



Offer Versus Serve

DEPARTMENT OF EDUCATION – CHILD & ADULT NUTRITION SERVICES – 8/16/22

BACK TO SCHOOL BASICS

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Lunch

OFFER VERSUS SERVE

	Grades K-5	Grades 6-8	Grades 9-12
Meal Pattern	Amount of Food ^a Per Week (Minimum Per Day)		
Fruits (cups) ^b	2.5 (0.5)	2.5 (0.5)	5 (1)
Vegetables (cups) ^b	3.75 (0.75)	3.75 (0.75)	5 (1)
Dark green ^c	0.5	0.5	0.5
Red/Orange ^c	0.75	0.75	1.25
Beans and peas (legumes) ^c	0.5	0.5	0.5
Starchy ^c	0.5	0.5	0.5
Other ^{c,d}	0.5	0.5	0.75
Additional Veg to Reach Total ^e	1	1	1.5
Grains (oz eq) ^f	8-9 (1)	8-10 (1)	10-12 (2)
Meats/Meat Alternates (oz eq)	8-10 (1)	9-10 (1)	10-12 (2)
Fluid milk (cups) ^g	5 (1)	5 (1)	5 (1)
Other Specifications: Daily Amount Based on the Average for a 5-Day Week			
Min-max calories (kcal) ^h	550-650	600-700	750-850
Saturated fat (% of total calories) ^h	< 10	< 10	< 10
Sodium (mg) ^{h,i}	≤ 935	≤ 1035	≤ 1080
Trans fat ^h	Nutrition label or manufacturer specifications must indicate zero grams of <u>trans</u> fat per serving.		

Offer vs. Serve Definitions

4

Food component

- One of five food groups for reimbursable meals (m/ma, grain, fruit, veg, milk)

Food item

- A specific food offered within the five food components.
- Example: A turkey sandwich can be 1 food item but 2 components (M/MA and Grain)

Offer vs. Serve at Lunch

5

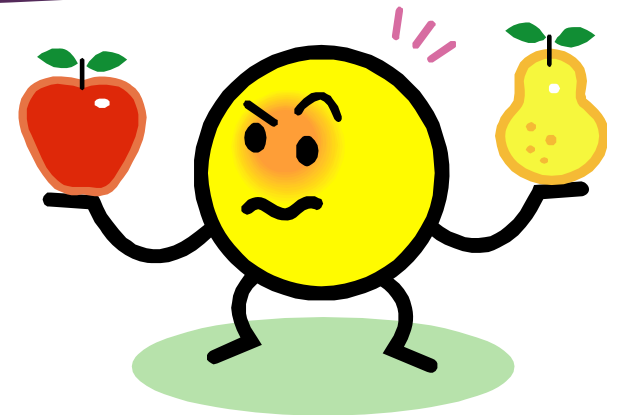
- ▶ Required for senior high schools
 - ▶ grades 9-12
- ▶ Optional for lower grades
 - ▶ grades K-8



Offer vs. Serve at Lunch

6

- ▶ Full amount of each component must be available to every student for a reimbursable meal.
- ▶ It is the student's choice of what item(s) to decline - not the schools.
- ▶ **Student must take *at least* 3 of 5 components and 1 component must be $\frac{1}{2}$ cup fruit or vegetable**



Must be offered at Lunch

7

- ▶ 5 components
 - ▶ Meat/Meat Alternate
 - ▶ Grains
 - ▶ Fruits
 - ▶ Vegetables
 - ▶ Milk



Right



Wrong

Fruit and Vegetable requirement Offer versus Serve at Lunch

8

Reimbursable meals must contain at least $\frac{1}{2}$ cup serving of the fruit and/or vegetable component



Students may take any combination of smaller servings of fruit and/or vegetable to meet the requirement:

mix different fruits

mix different
vegetables

mix vegetables and
fruits

Offer Versus Serve – Lunch Summary (5-3-2-1)

- ▶ **5** – All 5 Components are made available in the full amount according to the meal pattern
- ▶ **3** – Student must select at least 3 of the 5 components
- ▶ **2** – At least 2 of the components selected must be un the full amount according to the meal pattern
- ▶ **1** – 1 component (fruit or vegetable/mix) may be in as little as $\frac{1}{2}$ cup selected

Lunch OVS Example

10

- ▶ Menu: turkey, mashed potatoes, peaches, whole grain roll, and milk
 - ▶ The student takes turkey, roll, and milk
 - ▶ This lunch is NOT a reimbursable meal!
 - ▶ What else is need for a reimbursable meal?
- ▶ A reimbursable meal must include at least *either* ½ cup mashed potatoes or ½ cup peaches (fruit and or vegetable requirement)

OVS for Fruit and Vegetables

11

- ▶ **Example:**
 - ▶ High School student selects only 3 components
 - ▶ 2 of the 3 components are fruits and vegetables
 - ▶ Student may select ½ cup of either the fruit or vegetable, **but not both**
- ▶ **Two of the three components must be the full serving size**



**Not Reimbursable,
needs 1 more full component**

Lunch OVS Example

12

- ▶ The lunch offered: turkey, mashed potatoes, peaches, whole grain roll, and milk
- ▶ OVS- **grades 9-12**
 - ▶ 2 oz turkey, ½ cup mashed potatoes, 1 cup peaches = reimbursable
 - ▶ 2 oz turkey (full), ½ cup mashed potatoes (half), ½ cup peaches (half) ≠ reimbursable
 - ✓ To be reimbursable, two of the three components must be **full** servings

Lunch OVS Example

13

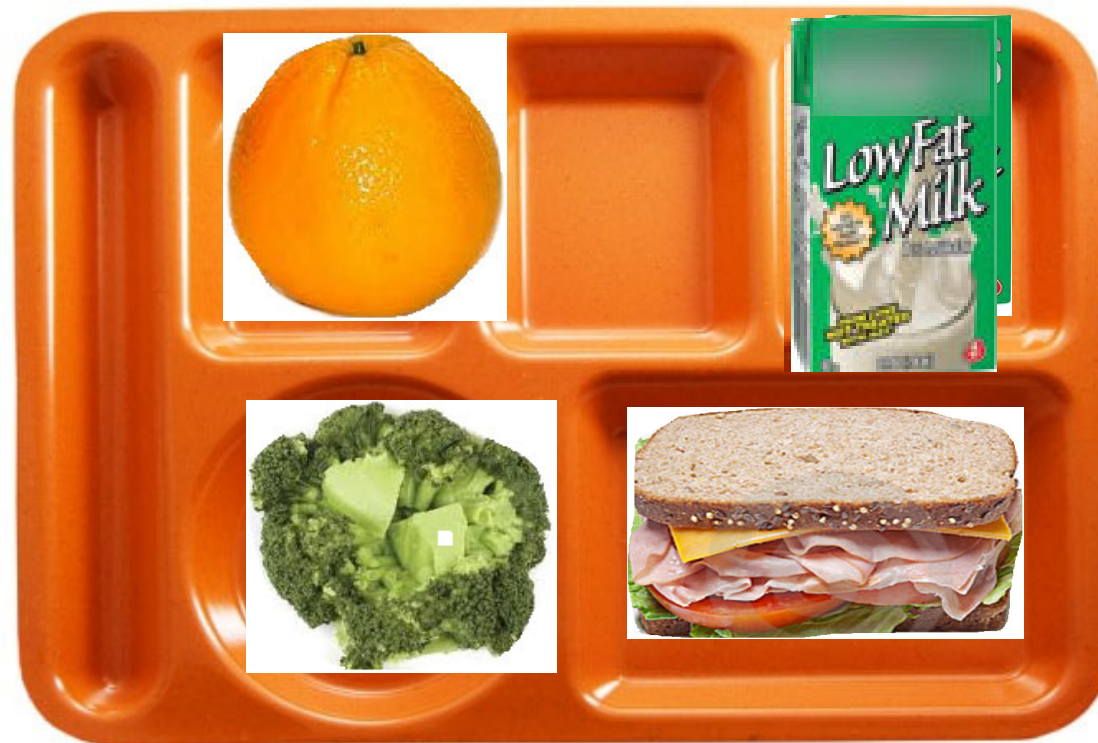
- ▶ The lunch offered: turkey, mashed potatoes, peaches, whole grain roll, and milk
- ▶ OVS- **grades K-8**
 - ▶ 2 oz turkey (full), ½ cup mashed potatoes (half), ½ cup peaches (full)= reimbursable
 - ✓ Two of the three components are full servings



Is it
reimbursable?

MEAL OR NO
MEAL

Reimbursable Meal?



Yes!
Reimbursable for all grade groups



Reimbursable Meal?



Yes! for grades K-8
No! for grades 9-12



Reimbursable Meal?

19



No!
Not reimbursable for any grade groups



Reimbursable Meal?



Yes!
Reimbursable for all grade groups



Reimbursable Meal?



No!
Not reimbursable for any grade
groups



Reimbursable Meal?



No! Not reimbursable for any
grade groups

26



Reimbursable Meal?



Yes!
Reimbursable for all grade groups



Reimbursable Meal?



Yes!
Reimbursable for all grade groups



Reimbursable Meal?

31



No!
Not reimbursable for any grade groups





Breakfast

OFFER VERSUS SERVE

Breakfast Meal Pattern

	Grades K-5	Grades 6-8	Grades 9-12
Meal Pattern	Amount of Food Per Week (Minimum Per Day)		
Fruits (cups)	5 (1)	5 (1)	5 (1)
Fluid Milk (cups)	5 (1)	5 (1)	5 (1)
Vegetables (cups)	No requirement, substitution for fruit allowed.		
Grains (oz eq)	7-10 (1)	8-10 (1)	9-10 (1)
Meat/Meat Alternates (oz eq)	No requirement, substitution in place of grains allowed after 1 oz eq daily requirement met.		

Definitions

35

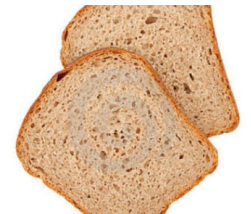
▶ Food component

- ▶ A food that is from 1 of 5 food components for a reimbursable meal, i.e. bread slices are in the grain component.



▶ Food item

- ▶ A specific food offered within the five food components, can be made up of multiple components.
- ▶ Example: An egg sandwich is 1 food item but 2 components (M/MA and Grain)



Offer vs. Serve at Breakfast

- ▶ For Offer vs. Serve (OVS) ***a school must offer at least 4 food items***
- ▶ A student must select at least ***3 food items AND***
- ▶ Student must select at least a ½ cup fruit (or vegetable) or ½ cup 100% fruit juice



Breakfast Offer Versus Serve - Details

- ▶ A true grain (such as cereal or toast) must always be menu planned – it does not need to be selected
- ▶ The menu planner can offer a meat/meat alternate (such as eggs or a cheese stick), as a 'true grain' is also available for selection
- ▶ Meat/meat alternate can credit toward the grain group, or simply as an 'extra' – always counts toward calories
- ▶ Vegetables may be substituted for fruits

The Simple Menu Approach

Everyday, you must plan:

1-2 oz of Grain

- meet daily & weekly requirements

1 cup Fruit

- Example: $\frac{1}{2}$ cup fruit pieces & $\frac{1}{2}$ cup 100% fruit juice

Milk: 1 cup choice of low-fat or no-fat milk

Menu	Crediting	# Food Items
WG Toast	1 oz eq grain	1 food item
Cereal Flakes	1 oz eq grain	1 food item
Apple slices	½ cup fruit	1 food item
100% Fruit Juice	½ cup fruit juice	1 food item
Milk (2 varieties available)	1 cup milk	1 food item

To build a healthy tray: Choose 1-2 fruit, 1-2 grains or meat, and a milk.

Your tray must include 1 fruit.

Example Breakfast Menu 1

Example Breakfast Menu 2

Menu	Crediting	# Food Items
Egg Sandwich	1 oz eq grain & 1 oz eq m/ma	2 food items
100% OJ	½ cup 100% juice	1 food item
Apple slices	½ cup fruit	1 food item
Milk (2 varieties available)	1 cup milk	1 food item

To build a healthy tray: Choose 1-2 fruit, 1-2 grains or meat, and a milk.

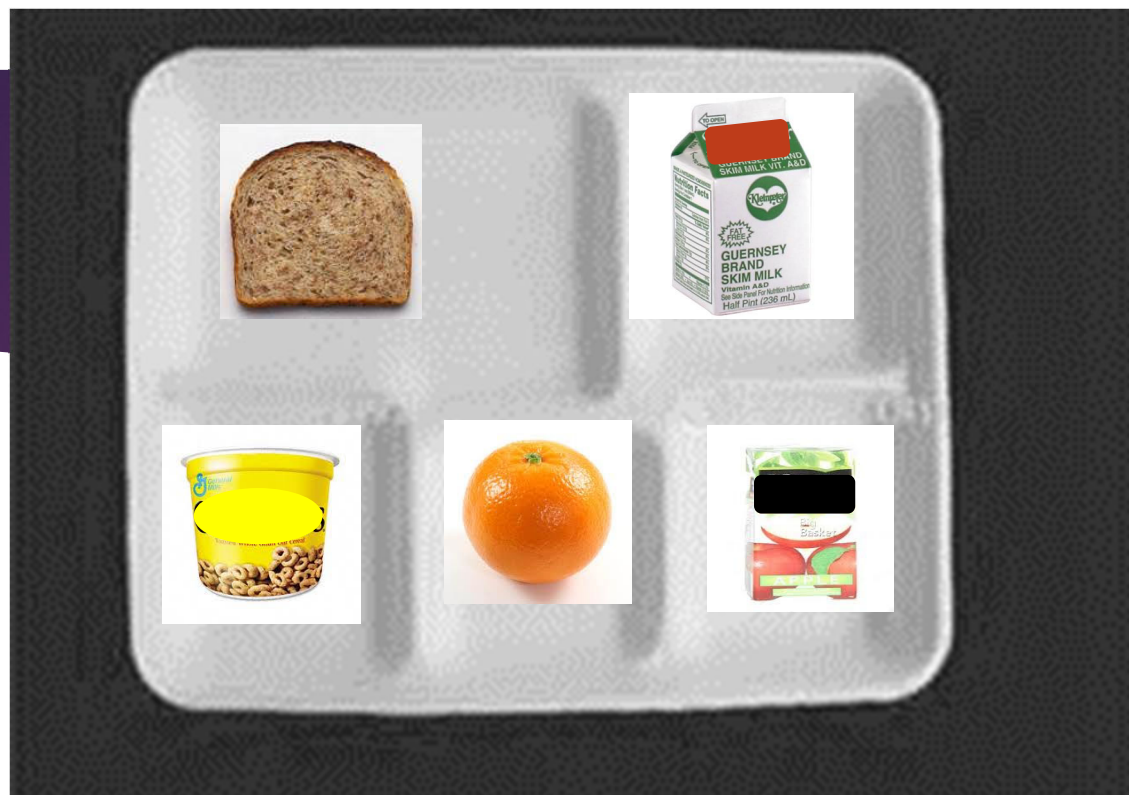
Your tray must include 1 fruit.





Is it reimbursable?
MEAL OR NO MEAL





The Menu (5 items)

1 oz eq WGR bread
1 oz eq Cereal

1 orange (1/2 c fruit)
1/2 c 100% apple juice
1 c milk

Meal or No Meal?



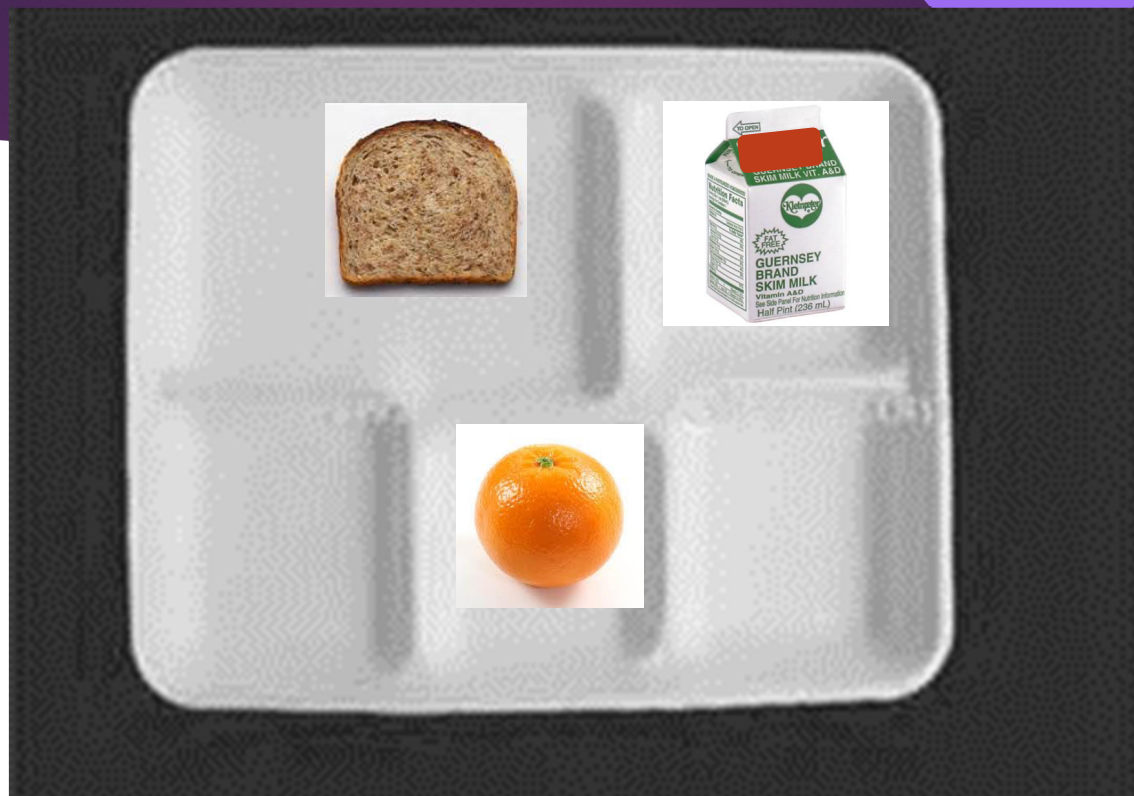
Student #1

MEAL – 4 food items + ½ c fruit



Student #1

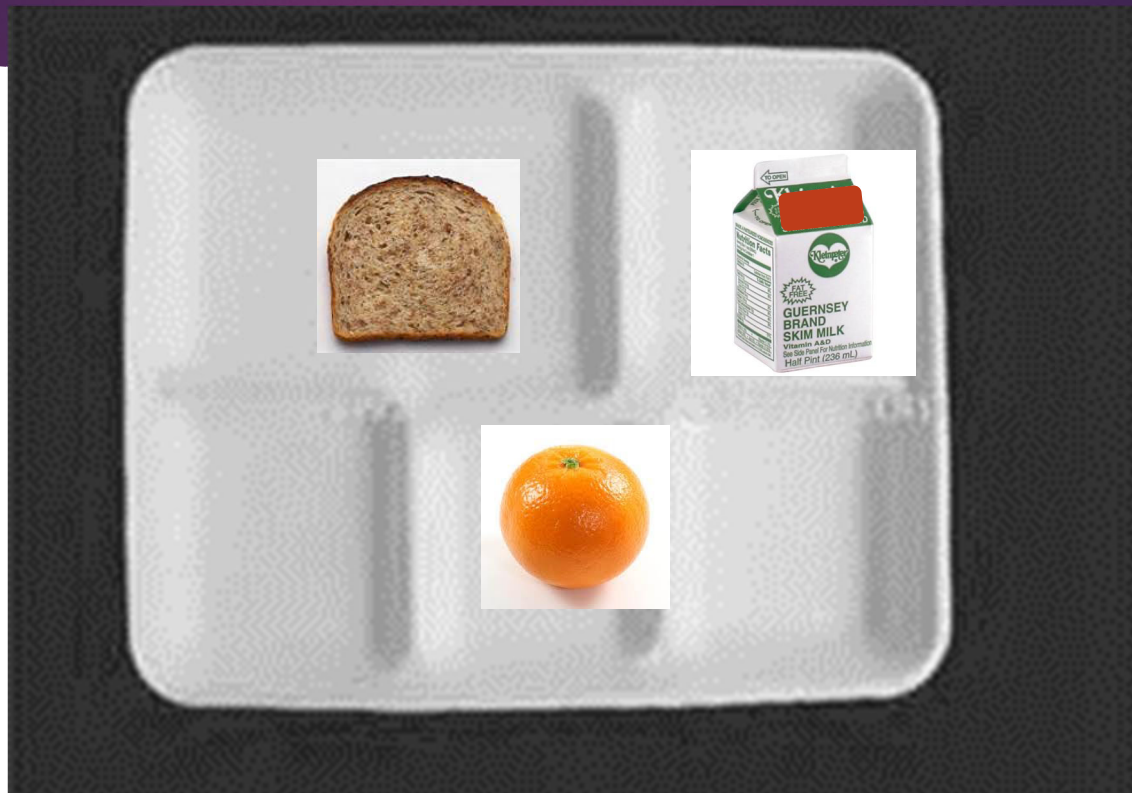
Meal or No Meal?



Student #2

MEAL-

3 food items + $\frac{1}{2}$ c fruit



Student #2



The Menu (5 items)

1 oz eq WGR bread

½ c kiwi

1 oz eq scrambled eggs

½ c 100% OJ

1 c milk

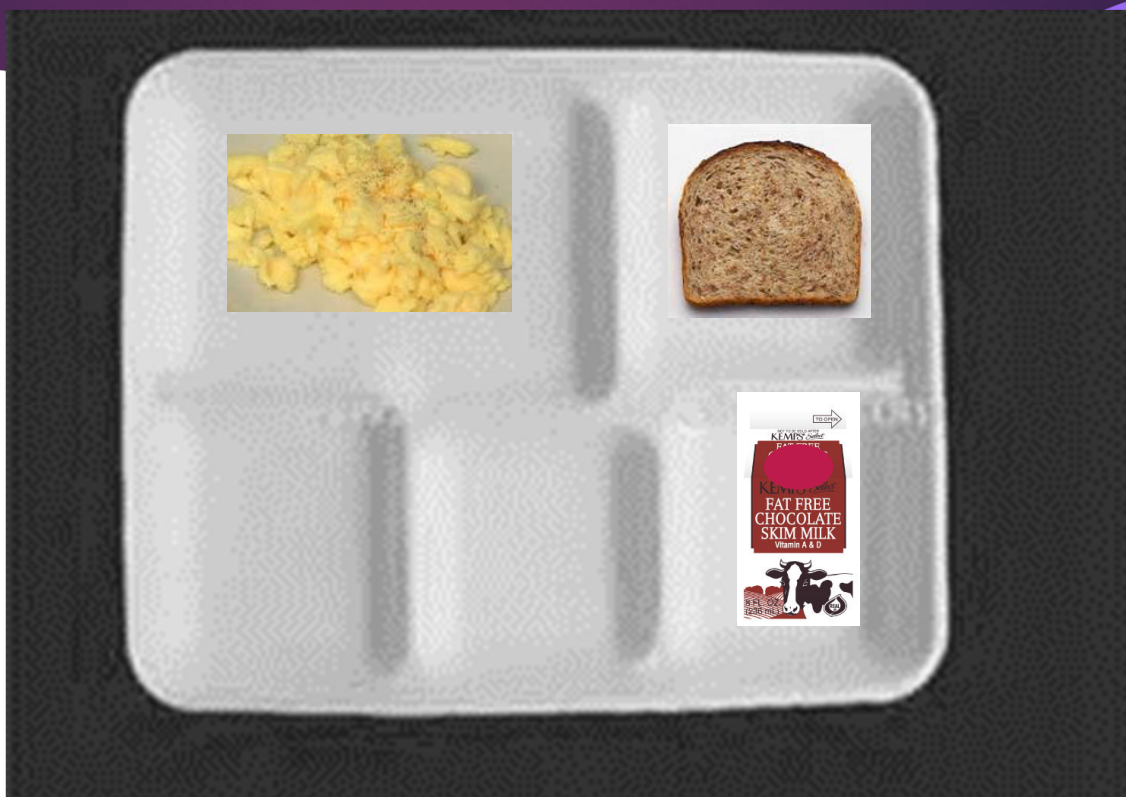
2 oz Cinnamon Roll

Meal or No Meal?



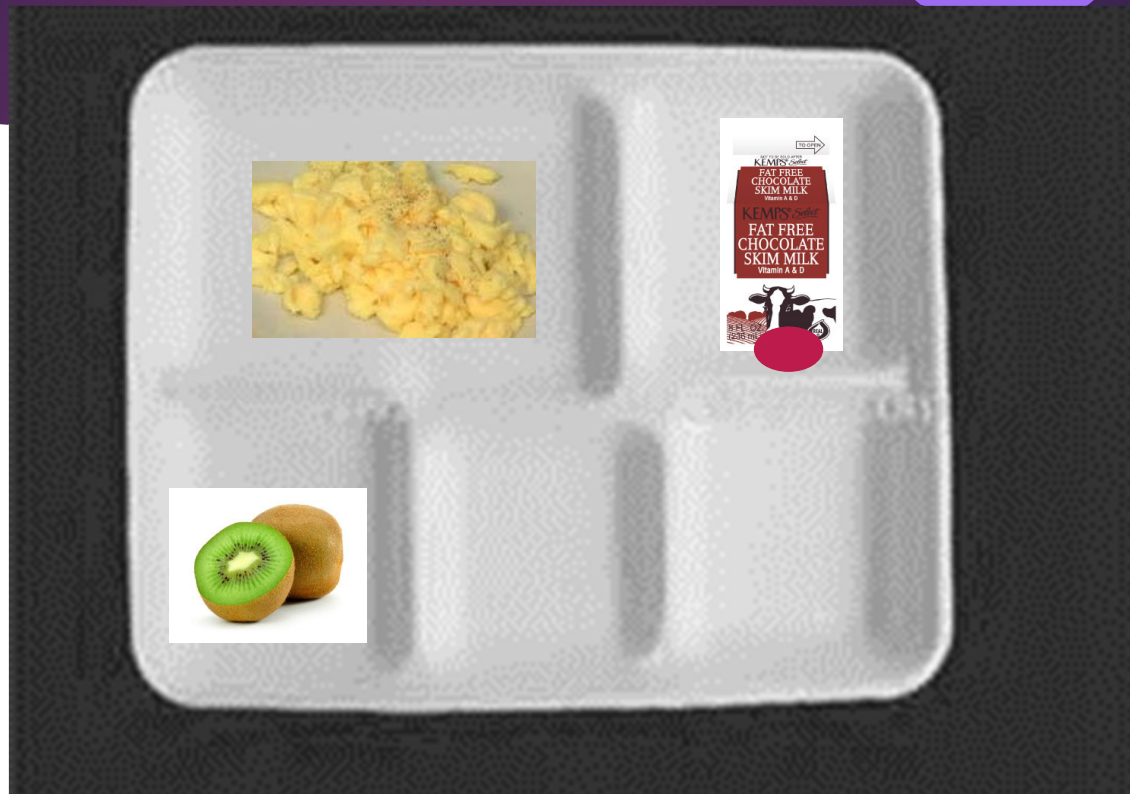
Student #1

No MEAL-
3 food items, but no fruit



Student #1

Meal or No Meal?



Student #2

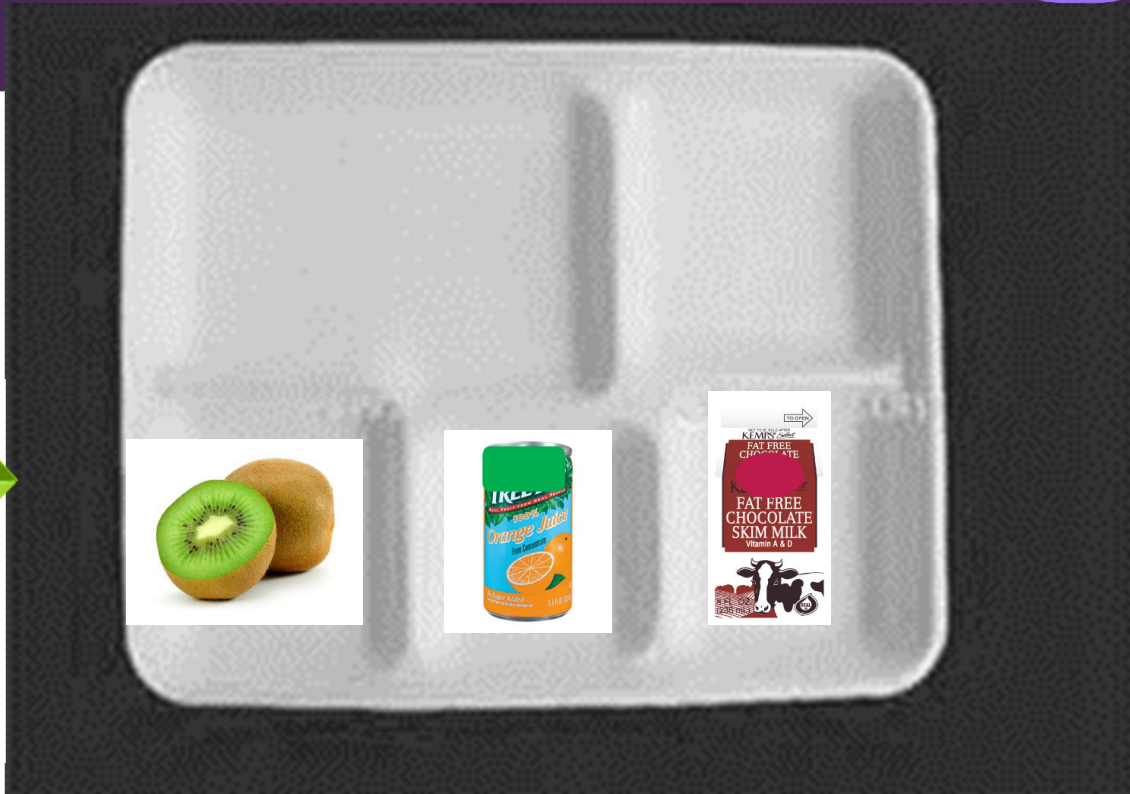
MEAL-
3 items selected + ½ c fruit



Student #2



Student #3



Student #3



Student #4



Student #4

Contact Us

56

CANS Office

Email: DOESchoolLunch@state.sd.us

Phone: 605-773-3413

Website: doe.sd.gov/cans/index.aspx

Offer Versus Serve

57

This training credits for 45 minutes of training in
Key Area 2 - Operations
2220 Offer Versus Serve

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Non-Discrimination Statement

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