



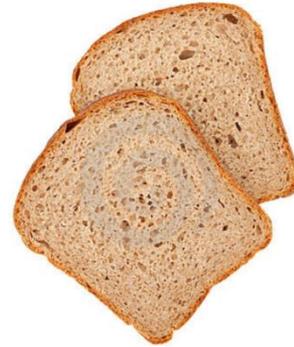
Offer Versus Serve

BREAKFAST

Breakfast Meal Pattern

	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



- **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

- 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

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

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 $\frac{1}{2}$ cup fruit or $\frac{1}{2}$ cup 100% fruit juice



Example Breakfast Menu 1

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 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

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

Meal or No Meal

IS IT REIMBURSABLE?



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



Student #1

MEAL - 4 food items + 1/2 c fruit

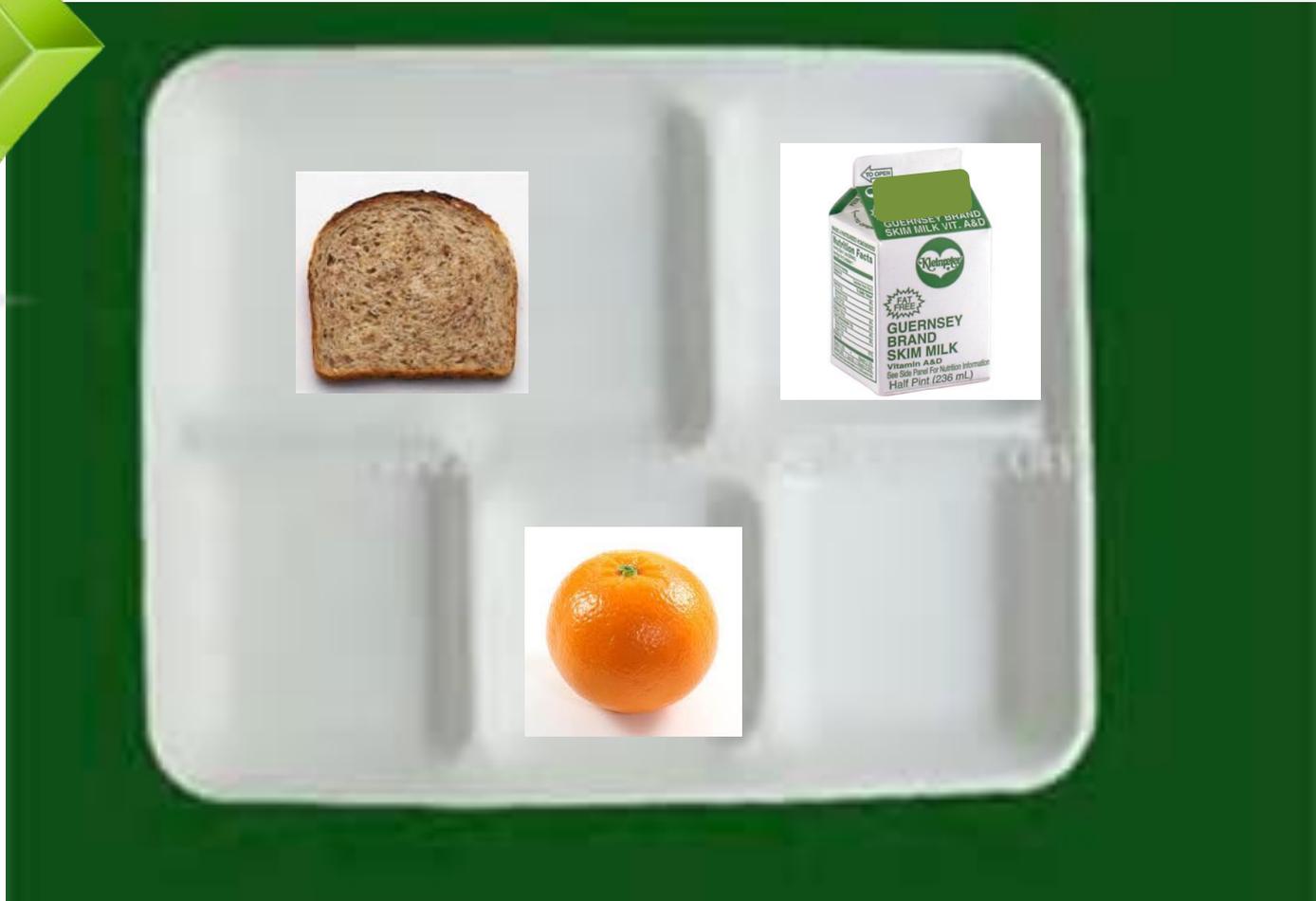


Student #1

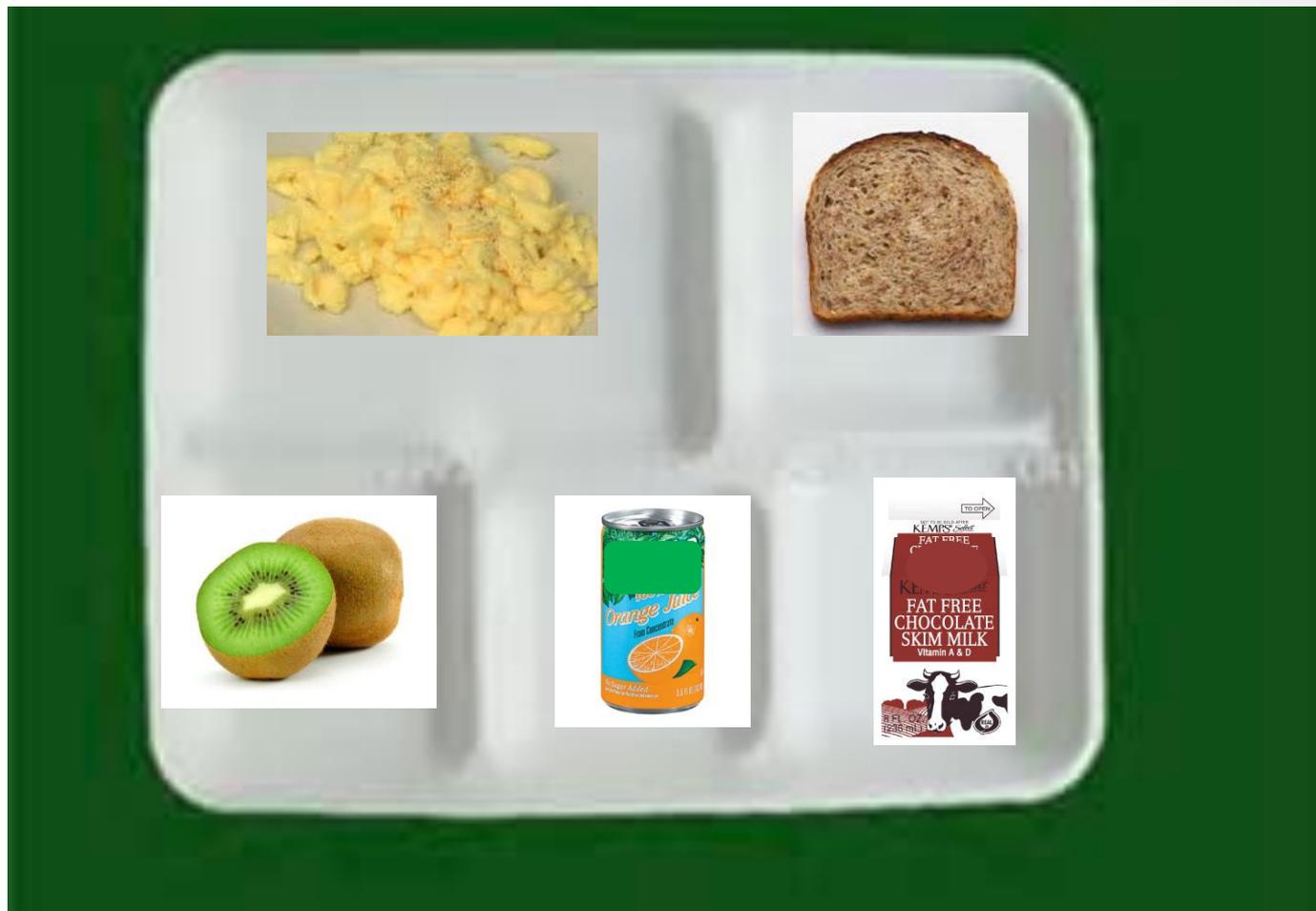


Student #2

MEAL-3 food items + 1/2 c fruit



Student #2



The Menu (5 items)

1 oz eq WGR bread

1/2 c kiwi

1 oz eq scrambled eggs

1/2 c 100% OJ

1 c milk



Student #1

MEAL-3 food items, but no fruit



Student #1



Student #2

MEAL-3 items selected + ½ c fruit



Student #2



Lunch & Breakfast Requirements

ADDITIONAL INFORMATION

Fruit and Vegetable Bars

- Excellent way to offer variety
- Use to simplify menu planning to meet subgroup requirements.
- If it is a separate serving line, must offer all components of a reimbursable meal
 - All daily and weekly requirements must be met
 - Vegetable subgroups, schools must *offer*, but child does not have to take subgroups
- Suggestions for using salad bars
 - http://teamnutrition.usda.gov/Resources/tricks_trade.pdf
 - Know the planned portion sizes
 - Pre-portion some foods
 - Use portion-controlled serving utensils

Special Diets

- CANS NSLP memo #
- 47.2 -Special Diet Statements in Child Nutrition Programs (Revised)
 - “Special Diet Orders” - Special diet orders are for participants with a disability that threatens a major life activity. SFA’s are required to provide an alternate meal or food. Specific “Special Diet Order” must be completed and signed by an MD or DO.
 - “Special Diet Request” - Some children do not have a disability but are unable to consume the regular meal because of medical or other special dietary needs. A “recognized medical authority” may submit a form requesting dietary substitutions. The SFA has the option to follow these requests or not. Though both federal law and CANS encourage SFAs to make dietary substitutions.
 - Both “Orders” and “Requests” must have proper documentation on file for each child.
- 60 - Special Diets - Q&A on Special diet requests

Special Diets

- Other options available:
 - Same Component Substitution:
 - For example, vegetarian diets can substitute yogurt (m/ma) in place of chicken (m/ma)
 - Milk Substitution USDA FNS memo SP07-2010
 - For example, to deal with a lactose intolerance serve fat-free lactose free milk for regular fat-free milk
- Utilize offer versus serve option