

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

Answers for 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 checked="" type="checkbox"/> Meal <input type="checkbox"/> No meal The child selected four meal components, including grains/breads, meats/meat alternates, vegetables/fruits, and milk.
Sandwich Milk	<input checked="" type="checkbox"/> Meal <input type="checkbox"/> No meal The child selected four meal components, including grains/breads, meats/meat alternates, vegetables/fruits, and milk.
Carrots Milk Apple	<input type="checkbox"/> Meal <input checked="" type="checkbox"/> No meal The child selected only two meal components, including vegetables/fruits and milk. The carrot sticks and apple are both from the vegetables/fruits component.
Sandwich Milk Carrots	<input checked="" type="checkbox"/> Meal <input type="checkbox"/> No meal The child selected four meal components, including grains/breads, meats/meat alternates, vegetables/fruits, and milk.

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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 checked="" type="checkbox"/> Meal <input type="checkbox"/> No meal The child selected three meal components, including grains/breads, meats/meat alternates, and vegetables/fruits.
Pasta with meat sauce Salad Milk	<input checked="" type="checkbox"/> Meal <input type="checkbox"/> No meal The child selected four meal components, including grains/breads, meats/meat alternates, vegetables/fruits, and milk.
Pasta without meat sauce Salad Roll	<input type="checkbox"/> Meal <input checked="" type="checkbox"/> No meal The child selected only two meal components, including grains/breads and vegetables/fruits. While they are two different food items, the spaghetti and roll are both from the grains/breads component.
Roll Salad peach	<input type="checkbox"/> Meal <input checked="" type="checkbox"/> No meal The child selected only two meal components, including grains/breads and vegetables/fruits. While the salad and peach are two different food items, they are both from the vegetables/fruits component.
Pasta with meat sauce	<input checked="" type="checkbox"/> Meal <input type="checkbox"/> No meal The child selected three meal components, including grains/breads, meats/meat alternates, and vegetables/fruits.

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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 checked="" type="checkbox"/> No meal The child selected only two meal components, including grains/breads and vegetables/fruits. The yogurt does not count as the meats/meat alternates component for OVS because it does not provide the full serving.
Yogurt Cheese stick Crackers Oranges	<input checked="" type="checkbox"/> Meal <input type="checkbox"/> No meal The child selected three meal components, including meats/meat alternates, grains/breads, and vegetables/fruits. The yogurt and cheese stick together count as the full serving of the meats/meat alternates component
Cheese stick Crackers Oranges Milk	<input checked="" type="checkbox"/> Meal <input type="checkbox"/> No meal The child selected three meal components, including grains/breads, vegetables/fruits, and milk. The cheese stick does not count as the meats/meat alternates component for OVS because it does not provide the full serving.
Crackers Oranges Broccoli Milk	<input checked="" type="checkbox"/> Meal <input type="checkbox"/> No meal The child selected three meal components, including grains/breads, vegetables/fruits, and milk.
Crackers Broccoli Milk	<input checked="" type="checkbox"/> Meal <input type="checkbox"/> No meal The child selected three meal components, including grains/breads, vegetables/fruits, and milk.

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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 checked="" type="checkbox"/> No meal The child selected only two meal components, including MMA and milk. The chicken and kidney beans together count as the full serving of the MMA component for OVS.
Rice Green beans Peaches Milk	<input checked="" type="checkbox"/> Meal <input type="checkbox"/> No meal The child selected three meal components, including grains/breads, vegetables/fruits, and milk.
Chicken Green beans Milk	<input type="checkbox"/> Meal <input checked="" type="checkbox"/> No meal The child selected only two meal components, including vegetables/fruits and milk. The chicken does not count as the MMA component for OVS because it does not provide the full serving.
Chicken Kidney beans Rice Milk	<input checked="" type="checkbox"/> Meal <input type="checkbox"/> No meal The child selected three meal components, including MMA, grains/breads, and milk. The chicken and kidney beans together provide the full serving of the MMA component.
Chicken Rice Peaches Milk	<input checked="" type="checkbox"/> Meal <input type="checkbox"/> No meal The child selected three meal components, including grains/breads, vegetables/fruits and milk. The chicken does not count as the MMA component for OVS because it does not provide the full serving.
Kidney beans Rice Green beans Milk	<input checked="" type="checkbox"/> Meal <input type="checkbox"/> No meal The child selected three meal components, including grains/breads, vegetables/fruits and milk. The kidney beans do not count as the MMA component for OVS because they do not provide the full serving.

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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_answer.pdf.



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