Offer Versus Serve

DEPARTMENT OF EDUCATION – CHILD & ADULT NUTRITION SERVICES – 8/16/22
BACK TO SCHOOL BASICS
ROB INGALLS & DIANA WEBB; PROGRAM SPECIALISTS
Lunch
OFFER VERSUS SERVE
<table>
<thead>
<tr>
<th>Meal Pattern</th>
<th>Grades K-5</th>
<th>Grades 6-8</th>
<th>Grades 9-12</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amount of Food(^a) Per Week (Minimum Per Day)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fruits (cups)(^b)</td>
<td>2.5 (0.5)</td>
<td>2.5 (0.5)</td>
<td>5 (1)</td>
</tr>
<tr>
<td>Vegetables (cups)(^b)</td>
<td>3.75 (0.75)</td>
<td>3.75 (0.75)</td>
<td>5 (1)</td>
</tr>
<tr>
<td>Dark green(^c)</td>
<td>0.5</td>
<td>0.5</td>
<td>0.5</td>
</tr>
<tr>
<td>Red/Orange(^c)</td>
<td>0.75</td>
<td>0.75</td>
<td>1.25</td>
</tr>
<tr>
<td>Beans and peas (legumes)(^c)</td>
<td>0.5</td>
<td>0.5</td>
<td>0.5</td>
</tr>
<tr>
<td>Starchy(^c)</td>
<td>0.5</td>
<td>0.5</td>
<td>0.5</td>
</tr>
<tr>
<td>Other(^c,d)</td>
<td>0.5</td>
<td>0.5</td>
<td>0.75</td>
</tr>
<tr>
<td>Additional Veg to Reach Total(^e)</td>
<td>1</td>
<td>1</td>
<td>1.5</td>
</tr>
<tr>
<td>Grains (oz eq)(^f)</td>
<td>8-9 (1)</td>
<td>8-10 (1)</td>
<td>10-12 (2)</td>
</tr>
<tr>
<td>Meats/Meat Alternates (oz eq)</td>
<td>8-10 (1)</td>
<td>9-10 (1)</td>
<td>10-12 (2)</td>
</tr>
<tr>
<td>Fluid milk (cups)(^g)</td>
<td>5 (1)</td>
<td>5 (1)</td>
<td>5 (1)</td>
</tr>
</tbody>
</table>

Other Specifications: Daily Amount Based on the Average for a 5-Day Week

<table>
<thead>
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</thead>
<tbody>
<tr>
<td>Min-max calories (kcal)(^h)</td>
<td>550-650</td>
<td>600-700</td>
<td>750-850</td>
</tr>
<tr>
<td>Saturated fat (% of total calories)(^h)</td>
<td>&lt; 10</td>
<td>&lt; 10</td>
<td>&lt; 10</td>
</tr>
<tr>
<td>Sodium (mg)(^h,i)</td>
<td>≤ 935</td>
<td>≤ 1035</td>
<td>≤ 1080</td>
</tr>
<tr>
<td>Trans fat(^h)</td>
<td>Nutrition label or manufacturer specifications must indicate zero grams of trans fat per serving.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Offer vs. Serve Definitions

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

- Required for senior high schools
  - grades 9-12

- Optional for lower grades
  - grades K-8
Offer vs. Serve at Lunch

- 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 ½ cup fruit or vegetable.
Must be offered at Lunch

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

![Right](image1)

![Wrong](image2)
Fruit and Vegetable requirement
Offer versus Serve at Lunch

Reimbursable meals must contain at least ½ 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 in the full amount according to the meal pattern
- **1** – 1 component (fruit or vegetable/mix) may be in as little as ½ cup selected
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

Example:
- High School student selects only 3 components
- 2 of the 3 components are fruits and vegetables
- 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

Not Reimbursable, needs 1 more full component
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
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?
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
Reimbursable Meal?
Yes!
Reimbursable for all grade groups
Reimbursable Meal?
Yes!
Reimbursable for all grade groups
Reimbursable Meal?
No!
Not reimbursable for any grade groups
Breakfast
OFFER VERSUS SERVE
<table>
<thead>
<tr>
<th>Meal Pattern</th>
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<tr>
<td>Amount of Food Per Week (Minimum Per Day)</td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Fruits (cups)</td>
<td>5 (1)</td>
<td>5 (1)</td>
<td>5 (1)</td>
</tr>
<tr>
<td>Fluid Milk (cups)</td>
<td>5 (1)</td>
<td>5 (1)</td>
<td>5 (1)</td>
</tr>
<tr>
<td>Vegetables (cups)</td>
<td>No requirement, substitution for fruit allowed.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Grains (oz eq)</td>
<td>7-10 (1)</td>
<td>8-10 (1)</td>
<td>9-10 (1)</td>
</tr>
<tr>
<td>Meat/Meat Alternates (oz eq)</td>
<td>No requirement, substitution in place of grains allowed after 1 oz eq daily requirement met.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
**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

- 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: ½ cup fruit pieces & ½ cup 100% fruit juice

Milk: 1 cup choice of low-fat or no-fat milk
<table>
<thead>
<tr>
<th>Menu</th>
<th>Crediting</th>
<th># Food Items</th>
</tr>
</thead>
<tbody>
<tr>
<td>WG Toast</td>
<td>1 oz eq grain</td>
<td>1 food item</td>
</tr>
<tr>
<td>Cereal Flakes</td>
<td>1 oz eq grain</td>
<td>1 food item</td>
</tr>
<tr>
<td>Apple slices</td>
<td>½ cup fruit</td>
<td>1 food item</td>
</tr>
<tr>
<td>100% Fruit Juice</td>
<td>½ cup fruit juice</td>
<td>1 food item</td>
</tr>
<tr>
<td>Milk (2 varieties available)</td>
<td>1 cup milk</td>
<td>1 food item</td>
</tr>
</tbody>
</table>

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 2**

<table>
<thead>
<tr>
<th>Menu</th>
<th>Crediting</th>
<th># Food Items</th>
</tr>
</thead>
<tbody>
<tr>
<td>Egg Sandwich</td>
<td>1 oz eq grain &amp; 1 oz eq m/ma</td>
<td>2 food items</td>
</tr>
<tr>
<td>100% OJ</td>
<td>½ cup 100% juice</td>
<td>1 food item</td>
</tr>
<tr>
<td>Apple slices</td>
<td>½ cup fruit</td>
<td>1 food item</td>
</tr>
<tr>
<td>Milk (2 varieties available)</td>
<td>1 cup milk</td>
<td>1 food item</td>
</tr>
</tbody>
</table>

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)
½ 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 + ½ 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 + \( \frac{1}{2} \) c fruit

Student #2
Student #3
Student #4
Student #4
Contact Us

CANS Office

Email: DOESchoolLunch@state.sd.us
Phone: 605-773-3413
Website: doe.sd.gov/cans/index.aspx
This training credits for 45 minutes of training in
Key Area 2 - Operations
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3. email: program.intake@usda.gov.

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