

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

Answers for 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 checked="" type="checkbox"/> No meal The child selected only two food items, including one grains/breads and one milk.
Corn muffin Cheese Milk	<input checked="" type="checkbox"/> Meal <input type="checkbox"/> No meal The child selected three food items, including one grains/breads, one meats/meat alternates, and one milk.
Corn muffin Strawberries Milk	<input checked="" type="checkbox"/> Meal <input type="checkbox"/> No meal The child selected three food items, including one grains/breads, one vegetables/fruits, and one milk.
Strawberries Cheese Milk	<input checked="" type="checkbox"/> Meal <input type="checkbox"/> No meal The child selected three food items, including one vegetables/fruits, one meats/meat alternates, and one milk.
Corn muffin Strawberries Cheese	<input checked="" type="checkbox"/> Meal <input type="checkbox"/> No meal Meal. The child selected three food items, including one grains/breads, one vegetables/fruits, and one meats/meat alternates.

Answers for Worksheet 1: OVS in the SFSP Meal or No Meal Breakfast Edition

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 checked="" type="checkbox"/> No meal The child selected only two food items, including one grains/breads and one meats/meat alternates.
Bagel Orange slices Milk	<input checked="" type="checkbox"/> Meal <input type="checkbox"/> No meal The child selected three food items, including one grains/breads, one vegetables/fruits, and one milk.
Bagel Peanut butter Grapes	<input checked="" type="checkbox"/> Meal <input type="checkbox"/> No meal The child selected three food items, including one grains/breads, one meats/meat alternates, and one vegetables/fruits.
Bagel Orange slices Grapes	<input checked="" type="checkbox"/> Meal <input type="checkbox"/> No meal The child selected three food items including one grains/breads and two vegetables/fruits.
Grapes Orange slices Milk	<input checked="" type="checkbox"/> Meal <input type="checkbox"/> No meal The child selected three food items, including two vegetables/fruits and one milk.
Bagel Peanut butter Milk	<input checked="" type="checkbox"/> Meal <input type="checkbox"/> No meal The child selected three food items, including one grains/breads, one meats/meat alternates, and one milk.

Answers for Worksheet 1: OVS in the SFSP Meal or No Meal Breakfast Edition

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 checked="" type="checkbox"/> No meal The child selected only two food items, including one grains/breads and one meats/meat alternates.
Breakfast sandwich Fruit salad	<input checked="" type="checkbox"/> Meal <input type="checkbox"/> No meal The child selected three food items, including one grains/breads, one meats/meat alternates, and one vegetables/fruits.
Breakfast sandwich Milk	<input checked="" type="checkbox"/> Meal <input type="checkbox"/> No meal The child selected three food items, including one grains/breads, one meats/meat alternates, and milk.

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_answer.pdf.



Answers for Worksheet 1: OVS in the SFSP Meal or No Meal Breakfast Edition

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