

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

Worksheet 2: Meal or No Meal Lunch and Supper Edition

The SFSP lunch/supper menus below meet the SFSP lunch and supper meal pattern requirements. Children must select the full serving of at least three meal components for a reimbursable lunch or supper with OVS. A selection of one or two of the two offered servings of the vegetables/fruits component counts as the full vegetables/fruits component for 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.

Lunch/Supper Menu 1

- Turkey Sandwich (combination food)
 - 3 ounces turkey
 - ¼ cup lettuce and tomato
 - Two 1-ounce slices whole-wheat bread
- ½ cup carrot sticks
- ½ cup red apple
- 1 cup low-fat milk

Child Selects	Meal or No Meal
Sandwich Milk Apple	<input type="checkbox"/> Meal <input type="checkbox"/> No meal
Sandwich Milk	<input type="checkbox"/> Meal <input type="checkbox"/> No meal
Carrots Milk Apple	<input type="checkbox"/> Meal <input type="checkbox"/> No meal
Sandwich Milk Carrots	<input type="checkbox"/> Meal <input type="checkbox"/> No meal

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Lunch/Supper Menu 2

- Spaghetti and meat sauce (combination food)
 - 1 cup enriched spaghetti
 - 2 ounces cooked beef
 - ½ cup tomato sauce
- 1 cup tossed salad
- 1 ounce whole-grain roll
- ½ cup of fresh peach
- 1 cup low-fat milk

Child Selects	Meal or No Meal
Pasta with meat sauce Salad	<input type="checkbox"/> Meal <input type="checkbox"/> No meal
Pasta with meat sauce Salad Milk	<input type="checkbox"/> Meal <input type="checkbox"/> No meal
Pasta without meat sauce Salad Roll	<input type="checkbox"/> Meal <input type="checkbox"/> No meal
Roll Salad peach	<input type="checkbox"/> Meal <input type="checkbox"/> No meal
Pasta with meat sauce	<input type="checkbox"/> Meal <input type="checkbox"/> No meal

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Lunch/Supper Menu 3

- ½ cup yogurt
- 1 ounce low-fat string cheese
- 1 ounce whole-grain crackers
- ½ cup orange slices
- ½ cup broccoli florets
- 1 cup low-fat milk

Child Selects	Meal or No Meal
Yogurt Crackers Oranges Broccoli	<input type="checkbox"/> Meal <input type="checkbox"/> No meal
Yogurt Cheese stick Crackers Oranges	<input type="checkbox"/> Meal <input type="checkbox"/> No meal
Cheese stick Crackers Oranges Milk	<input type="checkbox"/> Meal <input type="checkbox"/> No meal
Crackers Oranges Broccoli Milk	<input type="checkbox"/> Meal <input type="checkbox"/> No meal
Crackers Broccoli Milk	<input type="checkbox"/> Meal <input type="checkbox"/> No meal

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Lunch/Supper Menu 4

- 1 ounce grilled chicken
- ¼ cup kidney beans (planned as meats/meat alternates (MMA) component)
- ½ cup brown rice
- ½ cup green beans
- ½ cup canned peaches
- 1 cup low-fat milk

Child Selects	Meal or No Meal
Chicken Kidney beans Milk	<input type="checkbox"/> Meal <input type="checkbox"/> No meal
Rice Green beans Peaches Milk	<input type="checkbox"/> Meal <input type="checkbox"/> No meal
Chicken Green beans Milk	<input type="checkbox"/> Meal <input type="checkbox"/> No meal
Chicken Kidney beans Rice Milk	<input type="checkbox"/> Meal <input type="checkbox"/> No meal
Chicken Rice Peaches Milk	<input type="checkbox"/> Meal <input type="checkbox"/> No meal
Kidney beans Rice Green beans Milk	<input type="checkbox"/> Meal <input type="checkbox"/> No meal

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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_worksheet2_lunch_supper.pdf.



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