



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

Meal Pattern	Grades K-5	Grades 6-8	Grades 9-12
	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 trans fat per serving.		

Here is the Lunch Meal Pattern for a 5-day school week. The da

ily requirements are located inside parentheses and the weekly requirements are located outside the parentheses.

- Sodium requirement on this chart is the final target and does not have to be met until SY 2024.

Offer vs. Serve Definitions

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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)

Before we get into the lunch 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 lunch 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.

All five components must be offered at lunch.

For lunch 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 pizza may have creditable grain, m/ma, & veg)

Offer vs. Serve at Lunch

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- ▶ Required for senior high schools
 - ▶ grades 9-12

- ▶ Optional for lower grades
 - ▶ grades K-8

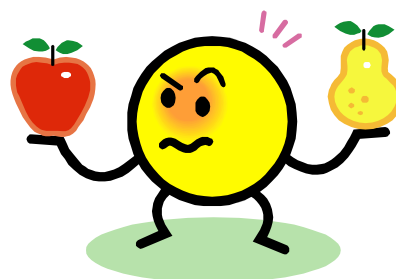


- Offer Vs. Serve is required for high schools students in grades 9 through 12. It is up to the school district to decide whether to allow Offer vs. serve for lower grades at lunch and for all students at breakfast. This decision is done on the annual Agreement with CANS.

Offer vs. Serve at Lunch

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- ▶ 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**



- In offer Vs. Serve the student has the option to decline food components. It is the students choice of what item or items they 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**
- Full amount of each component must be made available to choose.
For example, if the fruit component requirement of one cup for 9-12 is offered in two half cup servings, the student must be able to take both $\frac{1}{2}$ servings if s/he wants the full serving of fruit.

Students are always encouraged to not only take the full planned serving for the fruit and vegetable components but for all components as only the full meal provides the nutritional benefits needed for each grade grouping of students.

You may be wondering, how does OVS save money and waste if the full amount of each component must be offered to each student?

- Well the answer is simple. Once your school knows the amount typically taken by students, you may not need to produce the full amount for every child.
- For example, if a school has determined that when peaches, blackberries, and strawberries were offered in $\frac{1}{4}$ cup portions, the strawberries are taken 75% of the time and the other choices are only taken 5% of the time. The school would not need to produce enough for 100% of servings of all 3 fruit choices; rather, they would prepare more servings of the more popular items. And as always they should have some fruit ready just in case they do run out.

Must be offered at Lunch

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



For Offer Vs Serve, a student may decline up to two food components, but they still must take $\frac{1}{2}$ cup fruit or veg.

If the school offers a combination item that contains more than one component such as a cheeseburger which contains grain and meat. If a student chooses to decline this item, they could not decline another if there is no other way to choose these declined components (grain or meat/meat alt). This has not changed; 3 components are necessary for a reimbursable meal.

The picture on the screen shows a reimbursable meal (all 5 components are on the tray) and a meal that is not reimbursable (only 2 full components on the tray - the vegetable is not $\frac{1}{2}$ cup).

Fruit and Vegetable requirement Offer versus Serve at Lunch

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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

- In order for the fruit or vegetable component to be credited under Offer Vs Serve, the student must take at least $\frac{1}{2}$ cup serving of the fruit or vegetable component.
- This rule only allows a smaller portion size for the fruit or vegetable component.
- Otherwise, to be credited, the full component must be selected. And even under Offer Vs Serve, the full components of the meat/meat alternate, grains, and milk must be selected to be credited as a component for a reimbursable lunch.

The student can take two of same items to meet the fruit or vegetable component for lunch if the menu planner allows. For example, if the school offers $\frac{1}{4}$ cup servings of applesauce, peaches, and grapes for the fruit component, the child may select 2 servings of peaches or 2 servings of grapes to meet the requirement.

Just keep in mind that the fruit and vegetable minimum creditable serving size is $\frac{1}{8}$ cup.

Lunch OVS Example

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- ▶ 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

Here we have a sample menu of Turkey, mashed potatoes, peaches, whole grain roll, and milk.

The student takes turkey, roll, and milk

bullet point appear on advance click

This meal is not reimbursable even though it has 3 components. The student would have to take either the mashed potatoes or the peaches in addition the turkey, dinner roll and milk because in **There must always be at least ½ cup serving of a fruit or a vegetable for reimbursable meal under Offer Vs Serve.**

We'll be doing an exercise at the end of this presentation with a sample menu and determining if various choices provide reimbursable lunches.

OVS for Fruit and Vegetables

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- ▶ All trays must have at least (or more) $\frac{1}{2}$ cup fruit and/or vegetable to be a reimbursable meal.
- ▶ **Except** if a grade 9-12 student selects only 3 components and 2 of the 3 components are fruits and vegetables, **then the student may select $\frac{1}{2}$ cup of either the fruit or vegetable, but not both.**
- ▶ **Two of the three components must be the full serving size.**



Another key point in offer versus serve is the serving size. As you know all trays must have at least $\frac{1}{2}$ cup fruit and or vegetable to be reimbursable. Except if a grade 9-12 students were to select only 3 components and 2 of the 3 components are fruit and vegetables, then the student may select $\frac{1}{2}$ cup of either the fruit or vegetable, but not both. Remember 2 of the 3 components must be the full serving size. If the students were to take this pictured meal which is $\frac{1}{2}$ cup carrots, 1 cup milk, $\frac{1}{2}$ cup orange slices. ****advance click for message to appear** This Meal is **NOT** reimbursable, It needs 1 more full component. The students would need to add more fruit, or vegetable, or take the full serving of the meat/meat alternate or grain component.**

- ****advance click to pulse*** Two of the three components must be the full serving size

Lunch OVS Example

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If a student (grades 9-12) selects a milk, fruit, and vegetables, the student may take $\frac{1}{2}$ cup of the vegetable but must take the full 1 cup offering of the fruit.



However, if the student selects another full component, such as a grain or M/MA, the student may take a smaller portion of the fruit because the fruit is no longer being counted as the 3rd component in the reimbursable meal.

If a student (grades 9-12) selects a milk, fruit, and vegetables, the student may take $\frac{1}{2}$ cup of the vegetable but must take the full 1 cup offering of the fruit. However, if the student selects another full component, such as a grain or Meat/Meat Alternate, the student may take a smaller portion of the fruit because the fruit is no longer being counted as the 3rd component in the reimbursable meal.

Lunch OVS Example

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- ▶ 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

Here is another example menu. The lunch that is offered consists of turkey, mashed potatoes, peaches, whole grain roll and milk. Under Offer vs. Serve for 9 through 12th graders, the 2 oz. of turkey, ½ cup of mashed potatoes and 1 cup of peaches would be a reimbursable meal. The student took 3 components and at least ½ cup was a fruit or a vegetable and the other 2 components were full servings.

If the student were to take the turkey, ½ cup of mashed potatoes and only ½ cup of peaches the meal would not be reimbursable. To be reimbursable, two of the three components must be **full** servings

Lunch OVS Example

12

- ▶ 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

Here is the same menu, with the same offer Vs Serve selection but this is a Kindergarten through 8th grade student.

If the student took the turkey, ½ cup of mashed potatoes and ½ cup of peaches this would be a reimbursable meal.

K-8 students must have ¾ cup of vegetable per day so this is a reduced portion size, but the ½ cup peaches is a **full serving** because K-8 is required to have ½ cup fruit per day. This meal is reimbursable because, Two of the three components are full servings!

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Is it
reimbursable?

MEAL OR NO
MEAL

Together we will go through the next slides that show sample menus with student trays and answer the question is it reimbursable, as we play a little game called meal or no meal?

Reimbursable Meal?

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This student choose 1 c skim milk, whole orange = $\frac{1}{2}$ c fruit, $\frac{1}{2}$ c broccoli (veg), sandwich (2 oz eq grain, 2 oz eq m/ma, and $\frac{1}{4}$ cup veg)

Is this reimbursable for Kindergarten through 8th grade? What about 9th-12 grade?
****Hold on slide to allow for thinking time!***

Yes!

Reimbursable for all grade

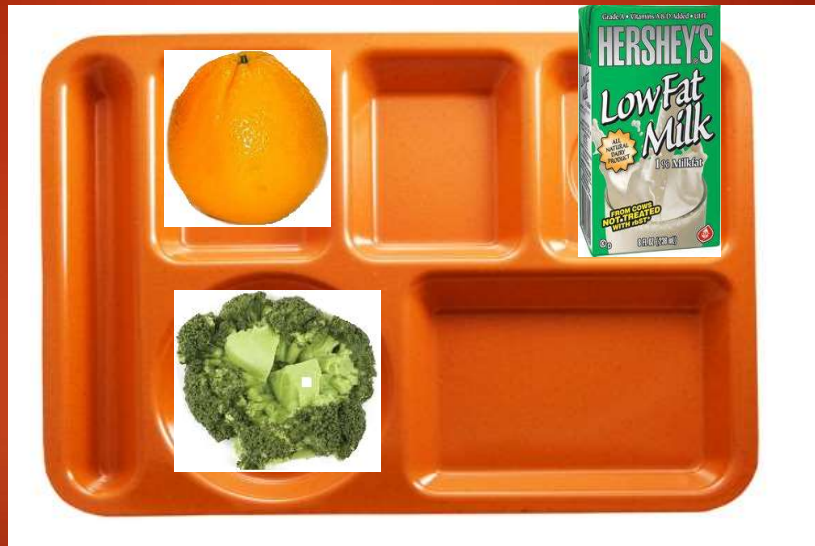
15



Yes this meal is reimbursable for all grade groups! It contains at least 2 full components and at least ½ cup of fruit or vegetable.

Reimbursable Meal?

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This student choose to take 1 c skim milk, A whole orange which equals $\frac{1}{2}$ c fruit, and $\frac{1}{2}$ c broccoli (veg)

Is this reimbursable for K-8? What about 9th through 12th grade? ****HOLD ON SLIDE TO ALLOW THINKING TIME!***

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

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This is a reimbursable meal for Kindergarten through 8th grade.

- The 1 cup of Milk and the orange which is $\frac{1}{2}$ cup are full servings and broccoli is smaller portion
- This meal contains at least 2 full components and at least $\frac{1}{2}$ c fruit/veg so it is reimbursable for the k-8 grade group.

This is not a reimbursable meal for 9th-12th grade. The 1 cup of Milk is the only full serving component that the student took. $\frac{1}{2}$ c fruit and $\frac{1}{2}$ cup veg are both smaller portions.

- Students in this grade group must take at least 3 components with 2 being in full amount and 1 being at least $\frac{1}{2}$ cup fruit or vegetable. Another $\frac{1}{2}$ c fruit, or another $\frac{1}{2}$ c veg, or a full serving of grain or meat/meat alternate would have to be added to this meal to make it reimbursable.

Reimbursable Meal?

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This student choose to take 1 c skim milk and $\frac{1}{2}$ c broccoli (veg)

Is this reimbursable for K-8? Is this meal reimbursable for 9-12? ****Hold on slide to allow for thinking time!***

No!

Not reimbursable for any grade groups

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No, this is not a reimbursable meal for any of the grade groups. The student took, 1 c skim milk, $\frac{1}{2}$ c broccoli. This tray does not contain 3 components with 2 full serving components and at least $\frac{1}{2}$ c fruit/veg. The milk (1c) is the only full serving, $\frac{1}{2}$ cup veg is a smaller portion and it is missing the 3 component. A Student must take 1 more full component to make this a reimbursable meal.

Reimbursable Meal?

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The student took 1 c skim milk, 1 whole orange= $\frac{1}{2}$ c fruit, and a sandwich (which is 2 oz equivalent grain and 2 oz equivalent meat/meat alternate and a $\frac{1}{4}$ cup vegetable because it has tomatoes and lettuce)

Is this reimbursable for K-8? Is this reimbursable for 9-12? ****Hold on slide to allow for thinking time!***

Yes!

Reimbursable for all grade groups

21



Yes this is a reimbursable meal for all grade groups! The student has selected at least 2 full components and at least $\frac{1}{2}$ c fruit/veg. This tray has 3 full components (milk, grain, m/ma)

- The serving of fruit in this example is a whole serving for grades K-8 and a partial serving for grades 9-12 but it does meet the $\frac{1}{2}$ cup minimum requirement.

Reimbursable Meal?



This student took $\frac{1}{2}$ of an orange which equals $\frac{1}{4}$ c fruit, 3 oz equivalent of roast beef, and $\frac{1}{2}$ c mixed vegetables.

Is this reimbursable for K-8? How about for grades 9-12? ****Hold on slide to allow for thinking time!***

No!

Not reimbursable for any grade groups

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No this meal is not reimbursable for any grade groups. The student choose $\frac{1}{2}$ orange which is $\frac{1}{4}$ c fruit, 3 oz equivalent of roast beef and $\frac{1}{2}$ c mixed vegetables. This tray does not have at least 2 full components and at least $\frac{1}{2}$ c fruit/veg. It only has 1 full component which is the roast beef. The student would need to add 1 other full component from milk or grain, or add more fruit ($\frac{1}{2} - \frac{3}{4}$ c) or vegetable ($\frac{1}{4} - \frac{1}{2}$ c) to meet minimum daily requirement for 1 of those components.

Reimbursable Meal?



This student took 3 oz equivalent Roast Beef, 1 c milk, and a Whole grain Rich pasta dish which is 2 oz eq pasta + $\frac{1}{4}$ cup Red Orange vegetable

Is this reimbursable for K-8? What about for 9th through 12th Grade? ****Hold on slide to allow for thinking time!***

No! Not reimbursable for any grade groups

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No, this meal is not reimbursable for any grade groups. The tray does not have at least 2 full components and at least $\frac{1}{2}$ c fruit/veg. The student took 3 full components with the roast beef-m/ma & pasta dish-grain, but they did not take at least $\frac{1}{2}$ cup of fruit or vegetable. They would need to add $\frac{1}{4}$ cup of fruit or vegetable to meet the $\frac{1}{2}$ minimum of fruit and vegetable.

Reimbursable Meal?

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This student chose 3 oz eq Roast Beef, 1 c milk, The Whole Grain Rich pasta dish which is 2 oz equivalent of pasta + $\frac{1}{4}$ cup Red orange vegetable and $\frac{1}{2}$ orange which equals $\frac{1}{4}$ cup fruit.

Is this reimbursable for K-8? What about for 9-12? ****Hold on slide to allow for thinking time!***

Yes!

Reimbursable for all grade groups

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Yes this is a reimbursable meal for all grade groups. The tray has at least 2 full components and at least $\frac{1}{2}$ c fruit/veg. They actually chose 3 full components The roast beef-m/ma & pasta dish-grain is a 2 full components and the $\frac{1}{4}$ cup fruit from the 1/2 orange + $\frac{1}{4}$ Red Orange veg from pasta sauce equals $\frac{1}{2}$ cup required fruit/veg.

Keep in mind that Caution should be used if you are going to menu plan and credit at this level of detail. Many schools choose to not credit pasta or pizza sauce/toppings as contributing toward their veg requirement since it makes identification of a reimbursable meal tricky!

Reimbursable Meal?

28



This student took 1 c milk, Whole grain Rich spaghetti which is 2 oz equivalent grain + $\frac{1}{4}$ cup Red Orange veg + 2 oz equivalent meat/meat alternate, and $\frac{3}{4}$ c mixed veg.

Is this reimbursable for K-8? Is this reimbursable for 9-12? ****Hold on slide to allow for thinking time!***

Yes!

Reimbursable for all grade groups

29



Yes, this is a reimbursable meal for all grade groups. The tray has at least 2 full components and at least $\frac{1}{2}$ c fruit/veg. The milk and spaghetti are full servings of grain and meat/meat alternate and the $\frac{3}{4}$ cup of mixed vegetables plus the $\frac{1}{4}$ cup of Red orange vegetable from the pasta sauce equals 1 cup of vegetables which is a full serving.

Reimbursable Meal?

30



This student took 1 c milk, Whole Grain Rich spaghetti which is 2 oz equivalent grain + $\frac{1}{4}$ cup Red orange vegetable + 2 oz equivalent meat/meat alternate and a tiny bit of mixed vegetables.

Is this reimbursable for K-8? What about grades 9 through 12? ****Hold on slide to allow for thinking time!***

No!

Not reimbursable for any grade groups

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No this is not a reimbursable meal for any grade groups. The tray does not have at least 2 full components and at least $\frac{1}{2}$ c fruit/veg. They do have 2 full components with the milk, and spaghetti, but they need a $\frac{1}{2}$ cup minimum of fruit or vegetable so to make this reimbursable they would need to add $\frac{1}{4}$ c fruit or vegetable to their tray.

Contact Us

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CANS Office

Email: DOESchoolLunch@state.sd.us

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



This concludes our presentation on offer versus serve requirements in the School Nutrition Program. If you have any questions please contact our office. You can email us at DOESchoollunch@state.sd.us or call 605-773-3413.

Lunch Offer Vs. Serve

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This training credits for 30 minutes of training in
Key Area 2 - Operations
2220 Offer Vs. Serve

Your Name:

Date of Training:



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Hold on slide for 30 seconds.