



Breakfast

OFFER VERSUS SERVE

Welcome to the SD Child and Adult Nutrition Services webinar on the breakfast offer versus serve requirements in the School Nutrition Program.

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.		

Here are the Breakfast Meal Pattern requirements. This table shows both the daily and weekly minimum requirement for each food component.

There are 3 meal components for breakfast --- fruits, grains, and milk. 1 cup of fruit and 1 cup of milk is required for all grade groups. As you can see here grain requirements are a 1 oz equivalent minimum per day, but the weekly minimum varies by grade group. Grades K-5 need 7 oz equivalents at minimum per week. Grades 6-8 need 8 oz. equivalents at minimum per week and grades 9-12 need 9 oz equivalents at minimum per week. Half of grains served must be Whole Grain Rich, the remaining does not have to be Whole Grain Rich

For breakfast, vegetables may be substituted for fruits, but the 1st two cups per week of any such substitution must be from the dark green, red/orange, other, beans/peas (legumes) subgroups **before you can serve Starchy subgroup.**

Definitions

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▶ 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)



Before we get into the breakfast Offer Vs. Serve requirements, we need to point out some important words and their definitions. The difference between a food component and food item are very important for breakfast Offer Versus Serve.

Here are the definitions from 7 CFR 210.2 of food component and food item.

Food component means one of the five food groups which comprise reimbursable meals. The five food components to be offered to students in grades K–5 are: Meats/meat alternates, grains, vegetables, fruits, and fluid milk. Meals offered to preschoolers must consist of four food components: Meats/meat alternates, grains, vegetables/fruits, and fluid milk.

Food item means a specific food offered within the five food components: Meats/meat alternates, grains, vegetables, fruits, and fluid milk.

As we have mentioned before, there are three components required at breakfast (grain, fruit, and milk).

For breakfast we count food items for offer verses serve. Food items can be 1 component (like a slice of bread) or made up of multiple components (like a breakfast pizza may have creditable grain, m/ma, & veg)

Offer vs. Serve at Breakfast

Optional for all grades at breakfast

Allows students to decline a portion of the offered meal

Benefits:

Reduces food waste

Permits students to choose foods they want to eat

- Offer Vs. Serve is optional at all grade groups for breakfast. Remember this is determined by the school food authority (SFA) and is in your annual agreement with the CANS office.
- Offer Vs Serve allows students to decline a portion of the meal and the school can still claim it as a reimbursable meal. This gives the student a little bit of an option to choose what they would like to eat, which may help the student to eat more of their selected meal.
- Offer Vs Serve reduces food waste, by allowing the student to decline a certain amount of food that they may refuse to eat.

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The Simple Menu Approach

Everyday, you must plan:

1 or 2 Grains: a minimum of 1-2 oz eq grain

- meet daily & weekly requirements

2 Fruits: (must equal 1 cup)

- 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

You can make breakfast very simple or very complicated.

We Recommend a simple approach to start. The simple approach is shown here. Everyday you must plan 1 or 2 grains at a minimum of 1 to 2 oz. Remember that you need to meet the weekly requirements for each grade group. You need to serve 2 fruits and the students must choose 1 cup of fruit. It can be a combination of the 2 for example it could be $\frac{1}{2}$ cup of fruit pieces and $\frac{1}{2}$ cup of 100 % fruit juice. You also must offer 2 milk choices and the students need to take 1 cup of low fat or no fat milk.

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 ½ cup 100% fruit juice



- We touched on this briefly a moment ago. In order for a school to allow offer vs. serve at breakfast, the menu must contain a minimum of 4 items.
- Each student must select at least 3 food items for a reimbursable meal and a student must select at least ½ cup of fruit/veg.

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

Here is an example breakfast menu.

As you can see there are 5 total food items in this menu. Remember that the students must select at least 3 items and must select at least a ½ cup of fruit or ½ cup 100% juice. An example of a reimbursable meal from this menu would be apple slices, cereal flakes, and milk.

Example Breakfast Menu 3

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
<p>To build a healthy tray: Choose 1-2 fruit, 1-2 grains or meat, and a milk. Your tray must include 1 fruit.</p>		



Here we have a menu with a grain and meat/meat alternate combination food item. Again there are 5 items on this menu. Remember that 4 is the minimum amount of food items that you can have with offer vs. serve.

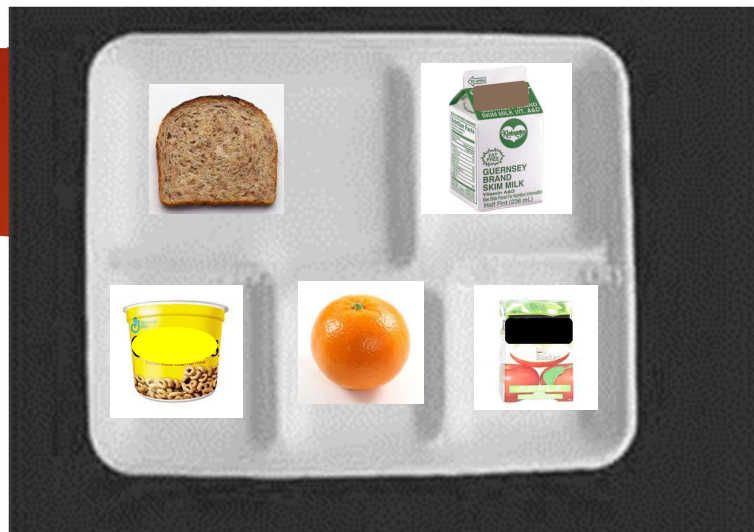
In this example, the menu planner is choosing to serve 1 oz equivalent grain and 1 oz equivalent meat/meat alternate substitute for grain (that counts toward the grain credit). The menu planner is choosing to credit both components. So the sandwich is 2 food items.

With this menu one example of a reimbursable meal under Offer vs. Serve would be an egg sandwich, ½ cup apple slices and a milk. If you wanted to give the students an option to decline the sandwich you would need to add another food item such as a piece of toast or another fruit option.



Is it reimbursable?
MEAL OR NO MEAL

Together we will go through the next slides and play a little game we like to call “Meal or No Meal”



The Menu (5 items)

1 oz eq WGR bread
1 oz eq Cereal

1 orange (1/2 c fruit)
½ c 100% apple juice
1 c milk

This menu contains 5 food items 1 oz equivalent whole grain rich bread, 1 oz equivalent cereal, 1 orange, ½ cup of 100% apple juice and 1 cup of milk. Even though this menu has 5 items remember that in offer vs. serve it only needs to have 4 food items. The student must select 3 items. 1 item must be at least a ½ cup fruit or ½ cup 100% fruit juice.

Meal or No Meal?

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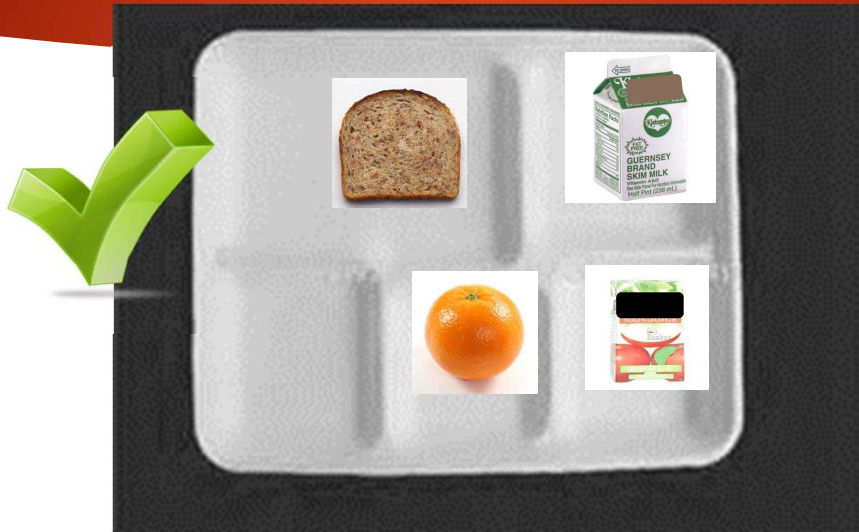
Student #1

Here is our first example. Student #1 took a piece of toast, an 8 oz. carton of milk, an orange, and juice.

Is this a reimbursable Meal or no meal?

MEAL – 4 food items + ½ c fruit

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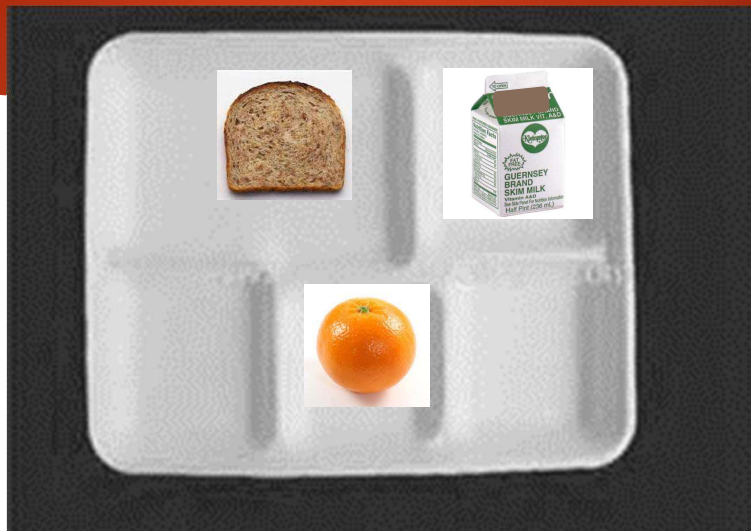


Student #1

This is a meal! Student #1 took a reimbursable meal because the student took 4 food items. That is more than the minimum requirement of 3 food items and the meal contains at least ½ cup fruit.

Meal or No Meal?

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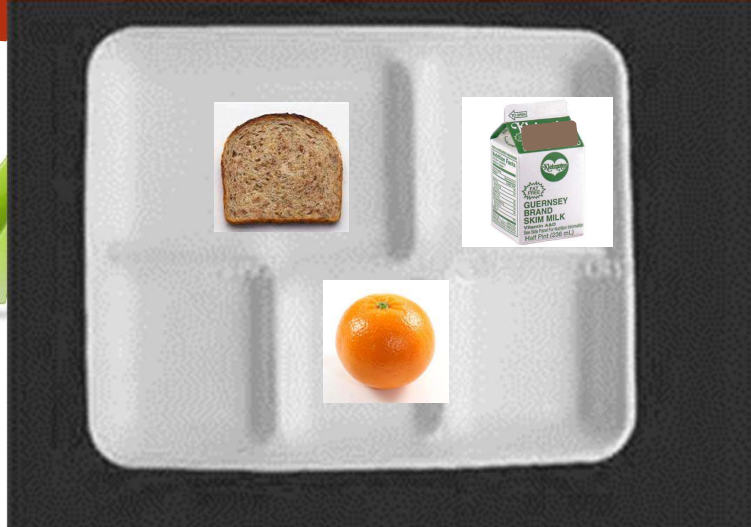
Student #2

Here is another example to practice with. Student #2 took a piece of toast, an 8 oz carton of milk, and an orange.
Is this a reimbursable **Meal** or **no meal**?

MEAL-

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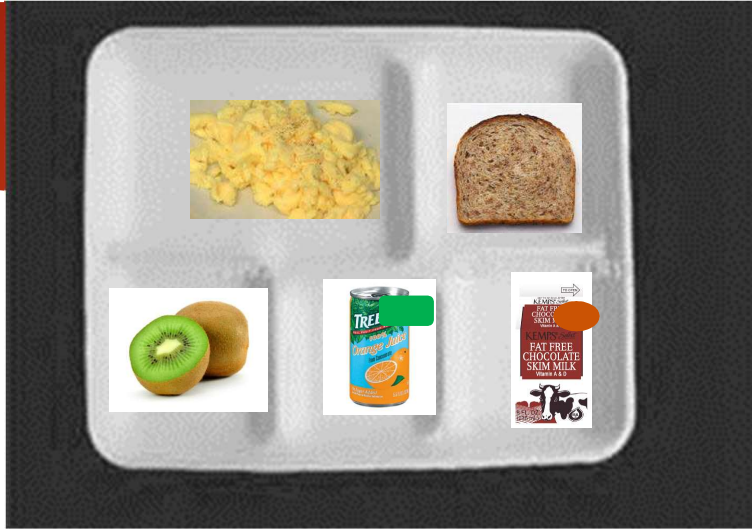
3 food items + ½ c fruit



Student #2

This is a meal! Student #2 took a reimbursable meal because they took 3 food items, that meets the minimum requirement of 3 food items. This meal also contains at least ½ cup fruit.

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The Menu (5 items)

1 oz eq WGR bread

½ c kiwi

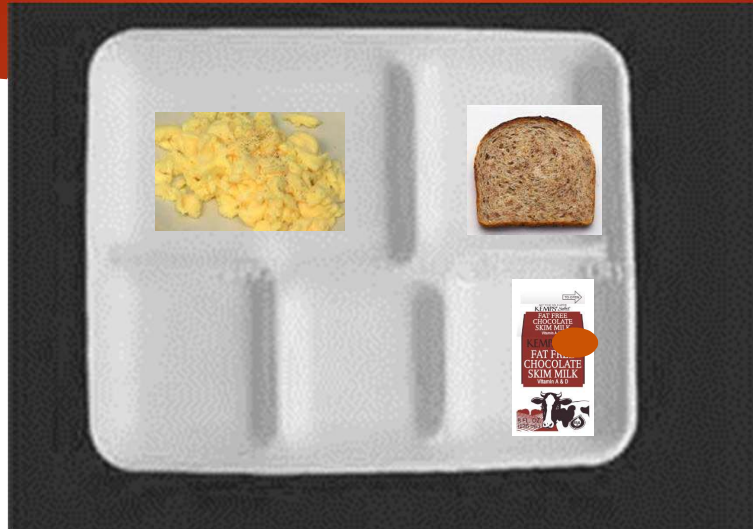
1 oz eq scrambled eggs

½ c 100% OJ

1 c milk

Let's take a look at a new menu. This menu planner met the 1 oz equivalent grain which is required daily for all grade groups. The menu planner also substituted 1 oz equivalent eggs (meat/meat alternate) for grains. With this new menu we will now look at a few more students tray and decide whether it is a reimbursable Meal or No meal!

Meal or No Meal?

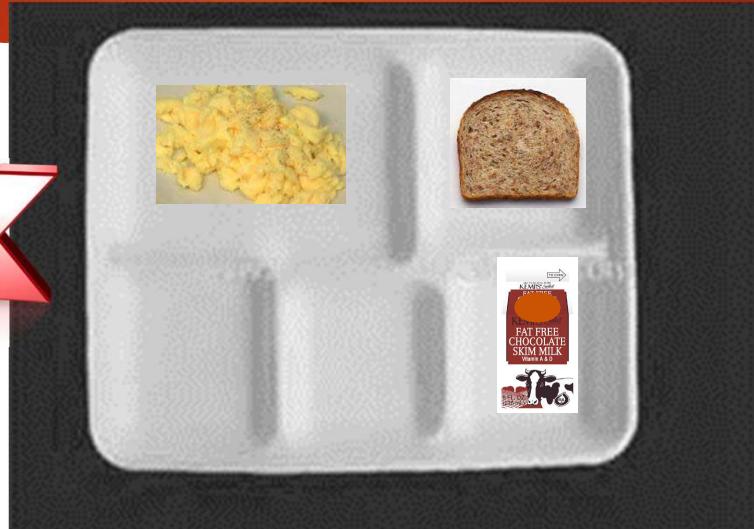


Student #1

Here is our first example with this new menu. Student #1 took the 1 oz equivalent of eggs, a piece of toast, and an 8 oz. carton of milk.
Is this a reimbursable Meal or no meal?

No MEAL-
3 food items, but no fruit

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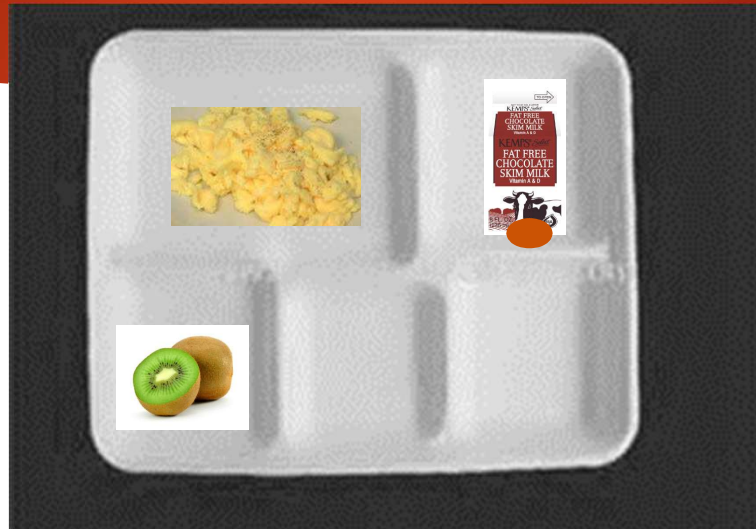


Student #1

No Meal! Student #1 **did not** take a reimbursable meal. They took 3 food items, that meets the minimum requirement of 3 food items. However, it does not contain at least $\frac{1}{2}$ cup fruit.

Meal or No Meal?

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Student #2

Here is another example. Student #2 took the 1 oz equivalent of eggs, a kiwi, and an 8 oz carton of milk.

Is this a reimbursable Meal or no meal?

MEAL-

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3 items selected + ½ c fruit



Student #2

This is a meal! Student #2 took a reimbursable meal. They took 3 food items, that meets the minimum requirement of 3 food items. This meal also contains at least ½ cup fruit.

Breakfast Offer Vs. Serve 2020

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This training credits for 15 minutes of training in
Key Area 2 - Operations
2220 Offer VS Serve

Your Name:

Date of Training:



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