

# Offer Versus Serve (OVS) in the Summer Food Service Program

OVS is a concept that applies to menu planning and the determination of reimbursable meals in the U.S. Department of Agriculture’s (USDA) Child Nutrition Programs. OVS allows children to decline a certain number of food components in the meal and select the foods they prefer to eat, while reducing food cost and waste. SFSP sponsors have the option of implementing OVS for breakfast, lunch, and supper. OVS cannot be implemented for snacks.

OVS is implemented differently for breakfast and lunch/supper. The OVS requirements for each meal service are summarized below. For specific guidance on the SFSP meal pattern requirements, visit the “[Meal Patterns for the SFSP](#)” section of the Connecticut State Department of Education’s (CSDE) [SFSP](#) website.

The USDA allows OVS only for school food authority (SFA) sponsors of the SFSP.

## Requirements for Breakfast

The three food components of the [SFSP breakfast meal pattern](#) include vegetables/fruits (VF), grains/breads (GB), and milk (M). Meat/meat alternates (MMA) are optional. A “food component” is one of the three food groups that comprise reimbursable breakfasts in the SFSP.

OVS at breakfast is based on food items, not food components. A “food item” is a specific food from the three food components. For example, a yogurt and fruit parfait that contains at least ½ cup of yogurt and ½ cup of fruit provides two food items (MMA and VF) for OVS. Table 1 summarizes the OVS meal pattern requirements for breakfast.

Table 1. OVS requirements for breakfast in the SFSP		
Required meal pattern components for OVS <sup>1</sup>	Minimum number of food items	
	Offered	Selected
<ul style="list-style-type: none"> <li>• One serving of VF</li> <li>• One serving of GB</li> <li>• One serving of M</li> <li>• One serving of additional food item from VF, GB, or MMA<sup>2</sup></li> </ul>	4	3
<p><sup>1</sup> The serving of each component must be at least the minimum amount in the SFSP meal pattern.</p> <p><sup>2</sup> The additional food item must be different from the other food items. Breakfast menus cannot include two servings of the same food item, e.g., two servings of toast. Larger food items that provide more than one serving by weight or volume, such as a 2-ounce roll or 1 cup of fruit, count as only one food item under OVS at breakfast.</p>		


# OVS in the SFSP

To implement OVS at breakfast, SFSP menus must offer at least four food items from the three food components. Children must select at least three food items. Breakfast accompaniments such as maple syrup, cream cheese, butter, and jam do not credit toward the SFSP meal pattern. For more information, refer to the CSDE’s resource, [Noncreditable Foods in the Summer Food Service Program](#).

For a breakfast to be reimbursable under OVS, SFSP sites must meet the criteria below.



- The planned serving size for each food item must be at least the minimum required quantity specified in the SFSP meal pattern. SFSP sites must offer the full serving of at least four different food items to all children.
- Children decide which foods to decline, if any. Children must select the full serving of at least three of the four food items offered. Children may take smaller portions of declined food items; however, these foods do not count toward the reimbursable meal.
- Children may decline any one of the required food items, including milk.

Table 2 shows examples of OVS at breakfast.

Table 2. Examples of OVS at breakfast				
Planned breakfast menu		Meal selections		Reimbursable meal?
Meal component	Food items	Child selects	Food items <i>At least 3</i>	
GB	Whole-grain bagel, 2 ounces	Bagel	2	<b>No.</b> The selected meal contains only two food items (GB and M).
VF	Strawberries, ½ cup	Milk		
VF	Orange slices, ½ cup	Bagel	3	<b>Yes.</b> The selected meal contains three food items (GB, VF, and M).
M	Low-fat milk (8 fluid ounces)	Orange slices		
		Milk		
		Bagel	3	<b>Yes.</b> The selected meal contains three food items (GB, VF, and M).
		Strawberries	3	<b>Yes.</b> The selected meal contains three food items (two VF and M).
		Orange slices		
		Milk		

# OVS in the SFSP

**Table 2. Examples of OVS at breakfast, *continued***

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Planned breakfast menu		Meal selections		Reimbursable meal?
Meal component	Food items	Child selects	Food items <i>At least 3</i>	
GB VF MMA M	Whole-grain bread (1 ounce) Red grapes (½ cup) Peanut butter (2 Tablespoons) Low-fat milk (8 fluid ounces)	Bread Peanut butter Milk	3	<b>Yes.</b> The selected meal contains three food items (GB, MMA, and M).
		Peanut butter Grapes Milk	3	<b>Yes.</b> The selected meal contains three food items (MMA, VF, and M).
		Bread Peanut butter Grapes	3	<b>Yes.</b> The selected meal contains three food items (GB, MMA, and VF).
		Bread Peanut butter	2	<b>No.</b> The selected meal contains only two food items (GB and MMA).
GB GB VF M	Whole-grain cereal (1 ounce) Whole-grain toast (1 ounce) Cantaloupe (½ cup) Low-fat milk (8 fluid ounces)	Cereal Milk	2	<b>No.</b> The selected meal contains only two food items (GB and M).
		Cereal Cantaloupe	2	<b>No.</b> The selected meal contains only two food items (GB and VF).
		Cereal Toast Milk	3	<b>Yes.</b> The selected meal contains three food items (two GB and M).
		Cantaloupe Toast	2	<b>No.</b> The selected meal contains only two food items (VF and GB).

# OVS in the SFSP

## Requirements for Lunch and Supper

The four food components of the [SFSP lunch and supper meal pattern](#) include meat/meat alternates (MMA), vegetables/fruits (VF), grains/breads (GB), and milk (M). A “food component” is one of the four food groups that comprise reimbursable lunches/suppers in the SFSP.

At lunch and supper, OVS is based on food components not food items. A “food item” is a specific food from the four food components. It may contain one or more food components or more than one serving of the same component. For example, a hamburger patty on a whole-grain bun is one food item that contains two food components (MMA and GB). A selection of three different ½-cup servings of fruit such as peaches, applesauce and pears, contains three food items from one food component (VF).



To implement OVS at lunch and supper, SFSP menus must offer all four food components and children must select at least three food components. Lunch accompaniments such as salad dressing, ketchup, mustard, relish, butter and potato chips do not credit toward the SFSP meal pattern. For more information, refer to the CSDE’s resource, [Noncreditable Foods in the Summer Food Service Program](#). Table 3 summarizes the OVS meal pattern requirements for lunch and supper.

Table 3. OVS Requirements for lunch and supper in the SFSP		
Required meal pattern components for OVS <sup>1</sup>	Minimum number of food components	
	Offered	Selected
<ul style="list-style-type: none"> <li>• One serving of MMA</li> <li>• Two servings of VF</li> <li>• One serving of GB</li> <li>• One serving of M</li> </ul>	4	3
<p><sup>1</sup> The serving of each component must be at least the minimum amount in the SFSP meal pattern. Two servings from the same food component count as only one food component for OVS, e.g., two ½-cup servings of corn, or one ½-cup serving of peaches and one ½-cup serving of broccoli. Larger food items that provide more than one serving by weight or volume, such as a 2-ounce whole-grain roll or 1 cup of fruit, count as only one food component for OVS at lunch.</p>		

## OVS in the SFSP

For a lunch and supper to be reimbursable under OVS, SFSP sites must meet the criteria below.


- The planned serving size for each food component must be at least the minimum required quantities specified in the SFSP meal pattern. SFSP sites must offer the four food components to all children, which includes five food items.
- Children decide which foods to decline, if any. Children must select the full serving of at least three of the four food components offered. Children may take smaller portions of declined foods; however, these foods do not count toward the reimbursable meal.
- Children only need to select one of the two servings of vegetables and/or fruits to count as one VF component for OVS. If children select both servings of vegetables and/or fruits, they still count as only one VF component for OVS.
- Children may decline any one food component (MMA, VF, GB, and milk).

Table 4 shows examples of OVS at lunch.




# OVS in the SFSP

**Table 4. Examples of OVS at lunch**

Table 4. Examples of OVS at lunch				
Planned lunch menu		Meal selections		Reimbursable meal?
Meal component	Food items	Child selects	Food components <i>At least 3</i>	
MMA  GB	Turkey (1 ounce) and cheese (1 ounce) sandwich on whole-wheat bread (2 slices)	Turkey and cheese sandwich Milk	3	<b>Yes.</b> The meal contains three food components (MMA, GB and M).
VF VF M	Carrot sticks (½ cup) Red apple (½ cup) Low-fat milk (8 fluid ounces)	Turkey and cheese sandwich Apple	3	<b>Yes.</b> The meal contains three food components (MMA, GB, and VF).
		Apple Carrots Milk	2	<b>No.</b> The meal contains two food components (VF and M).
		Turkey and cheese sandwich	2	<b>No.</b> The meal contains only two food components (MMA and GB).
		Apple Milk	2	<b>No.</b> The meal contains only two food components (VF and M)

# OVS in the SFSP

**Table 4. Examples of OVS at lunch, *continued***


Planned lunch menu		Meal selections		Reimbursable meal?
Meal component	Food items	Child selects	Food components <i>At least 3</i>	
MMA MMA GB VF VF M	Yogurt (½ cup) * Swiss cheese cubes (1 ounce) * Whole-grain roll (1 ounce) Fresh peach (½ cup) Green apple (½ cup) Low-fat milk (8 fluid ounces)	Yogurt Peach Apple Roll	2	<b>No.</b> The meal contains only two food components (VF and G). Children must take the yogurt and cheese cubes together to provide one serving of MMA.
		Yogurt Cheese cubes Roll Milk	3	<b>Yes.</b> The meal contains three food components (MMA, GB, and M). The yogurt and cheese cubes together provide one serving of MMA.
		Roll Peach Apple Milk	3	<b>Yes.</b> The meal contains three food components (GB, VF, and M).
		Roll Apple Milk	3	<b>Yes.</b> The meal contains three food components (GB, VF, and M).
		Yogurt Peach Roll Milk	3	<b>Yes.</b> The meal contains three food components (VF, GB, and M). The yogurt alone does not credit as MMA because it is less than one serving.

\* A ½-cup serving of yogurt and 1 ounce of cheese together provide one serving (2 ounces) of MMA at lunch and supper.



# OVS in the SFSP

**Table 4. Examples of OVS at lunch, *continued***

Table 4. Examples of OVS at lunch, <i>continued</i>				
Planned lunch menu		Meal selections		Reimbursable meal?
Meal component	Food items	Child selects	Food components <i>At least 3</i>	
MMA GB VF VF M	Cheese pizza (2 ounces of cheese and 3 ounces of pizza crust) Coleslaw (½ cup) Green grapes (½ cup) Low-fat milk (8 fluid ounces)	Cheese pizza	2	<b>No.</b> The meal contains only two food components (MMA and GB)
		Cheese pizza Coleslaw	3	<b>Yes.</b> The meal contains three food components (MMA, GB, and VF).
		Coleslaw Grapes	1	<b>No.</b> The meal contains only one food component (VF).
		Cheese pizza Milk	3	<b>Yes.</b> The meal contains three food components (MMA, GB, and M).
		Cheese pizza Grapes	3	<b>Yes.</b> The meal contains three food components (MMA, GB, and VF).



# OVS in the SFSP

## Resources

Administration Guide: Summer Food Service Program (USDA):

[https://fns-prod.azureedge.us/sites/default/files/sfsp/SFSP\\_Admin\\_Guide\\_Sept2016.pdf](https://fns-prod.azureedge.us/sites/default/files/sfsp/SFSP_Admin_Guide_Sept2016.pdf)

Crediting Foods in the SFSP (“Documents/Forms” section of CSDE’s SFSP webpage):

<https://portal.ct.gov/SDE/Nutrition/Summer-Food-Service-Program/Documents>

Food Buying Guide for Child Nutrition Programs (USDA):

<https://www.fns.usda.gov/tn/food-buying-guide-for-child-nutrition-programs>

How to Do OVS (USDA):

<https://www.fns.usda.gov/summer-how-do-offer-versus-serve-ovs>

Noncreditable Foods in the Summer Food Service Program (CSDE):

[https://portal.ct.gov/-/media/SDE/Nutrition/SFSP/CreditingSFSP/Noncreditable\\_Foods\\_SFSP.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/SFSP/CreditingSFSP/Noncreditable_Foods_SFSP.pdf)

Nutrition Guide: Summer Food Service Program (USDA):

[https://fns-prod.azureedge.net/sites/default/files/sfsp/USDA\\_SFSP\\_NutritionGuide.pdf](https://fns-prod.azureedge.net/sites/default/files/sfsp/USDA_SFSP_NutritionGuide.pdf)

Requirements for the Grains/Breads Component of the Summer Food Service Program Meal Patterns (CSDE):

[https://portal.ct.gov/-/media/SDE/Nutrition/SFSP/CreditingSFSP/Component\\_Grains\\_Breads\\_SFSP.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/SFSP/CreditingSFSP/Component_Grains_Breads_SFSP.pdf)

Requirements for the Meat/Meat Alternates Component of the Summer Food Service Program Meal Patterns (CSDE):

[https://portal.ct.gov/-/media/SDE/Nutrition/SFSP/CreditingSFSP/Component\\_MMA\\_SFSP.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/SFSP/CreditingSFSP/Component_MMA_SFSP.pdf)

Requirements for the Milk Component of the Summer Food Service Program Meal Patterns (CSDE):

[https://portal.ct.gov/-/media/SDE/Nutrition/SFSP/CreditingSFSP/Component\\_Milk\\_SFSP.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/SFSP/CreditingSFSP/Component_Milk_SFSP.pdf)

Requirements for the Vegetables/Fruits Component of the Summer Food Service Program Meal Patterns (CSDE):

[https://portal.ct.gov/-/media/SDE/Nutrition/SFSP/CreditingSFSP/Component\\_Vegetables\\_Fruits\\_SFSP.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/SFSP/CreditingSFSP/Component_Vegetables_Fruits_SFSP.pdf)

Summer Food Service Program (SFSP) Meal Patterns (CSDE):

[https://portal.ct.gov/-/media/SDE/Nutrition/SFSP/MealPattern/SFSP\\_Meal\\_Patterns.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/SFSP/MealPattern/SFSP_Meal_Patterns.pdf)

Video: Offer versus Serve in the SFSP (USDA):

[https://www.youtube.com/watch?v=Vs\\_JEjO0\\_Us](https://www.youtube.com/watch?v=Vs_JEjO0_Us)

Video: SFSP Meal Service Types (Washington Office of Superintendent Public Instruction):

<https://www.youtube.com/watch?v=nveiMN7aSq4>

# OVS in the SFSP



For more information, visit the CSDE's [SFSP](#) website or contact the [Summer Meals staff](#) at the Connecticut State Department of Education, Bureau of Child Nutrition Programs, 450 Columbus Boulevard, Suite 504, Hartford, CT 06103-1841.

This document is available at [https://portal.ct.gov/-/media/SDE/Nutrition/SFSP/MealPattern/SFSP\\_Meal\\_Patterns.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/SFSP/MealPattern/SFSP_Meal_Patterns.pdf).

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2. fax: (833) 256-1665 or (202) 690-7442; or
3. email: [program.intake@usda.gov](mailto:program.intake@usda.gov)

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