu planner on how to count combination items.*

NOTES

STUDENT 3

MENU D



Milk Variety
1 cup Milk

Apple Slices
1/2 cup Fruit

Raisins
1/4 cup =
1/2 cup Fruit

Breakfast Pizza
1 oz eq Grain,
1 M/MA

Cereal Variety
1 oz eq Grain

ALTERNATE MENU OPTION

ALTERNATE MENU OPTION

What if the following items were selected, but the menu planner had determined the breakfast pizza only counted as 1 item?



MENU D

- Milk Variety
1 cup Milk
- Apple Slices
1/2 cup Fruit
- Raisins
1/4 cup =
1/2 cup Fruit
- Breakfast Pizza
1 oz eq Grain,
1 M/M/A
- Cereal Variety
1 oz eq Grain

QUESTION

What if the following items were selected: milk, two servings (1 cup) of apple slices, and breakfast pizza, but the menu planner had determined the breakfast pizza only counted as 1 item. Would this meal be reimbursable?

NOTES

DISCUSSION



Encourage discussion on counting combination items and students selecting multiple portions of the same item.

ANSWER

Yes – at least 3 items, including the 1/2 cup minimum fruit requirement, have been selected.

REMEMBER



Don't forget to check with the production record on how to count combination items.

ALTERNATE MENU OPTION

What if the following items were selected, but the menu planner had determined the breakfast pizza only counted as 1 item?



MENU D

Milk Variety
1 cup Milk

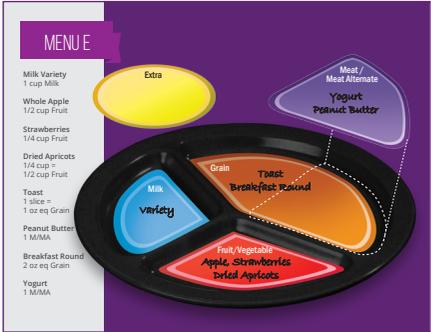
Apple Slices
1/2 cup Fruit

Raisins
1/4 cup =
1/2 cup Fruit

Breakfast Pizza
1 oz eq Grain,
1 M/MA

Cereal Variety
1 oz eq Grain

MENU E



THIS BREAKFAST MENU INCLUDES:

Item	Serving Credit
Milk Variety	1 cup milk
Whole Apple	1/2 cup fruit
Strawberries	1/4 cup fruit
Dried Apricots	1/4 cup = 1/2 cup fruit
Toast	1 slice = 1 oz eq grain
Peanut Butter	1 m/ma
Breakfast Round	2 oz eq grain
Yogurt	1 m/ma

NOTES

MENU E

Milk Variety

1 cup Milk

Whole Apple

1/2 cup Fruit

Strawberries

1/4 cup Fruit

Dried Apricots

1/4 cup =
1/2 cup Fruit

Toast

1 slice =
1 oz eq Grain

Peanut Butter

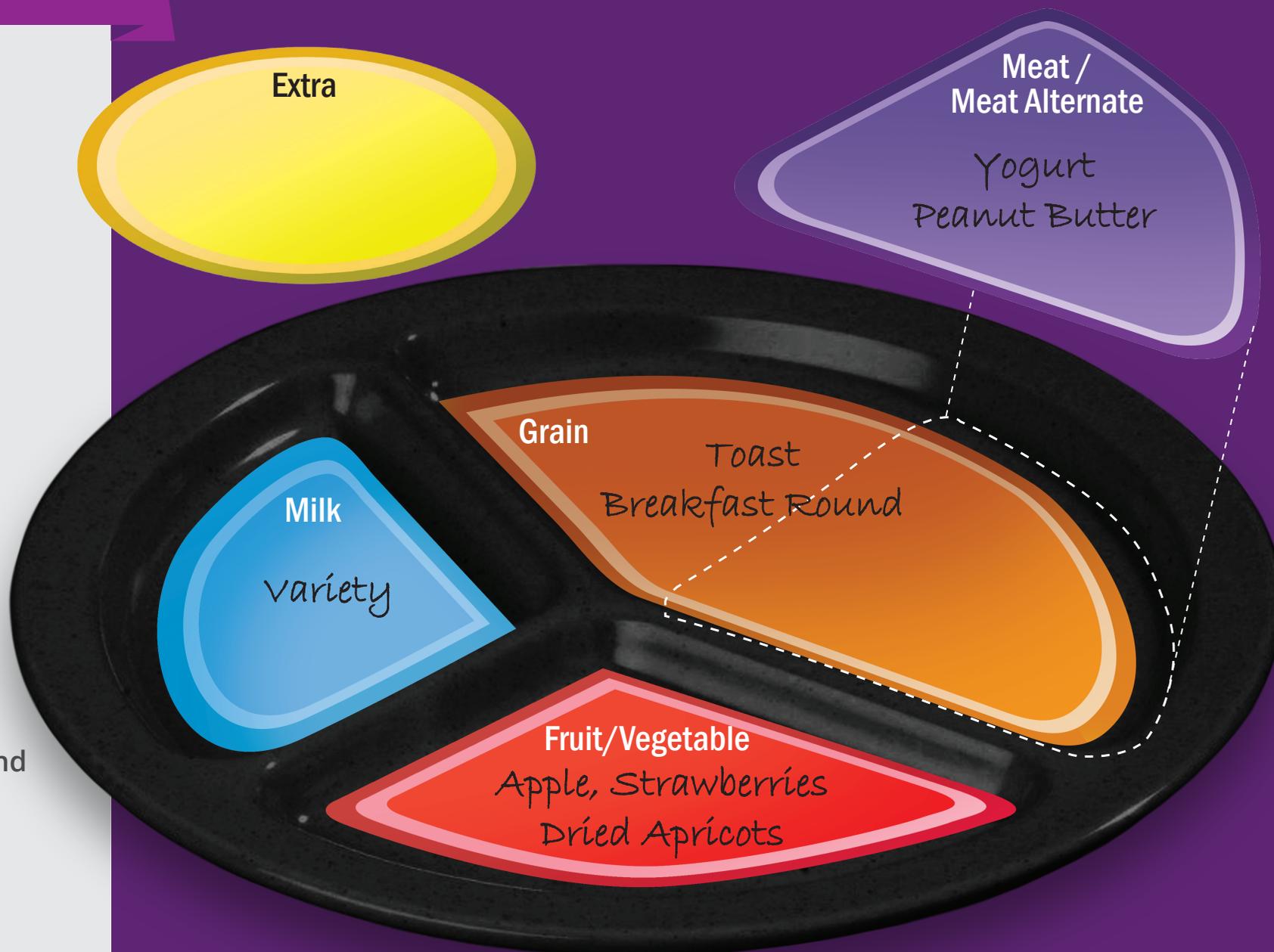
1 M/MA

Breakfast Round

2 oz eq Grain

Yogurt

1 M/MA



STUDENT 1

STUDENT 1

MENU E



- Milk Variety
1 cup Milk
- Whole Apple
1/2 cup Fruit
- Strawberries
1/4 cup Fruit
- Dried Apricots
1/4 cup =
1/2 cup Fruit
- Toast
1 slice =
1 oz eq Grain
- Peanut Butter
1 MAMA
- Breakfast Round
2 oz eq Grain
- Yogurt
1 MAMA

IS THIS MEAL REIMBURSABLE?

No – Although more than 3 items were selected, if the student only took one serving of strawberries ($\frac{1}{4}$ cup), then not enough fruit was selected.

The student would need to select additional fruit to get the $\frac{1}{2}$ cup fruit minimum for a reimbursable meal. Always be aware of the portion size that is being served.

NOTES

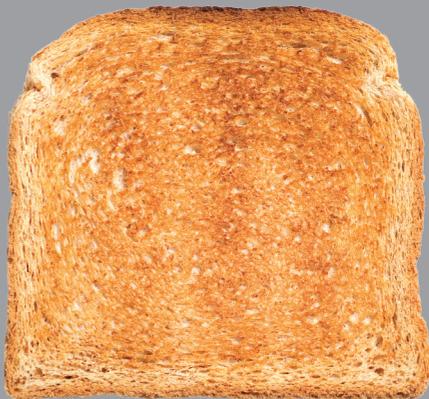
REMEMBER



It is up to the menu planner to determine if students can select two servings of strawberries or if another fruit must be selected to make the minimum $\frac{1}{2}$ cup fruit serving.

STUDENT 1

MENU E



Milk Variety
1 cup Milk

Whole Apple
1/2 cup Fruit

Strawberries
1/4 cup Fruit

Dried Apricots
1/4 cup =
1/2 cup Fruit

Toast
1 slice =
1 oz eq Grain

Peanut Butter
1 M/MA

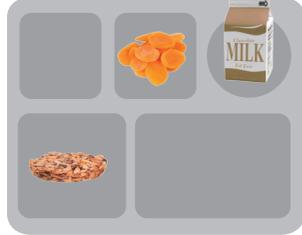
Breakfast Round
2 oz eq Grain

Yogurt
1 M/MA

STUDENT 2

STUDENT 2

MENU E



- Milk Variety
1 cup Milk
- Whole Apple
1/2 cup Fruit
- Strawberries
1/4 cup Fruit
- Dried Apricots
1/4 cup =
1/2 cup Fruit
- Toast
1 slice =
1 oz eq Grain
- Peanut Butter
1 M/M/A
- Breakfast Round
2 oz eq Grain
- Yogurt
1 M/M/A

IS THIS MEAL REIMBURSABLE?

Yes – 3 items, including 1/2 cup fruit were selected.

REMEMBER



1/4 cup of dried fruit credits as 1/2 cup.

NOTES

STUDENT 2

MENU E



Milk Variety
1 cup Milk

Whole Apple
1/2 cup Fruit

Strawberries
1/4 cup Fruit

Dried Apricots
1/4 cup =
1/2 cup Fruit

Toast
1 slice =
1 oz eq Grain

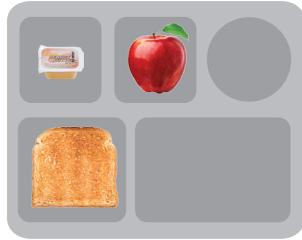
Peanut Butter
1 M/MA

Breakfast Round
2 oz eq Grain

Yogurt
1 M/MA

STUDENT 3

STUDENT 3
MENU E



Milk Variety
1 cup Milk

Whole Apple
1/2 cup Fruit

Strawberries
1/4 cup Fruit

Dried Apricots
1/4 cup *
1/2 cup Fruit

Toast
1 slice =
1 oz eq Grain

Peanut Butter
1 M/MMA

Breakfast Round
2 oz eq Grain

Yogurt
1 M/MMA

IS THIS MEAL REIMBURSABLE?

Yes – at least 3 items were selected, including a 1/2 cup fruit.

REMEMBER



Peanuts and peanut butter are considered meat alternates and can not credit as a legume vegetable.

The menu planner has the discretion to count peanut butter as an extra or as a m/ma. Since this menu offers the minimum daily grain component, then the peanut butter can count as a m/ma.

If the menu planner had decided to count the peanut butter as an extra, then it could not count as a food item and this student would have only selected 2 items.

REMEMBER

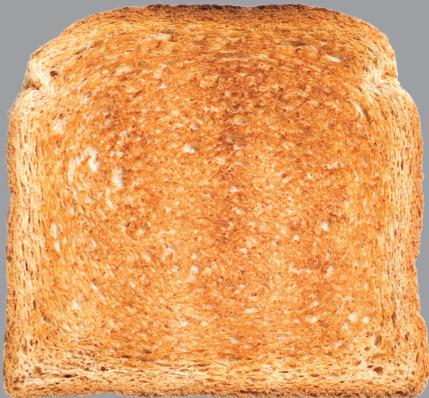
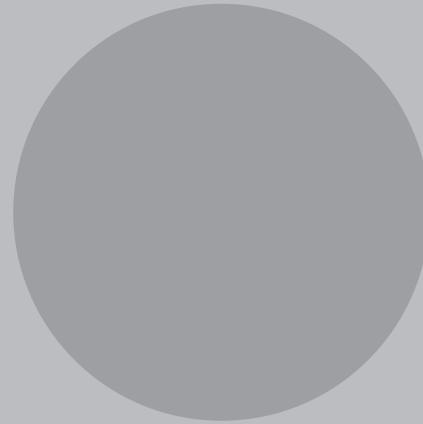


Always check with the menu planner and/or production record on how to count meat/meat alternate items at breakfast.

NOTES

STUDENT 3

MENU E



Milk Variety
1 cup Milk

Whole Apple
1/2 cup Fruit

Strawberries
1/4 cup Fruit

Dried Apricots
1/4 cup =
1/2 cup Fruit

Toast
1 slice =
1 oz eq Grain

Peanut Butter
1 M/MA

Breakfast Round
2 oz eq Grain

Yogurt
1 M/MA

ALTERNATE MENU OPTION

ALTERNATE MENU OPTION

What if the following items were selected, but one slice of toast is only a .5 oz eq grain?



MENU E

- Milk Variety
1 cup Milk
- Whole Apple
1/2 cup Fruit
- Strawberries
1/4 cup Fruit
- Dried Apricots
1/4 cup =
1/2 cup Fruit
- Toast
1 slice =
1 oz eq Grain
- Peanut Butter
1 M/M/A
- Breakfast Round
2 oz eq Grain
- Yogurt
1 M/M/A

QUESTION

What if the following items were selected: fat free chocolate milk, one slice toast, and a whole apple, but one slice of toast is only a .5 oz eq grain? Would this meal be reimbursable?

DISCUSSION



Encourage discussion regarding the minimum serving requirement of each component to count as a food item.

ANSWER

No - The .5 oz eq toast is not enough to count as 1 item. A grain selection counts as 1 item if it equals at least the 1 oz eq grain daily minimum requirement. Two slices of .5 oz eq toast would be needed to meet the required amount.

However, if the student had also selected either the peanut butter or the yogurt, then the 3 item minimum would have been met and a full serving of toast would not be required.

Always check with the menu planner on how to credit selections as some choices may require larger portions in order to count as 1 food item.

THINK



The menu planner must be mindful of calories and the fiscal impact when deciding how many items a student can select. Offer versus Serve allows the menu planner to provide a variety of choices to allow students to select what they want, but calorie restrictions and food costs may impact how much food is prepared and can be selected.

Additionally, it is necessary to understand what selection choices the students have. This particular menu offers both a breakfast round and toast. You will need to know if the student is able to choose one of each, or if they have to select one or the other.

OVS at breakfast requires that 4 food items be offered and students take a minimum of 3 food items, including at least 1/2 cup of fruit, for a reimbursable breakfast.

Even though a grain item must be offered, students do not have to select it. OVS allows students to select their preferred choices in the required amounts.

This scenario is a good opportunity to discuss menus unique to your school/district.

- *Would you serve a product that required two slices of toast to count as 1 item?*
- *Would you serve a .5 oz eq slice of toast with a .5 oz eq grain product to have the pair count as 1 item?*

NOTES

REMEMBER

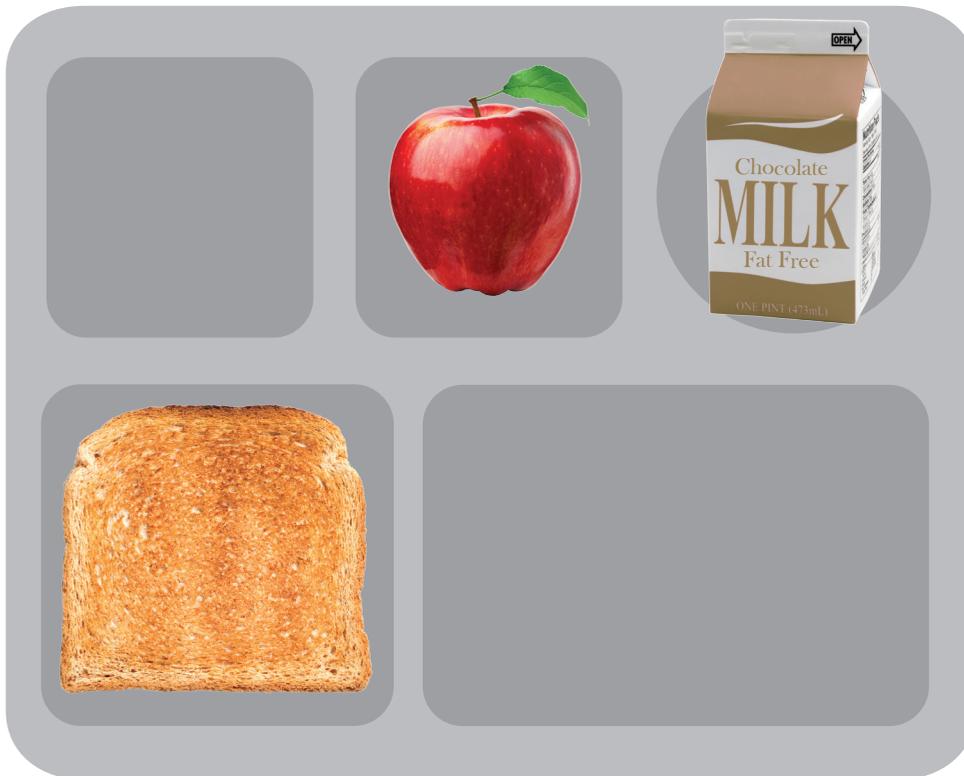


NOTE TO TRAINER



ALTERNATE MENU OPTION

What if the following items were selected, but one slice of toast is only a .5 oz eq grain?



MENU E

Milk Variety
1 cup Milk

Whole Apple
1/2 cup Fruit

Strawberries
1/4 cup Fruit

Dried Apricots
1/4 cup =
1/2 cup Fruit

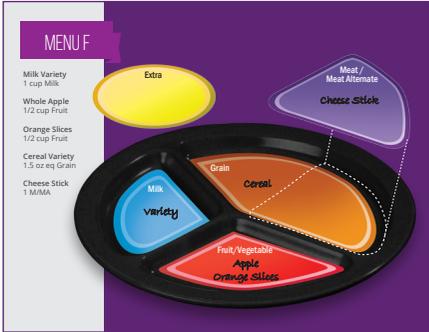
Toast
1 slice =
1 oz eq Grain

Peanut Butter
1 M/MA

Breakfast Round
2 oz eq Grain

Yogurt
1 M/MA

MENU F



THIS BREAKFAST MENU INCLUDES:

Item	Serving Credit
Milk Variety	1 cup mlk
Whole Apple	1/2 cup fruit
Orange Slices	1/2 cup fruit
Cereal Variety	1.5 oz eq grain
Cheese Stick	1 m/ma

NOTES

MENU F

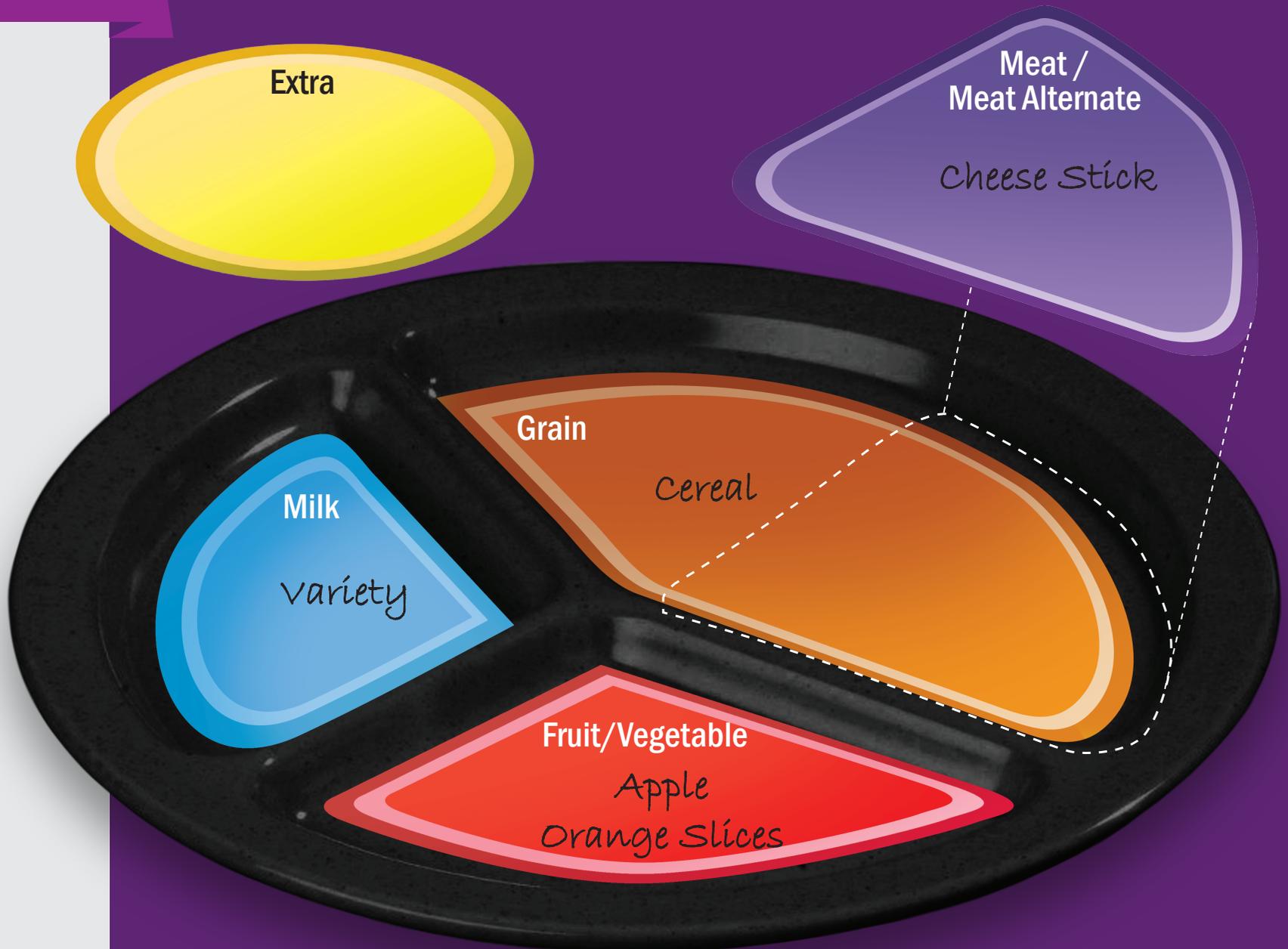
Milk Variety
1 cup Milk

Whole Apple
1/2 cup Fruit

Orange Slices
1/2 cup Fruit

Cereal Variety
1.5 oz eq Grain

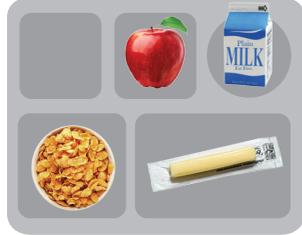
Cheese Stick
1 M/MA



STUDENT 1

STUDENT 1

MENU F



- Milk Variety
1 cup Milk
- Whole Apple
1/2 cup Fruit
- Orange Slices
1/2 cup Fruit
- Cereal Variety
1.5 oz eq Grain
- Cheese Stick
1 M&M

IS THIS MEAL REIMBURSABLE?

Yes – At least 3 items, including 1/2 cup fruit have been selected.

NOTES

STUDENT 1

MENU F



Milk Variety
1 cup Milk

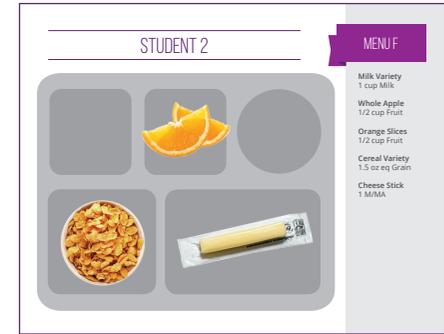
Whole Apple
1/2 cup Fruit

Orange Slices
1/2 cup Fruit

Cereal Variety
1.5 oz eq Grain

Cheese Stick
1 M/MA

STUDENT 2



IS THIS MEAL REIMBURSABLE?

Yes – At least 3 items, including 1/2 cup fruit were selected.

NOTES

STUDENT 2

MENU F

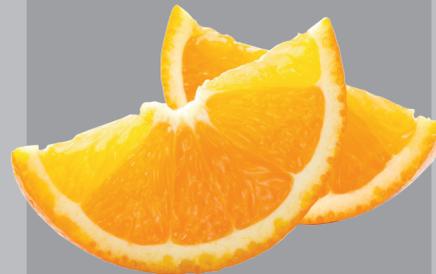
Milk Variety
1 cup Milk

Whole Apple
1/2 cup Fruit

Orange Slices
1/2 cup Fruit

Cereal Variety
1.5 oz eq Grain

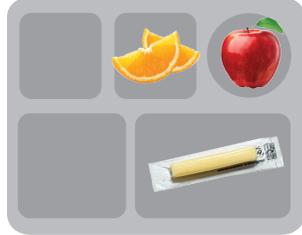
Cheese Stick
1 M/MA



STUDENT 3

STUDENT 3

MENU F



- Milk Variety
1 cup Milk
- Whole Apple
1/2 cup Fruit
- Orange Slices
1/2 cup Fruit
- Cereal Variety
1.5 oz eq Grain
- Cheese Stick
1 MHA

IS THIS MEAL REIMBURSABLE?

Yes – At least 3 items, including the minimum 1/2 cup fruit requirement has been selected.

REMEMBER

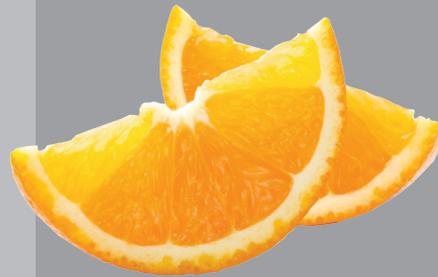


Remember, even though a grain item must be offered, it does not have to be selected.

NOTES

STUDENT 3

MENU F



Milk Variety
1 cup Milk

Whole Apple
1/2 cup Fruit

Orange Slices
1/2 cup Fruit

Cereal Variety
1.5 oz eq Grain

Cheese Stick
1 M/MA



TRAINING COMPLETED



CONGRATULATIONS!

You have completed the OVS Breakfast Training.

Let's review some of what you have learned about OVS at the breakfast meal.

1. A minimum of 4 food items must be served daily in their required amounts. Those items must include at least 1 cup of fluid milk, 1 cup of fruit, and 1 oz eq of grain.
2. Vegetables can count toward the fruit requirement. However, if a starchy vegetable is served, then 2 cups of vegetables from the dark green, red/orange, beans/peas (legumes), or "other" vegetable subgroups must be served that week.
3. Meat/meat alternates can credit toward the weekly grain requirements after the daily 1 oz eq grain serving has been met.
4. One of the 3 food items required for a reimbursable breakfast must be at least a 1/2 cup of fruit.
5. Extra foods do not count as one of the 3 required food items, but their dietary specifications are counted in the nutrition specifications for the week.
6. The food items that constitute a reimbursable meal must be identified near the serving line. The "What's for Breakfast!" poster is a tool that can help students select a reimbursable meal. Completing the poster in a consistent format will help students and foodservice staff quickly recognize what items are required.
7. The production record is a tool that identifies the portion size, credit amount, and total servings of the food selections. This information helps foodservice staff understand how the menu planner has determined to credit the food choices and what portion size is required to count as a food item.
8. OVS is a complex meal planning and service concept that requires foodservice staff to be able to identify the minimum portion sizes of each food item.

NOTES

TRAINING COMPLETED

BREAKFAST

OFFER VERSUS SERVE

TRAINING

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