

Summer Meals Annual Training: Offer versus Serve (OVS) in the Summer Food Service Program (SFSP)

Worksheet 1: Meal or No Meal Breakfast Edition

The SFSP breakfast menus below meet the SFSP breakfast meal pattern requirements. Children must select full serving of at least three food items for a reimbursable breakfast with OVS.

Review each child’s meal selection in the first column. In the second column, check “Meal” if the meal is reimbursable or check “No meal” if the meal is not reimbursable.

Breakfast Menu 1: Four Food Items

- 3 ounce enriched corn muffin
- ½ cup strawberries
- 1 ounce Swiss cheese cubes
- 1 cup low-fat milk

Child Selects	Meal or No Meal
Corn muffin Milk	<input type="checkbox"/> Meal <input type="checkbox"/> No meal
Corn muffin Cheese Milk	<input type="checkbox"/> Meal <input type="checkbox"/> No meal
Corn muffin Strawberries Milk	<input type="checkbox"/> Meal <input type="checkbox"/> No meal
Strawberries Cheese Milk	<input type="checkbox"/> Meal <input type="checkbox"/> No meal
Corn muffin Strawberries Cheese	<input type="checkbox"/> Meal <input type="checkbox"/> No meal

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Breakfast Menu 2: Five Food Items

- 2 ounce whole-grain bagel
- 2 tablespoons peanut butter
- ½ cup orange slices
- ½ cup red grapes
- 1 cup low-fat milk

Child Selects	Meal or No Meal
Bagel Peanut butter	<input type="checkbox"/> Meal <input type="checkbox"/> No meal
Bagel Orange slices Milk	<input type="checkbox"/> Meal <input type="checkbox"/> No meal
Bagel Peanut butter Grapes	<input type="checkbox"/> Meal <input type="checkbox"/> No meal
Bagel Orange slices Grapes	<input type="checkbox"/> Meal <input type="checkbox"/> No meal
Grapes Orange slices Milk	<input type="checkbox"/> Meal <input type="checkbox"/> No meal
Bagel Peanut butter Milk	<input type="checkbox"/> Meal <input type="checkbox"/> No meal

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Breakfast Menu 3: Five Food Items

- Breakfast sandwich (combination food)
 - 2-ounce enriched English muffin
 - 1 egg, ½ ounce cheese, ½ ounce ham
- 1 cup fruit salad
- 1 cup low-fat milk

Child Selects	Meal or No Meal
Breakfast sandwich	<input type="checkbox"/> Meal <input type="checkbox"/> No meal
Breakfast sandwich Fruit salad	<input type="checkbox"/> Meal <input type="checkbox"/> No meal
Breakfast sandwich Milk	<input type="checkbox"/> Meal <input type="checkbox"/> No meal

For more information on Summer Meals training, visit the [“Annual Training”](#) section of the CSDE’s SFSP webpage 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/training/summermeals/summer_meals_training_ovs_sfsp_worksheet1_breakfast.pdf.



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