

Module 15: Offer versus Serve (OVS) in the NSLP

What's in a Meal
Grades K-12

National School Lunch Program and School Breakfast Program Meal Patterns for Grades K-12

School Year 2022-23

Module 15: Offer versus Serve (OVS) in the NSLP

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Bureau of Child Nutrition Programs

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What's in a Meal Modules

1: Introduction to Training	2: Introduction to School Meal Patterns	3: National School Lunch Program (NSLP) Meal Pattern	4: School Breakfast Program (SBP) Meal Pattern
5: Dietary Specifications	6: Meal Pattern Documentation	7: Milk Component	8: Meat/Meat Alternates Component
9: Fruits Component	10: Vegetables Component	11: Grains Component	12: Whole Grain-rich (WGR) Requirement
13: Grain Ounce Equivalents	14: Water Availability During Meal Service	15: Offer versus serve (OVS) in the NSLP	16: Offer versus serve (OVS) in the SBP

<https://portal.ct.gov/SDE/Nutrition/Meal-Pattern-Training-Materials>

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Recommendation:
Complete modules 1-13 first

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What's in a Meal
Grades K-12

Topics and Key Messages

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Module 15 Topics

- Overview of OVS requirements
- Food components and food items
- OVS requirements for meal pattern components
- OVS requirements for salad bars
- Strategies for success
- Meal identification signage
- Meal or No Meal
- Resources

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Key Messages for OVS


- Menus must meet daily and weekly NSLP meal pattern requirements
- School food authority (SFA) must offer all 5 components
- Students must select $\geq \frac{1}{2}$ cup fruits/vegetables and ≥ 2 components
- Signage is required

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Key Messages for OVS

- Menu planning decisions affect reimbursable meals
- Successful OVS implementation = strategic menu planning, clear communication, and staff training



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Overview of OVS

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OVS Legislation


- NSLP regulations 7 CFR 210.10(e)



[https://www.ecfr.gov/current/title-7/subtitle-B/chapter-II/subchapter-A/part-210#p-210.10\(e\)](https://www.ecfr.gov/current/title-7/subtitle-B/chapter-II/subchapter-A/part-210#p-210.10(e))

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OVS

A provision that allows students in grades K-12 to decline some of the offered foods in reimbursable meals


Terms to Know

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OVS Applies To

- National School Lunch Program (NSLP)
- School Breakfast Program (SBP)
- Seamless Summer Option (SSO) of NSLP



Different OVS requirements for lunch and breakfast

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OVS Goals

- Reduce food waste
- Allow students to choose the foods they want to eat



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When OVS Applies

Required in NSLP for

- High schools



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When OVS Applies

Optional in NSLP for

- Elementary schools
- Middle schools



Without OVS, students must select all 5 components


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When OVS Applies

Optional in SBP and SSO

- Grades K-12



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When OVS Applies

Not Allowed for

- Preschoolers (ages 1-4) in NSLP and SBP
- Afterschool Snack Program (ASP)



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Meal Pattern Requirements Do Not Change

- Plan menus to meet NSLP meal pattern

Weekly

- ≤ 50% juice
- Ounce equivalents (oz eq) of grains and MMA
- ≥ 80% WGR
- Vegetable subgroups
- Dietary specifications

Food Component ¹	Grades K-5		Grades 6-8		Grades 9-12	
	Days	Amount	Days	Amount	Days	Amount
Milk, fluid (any)	1	1	1	1	1	1
Meat or meat alternate	1	1	1	1	1	1
Vegetable subgroup	1	1	1	1	1	1
Grain (any)	1	1	1	1	1	1
Fruit (any)	1	1	1	1	1	1
Other	1	1	1	1	1	1

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Meal Pattern Requirements Do Not Change

- Menus must still meet all requirements

Daily

- Specific quantities of 5 food components




Food Component ¹	Grades K-5		Grades 6-8		Grades 9-12	
	Days	Amount	Days	Amount	Days	Amount
Milk, fluid (any)	1	1	1	1	1	1
Meat or meat alternate	1	1	1	1	1	1
Vegetable subgroup	1	1	1	1	1	1
Grain (any)	1	1	1	1	1	1
Fruit (any)	1	1	1	1	1	1
Other	1	1	1	1	1	1

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Student Selections

- May decline any 1 or 2 components except
 - at least ½ cup of fruits/vegetables
- SFAs cannot tell students which foods to select



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Determining Reimbursable Meals

- Point-of-service meal counts
- Requires staff training



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Meal Prices

- Meals must be priced as unit
- May charge different prices for different meals
 - Must allow all students to select any lunch
- Same meal price regardless of selected food items



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Overview of Two OVS Requirements

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Overview of Two OVS Requirements

SFA	Students
Menu planning	Reimbursable meals
	

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Overview of Two OVS Requirements

SFA	
Menu planning	
Full serving of all 5 components of NSLP meal pattern	

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Lunch Meal Pattern for Grades K-5 and 6-8

Minimum Daily Requirements				
MMA	Grains	Vegetables	Fruits	Milk
				
1 oz eq	1 oz eq	¾ cup	½ cup	1 cup

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Lunch Meal Pattern for Grades 9-12

Minimum Daily Requirements				
MMA	Grains	Vegetables	Fruits	Milk
				
2 oz eq	2 oz eq	1 cup	1 cup	1 cup

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Overview of Two OVS Requirements














Students

Reimbursable meals
<ul style="list-style-type: none"> • ≥ ½ cup fruits, vegetables, or both • Full serving of ≥ 2 other components

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Lunch Menu =




Examples of reimbursable meals with 3 components			
			
			
			

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OVS with Family-style Meal Service


- Same requirements
- Supervising adult must ensure each student selects required food items for reimbursable breakfast
 - Careful monitoring
 - Training



https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/OVS/OVS_Guide_SNP.pdf

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Food Components and Food Items

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Food Components

The five food groups that comprise reimbursable meals in the NSLP

Meat/meat alternates (MMA)	Vegetables
Grains	Fruits
	Milk

Terms to Know

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Food Items

A specific food offered within the five food components




Terms to Know

Different definition for breakfast

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How Many Components?

Food item	Components	3
Meat and cheese lasagna 	<ol style="list-style-type: none"> 1. Grains: whole grain-rich (WGR) noodles 2. MMA: meat and cheese 3. Vegetables: tomato sauce 	

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How Many Components?

Food item	Components	3
Chicken fajita wrap 	<ol style="list-style-type: none"> 1. Grains: whole-grain tortilla 2. MMA: chicken and cheese 3. Vegetables: lettuce and tomato 	

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How Many Components?

Food item	Components	2
Hot dog in WGR bun 	<ol style="list-style-type: none"> 1. Grains: WGR bun 2. MMA: hot dog 	


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Reminder: Counting Components for OVS


Incorporate procedures in annual OVS training

- Based on school's crediting documentation
- Must ensure staff understand how to accurately count each daily menu choice
 - Daily pre-service meeting
 - Review daily production records and standardized recipes



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Student Selections for OVS

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Minimum Student Selections for OVS

Component	Amount
MMA 	Full serving
Grains 	Full serving
Vegetables 	½ cup
Fruits 	½ cup
Milk 	Full serving






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Selecting Less or More Than Full Serving

Student Selects	Number of OVS components
Less	None, except ½ cup fruits/vegetables
More	1

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Overview of OVS Requirements for Components

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Overview of OVS Requirements for Components

MMA and grains

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Overview of OVS Requirements for Components

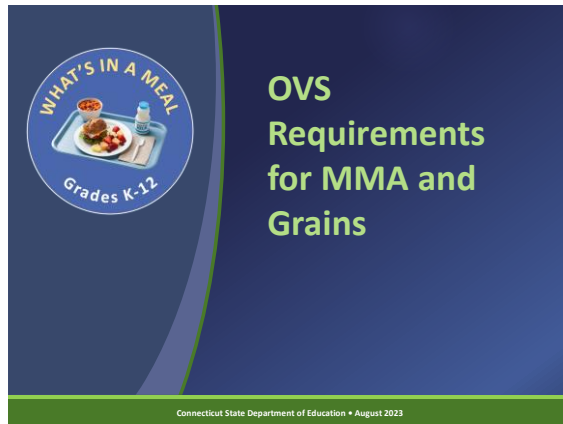
Fruits and vegetables

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Overview of OVS Requirements for MMA and Grains

- Must offer minimum daily serving for each grade group
- MMA must be main dish or main dish and 1 food item
- MMA must be visible and recognizable
- May offer full serving of grains from more than 1 food item

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Must offer minimum daily serving for each grade group

Daily Lunch Meal Pattern		
Grades	MMA	Grains
K-5 and 6-8	1 oz eq	1 oz eq
9-12	2 oz eq	2 oz eq

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Main Dish Requirement for MMA

- MMA must be
 - main dish
 - main dish and 1 other food item

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Main Dish Requirement for MMA

4 tablespoons peanut butter = 2 oz eq

2 tablespoons peanut butter = 1 oz eq

1 ounce cheese stick = 1 oz eq


Must select both food items to count as MMA component for OVS


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Main Dish Requirement for MMA

Example of 2 MMA items for Grades 9-12




Planned daily MMA (≥ 2 oz eq)	Student selects	Counts as 1 OVS component?
1 oz eq turkey		No
1 oz eq cheese		


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Main Dish Requirement for MMA

Example of 2 MMA items for Grades 9-12




Planned daily MMA (≥ 2 oz eq)	Student selects	Counts as 1 OVS component?
1 oz eq turkey		No
1 oz eq cheese		



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Main Dish Requirement for MMA

Example of 2 MMA items for Grades 9-12




Planned daily MMA (≥ 2 oz eq)	Student selects	Counts as 1 OVS component?
1 oz eq turkey		Yes
1 oz eq cheese		

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MMA must be visible and recognizable

- Cannot credit toward meal patterns or count toward OVS if not a recognizable main dish



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MMA must be visible and recognizable

Two exceptions

- Yogurt blended in fruit or vegetable smoothies
- Pasta made with 100% legume flours





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May Offer Full Serving of Grains From More Than 1 Food Item

- ≥ ¼ oz eq (minimum creditable amount)
- Combined amount = full serving
- Student must select all food items to count as 1 component for OVS





Consider how menu offerings affect students' selections of reimbursable meals

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Overview of OVS Requirements for Fruits and Vegetables

- Must offer minimum daily serving for each grade group
- Students must always select $\geq \frac{1}{2}$ cup
- May offer full serving from more than 1 food item
- Student's selection counts as either 1 component or $\frac{1}{2}$ cup
- Dried fruits and raw leafy greens count based on crediting volume

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Must offer minimum daily serving for each grade group

Grades	Minimum daily serving
K-5	$\frac{1}{2}$ cup fruits
6-8	$\frac{3}{4}$ cup vegetables
9-12	1 cup fruits 1 cup vegetables

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Students must always select $\geq \frac{1}{2}$ cup

- $\geq \frac{1}{2}$ cup fruits OR
- $\geq \frac{1}{2}$ cup vegetables OR
- $\frac{1}{2}$ cup fruit and vegetable

Students not required to select full serving if $\geq \frac{1}{2}$ cup

Only 2 components that less than full serving counts toward OVS


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May offer full serving as more than 1 food item

- $\geq \frac{1}{8}$ cup (minimum creditable amount)
- Combined amount = full serving

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May offer full serving as more than 1 food item



Daily Lunch Meal Pattern for Grades 9-12			
Fruits = 1 cup		Vegetables = 1 cup	
			
½ cup	½ cup	½ cup	½ cup


Best Practice: Offer all fruits and vegetables in ½-cup servings

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May offer full serving as more than 1 food item


- If ≥ 2 food items, student must take all food items to count as full component for OVS



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Counts as 1 component or minimum ½-cup serving but not both



Depends on


- amount student selects
- required serving for grade group

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Counts as 1 component or minimum ½-cup serving but not both

Example 1: Crediting Fruit Selections for Grades K-5 and 6-8




½ cup


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Counts as 1 component or minimum ½-cup serving but not both



Example 1: Crediting Fruit Selections for Grades K-5 and 6-8

Student selects	Counts as	
	Full component	½ cup
 ½ cup	Yes	Yes


For reimbursable meal

- ≥ 2 components OR
- ≥ 1 component and ≥ ½ cup vegetables


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Counts as 1 component or minimum ½-cup serving but not both



Example 2: Crediting Fruit Selections for Grades 9-12




1 cup

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Counts as 1 component or minimum ½-cup serving but not both

Example 2: Crediting Fruit Selections for Grades 9-12

Student selects	Counts as	
	Full component	½ cup
½ cup 	No	Yes

For reimbursable meal

- ≥ 2 components




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Counts as 1 component or minimum ½-cup serving but not both

Example 3: Crediting Vegetable Selections for Grades K-5 and 6-8



¾ cup




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Counts as 1 component or minimum ½-cup serving but not both

Example 3: Crediting Vegetable Selections for Grades K-5 and 6-8

Student selects	Counts as	
	Full component	½ cup
½ cup 	No	Yes

For reimbursable meal

- ≥ 2 components




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Counts as 1 component or minimum ½-cup serving but not both

Example 4: Crediting Vegetable Selections for Grades 9-12



1 cup




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Counts as 1 component or minimum ½-cup serving but not both

Example 4: Crediting Vegetable Selections for Grades 9-12

Student selects	Counts as	
	Full component	½ cup
½ cup 	No	Yes

For reimbursable meal

- ≥ 2 components




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Dried fruits and raw leafy greens count based on crediting volume

- Dried fruit = twice volume served
- Raw leafy greens = half volume served



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Overview


- Offer 1 cup for all grades
- Offer milk variety
- Students not required to select milk
- Selection of 1 cup = 1 component for OVS



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Minimum Daily Serving

- 1 cup for all grades = 8 fluid ounces = half pint



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Milk Variety

- Meets federal and state requirements
- ≥ 2 choices of low-fat or fat-free milk, unflavored or flavored
 - ≥ 1 unflavored




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Students' Milk Selection

- Not required
- May select or decline full component
- 1 cup = 1 component for OVS

Reimbursable meal =

- 1 cup milk
- ≥ 1 component
- $\geq \frac{1}{2}$ cup fruit (or vegetable substitution)

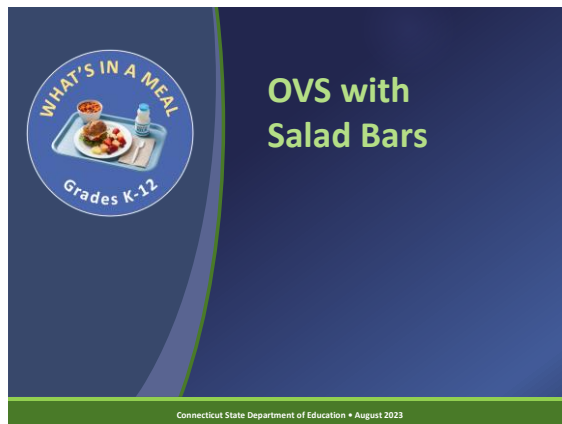


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Can SFA

- Successfully meet OVS requirements for salad bars
- Ensure students take minimum required portions

OVS is not always an option



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Salad Bar Strategies

- Pre-portion and pre-package foods



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- Provide appropriate serving utensils
- Instruct students on selecting required components and portions

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Salad Bar Strategies

- Pre-portion and pre-package foods
- Post salad bar signage
- Provide guidance on minimum portions for fruits and vegetables



<https://www.fns.usda.gov/tn/food-buying-guide-for-child-nutrition-programs>
<https://portal.ct.gov/SDE/Nutrition/Menu-Planning#PortionGuideFreshFruit>
<https://portal.ct.gov/SDE/Nutrition/Menu-Planning#PortionGuideFreshVegetables>

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Example of Salad Bar Signage

Choose at least 1/2 cup of fruits/vegetables

			
1 apple	1 banana	3 pieces broccoli florets	1 scoop canned fruit
			
6 carrot sticks	1 scoop chickpeas	6 cucumber slices	2 scoops lettuce
			
1 orange	10 pepper sticks	2 scoops spinach	6 tomatoes

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Salad Bar Strategies

- Pre-portion and pre-package foods
- Post salad bar signage
- Provide guidance on minimum portions for fruits and vegetables
- Locate salad bar before point of service
- Provide staff training

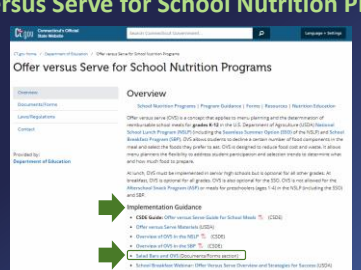


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CSD E Resource


Offer versus Serve for School Nutrition Programs



<https://portal.ct.gov/SDE/Nutrition/Offer-versus-Serve-for-School-Nutrition-Programs/Documents#SaladBarsOVS>

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Strategies for Success

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Successful OVS Implementation




- Menu planning
- Communication
- Training

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Importance of Menu Planning

- Determines what and how much students must take for reimbursable meal
- Can increase likelihood that students will select reimbursable meals



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Menu Planning Goal: Make it easy for



- Students to select reimbursable lunches
- Staff to identify reimbursable lunches

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Menu Planning Strategies

- Be consistent with menu planning and crediting



Vegetables?
MMA?



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Menu Planning Strategies

- Be consistent with menu planning and crediting
- Follow best practices for MMA, grains, fruits, and vegetables



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Successful OVS Implementation




- Menu planning
- Communication
- Training

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Communication Strategies

- Clearly communicate daily menu options to food service staff and students



Staff

Required food components for each daily lunch choice


What students must select for reimbursable lunch

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Communication Strategies

- Clearly communicate daily menu options to food service staff and students



Students

Meal identification signage for all daily lunch options

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Successful OVS Implementation



- Menu planning
- Communication
- Training

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Importance of Staff Training

- Understand OVS requirements
- Accurately identify reimbursable meals at point of service
- Help students select reimbursable meals



Must ensure correct meal counting and claiming with OVS

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Conduct OVS Training for

- Servers
- Cashiers
- Other applicable food service staff
- Non-food service employees, e.g., teachers who oversee classroom meals




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CSDE Resource

Requirements for Classroom Meals in the NSLP and SBP



https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Forms/MailCount/Requirements_Classroom_Meals_NSLP_SBP.pdf

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Recommended Training Frequency

- At least annually for servers, cashiers, and other applicable staff
- When changes occur to school nutrition programs



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Meets USDA's Professional Standards for Annual Training

Operations (code 2000)

- 2200 Serving Food
 - 2220 Offer versus Serve

<https://portal.ct.gov/SDE/Nutrition/Professional-Standards-for-School-Nutrition-Professionals>



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Best Practice

- Conduct daily pre-service meeting



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SFAs must properly train cashiers on how to identify reimbursable meals with OVS




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Onsite Monitoring of OVS

- Part of annual monitoring requirement monitoring



https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Forms/MealCount/Onsite_Review_Checklist_NSLP.pdf

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Successful OVS Implementation

- Menu planning
- Communication
- Training



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Menu Planning Strategies for MMA and Grains

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Menu Planning Strategies for MMA and Grains


- 1 Offer combination entrees that provide full serving
- 2 Offer full serving as one food item
- 3 Package foods with less than full serving together

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Offer combination entrees that provide full serving

- Entree = 2 components
- For reimbursable meal
 - ≥ ½ cup of fruits or vegetables




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Offer full serving as 1 food item

- Selection credits as full component for OVS

Examples for Grades 9-12



2 oz eq 1 oz eq each


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Offer full serving as 1 food item

- Selection credits as full component for OVS

Examples for Grades 9-12




1 cup ½ cup each

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Offer full serving as 1 food item


- Selection credits as full component for OVS
- For reimbursable meal with 1 grain or MMA




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Offer full serving as 1 food item



- Selection credits as full component for OVS
- For reimbursable meal with 1 grain or MMA
 - ≥ 1 other component
 - ≥ ½ cup fruits or vegetables




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Package foods with less than full serving together

- Selection credits as full component for OVS



½ cup = 1 oz eq 1 ounce = 1 oz eq


2 oz eq MMA

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Package foods with less than full serving together

- Selection credits as full component for OVS



0.4 ounce = ½ oz eq 0.4 ounce = ½ oz eq


1 oz eq grains

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Package foods with less than full serving together

- Selection credits as full component for OVS
- For reimbursable meal
 - ≥ 1 other component
 - ≥ ½ cup fruits or vegetables



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MMA and grains

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Menu Planning Strategies for Fruits and Vegetables

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Menu Planning Strategies for Fruits and Vegetables

1

Offer in ½-cup servings

2

Plan juice choices not to exceed juice limit




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Offer all fruits and vegetables in ½-cup servings

- Must clearly communicate how many ½-cup servings students may select






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Offer all fruits and vegetables in ½-cup servings

Minimum number of ½-cup servings

Grades K-5 and 6-8		
Component		Minimum ½-cup servings
Fruits ½ cup		1
Vegetables ¾ cup		2






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Offer all fruits and vegetables in ½-cup servings

Minimum number of ½-cup servings

Grades 9-12		
Component		Minimum ½-cup servings
Fruits 1 cup		2
Vegetables 1 cup		2



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Plan juice choices not to exceed juice limit

- Fruit juice cannot exceed half of weekly fruits component
- Vegetable juice cannot exceed half of weekly vegetables component

Signage must indicate amount of juice students can select



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Plan juice choices not to exceed juice limit

Offering ½-cup Fruit Choices at Lunch

MENU

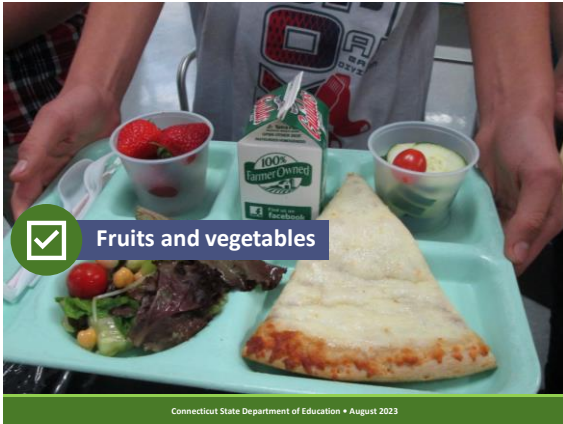
- Fresh fruits
- Canned fruits
- Fruit juices

Select 2 fruits or 1 fruit and 1 juice



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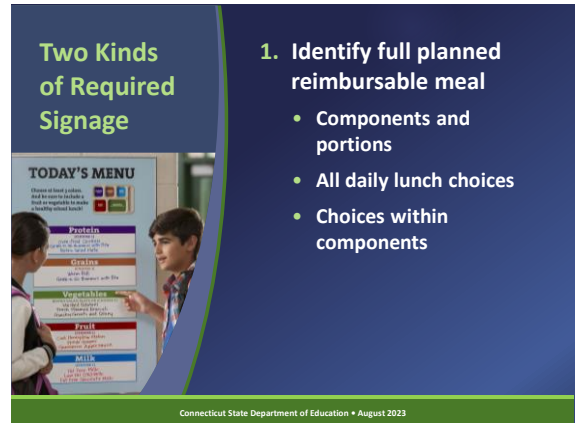
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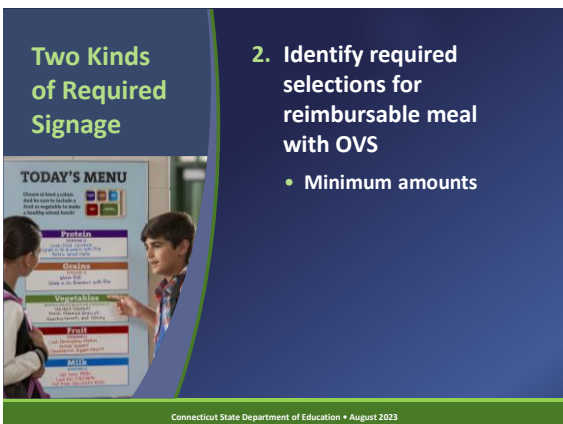
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Types of Signage

- Menu boards
- Posters
- Signs
- Plastic display stands
- Labels
- Table tents
- Static clings on sneeze guards



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Signage Not Required

- Field trips
- Meals in classroom



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Examples of Signage



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Sample Lunch Menu: Grades K-5 and 6-8

Each lunch includes 5 components: meat/meat alternates (MMA), grains, vegetables, fruits, and milk.

► Choose at least 1 fruit or vegetable and 2 other components ◀
For best nutrition, take all 5!

MMA and grains	Vegetables *	Fruits *	Milk
May choose 1	May choose up to 2	May choose 1	May choose 1
<ul style="list-style-type: none"> Baked chicken with enriched cornbread Hamburger on whole grain-rich bun Southwest chili with whole-grain roll Turkey whole-grain wrap 	<ul style="list-style-type: none"> Carrot sticks Broccoli florets Garden salad Green beans Seasoned corn Roasted potatoes 	<ul style="list-style-type: none"> Apple Banana Blueberries Green grapes Pineapple chunks Sliced peaches 	<ul style="list-style-type: none"> Fat-free milk Low-fat milk Low-fat chocolate milk
* Each serving is 1/2 cup			

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Sample Lunch Menu: Grades 9-12

Each lunch includes 5 components: meat/meat alternates (MMA), grains, vegetables, fruits, and milk.

► Choose at least 1 fruit or vegetable and 2 other components ◀
For best nutrition, take all 5!

MMA and grains	Vegetables *	Fruits *	Milk
May choose 1	May choose up to 2	May choose up to 2	May choose 1
<ul style="list-style-type: none"> Baked chicken with enriched cornbread Hamburger on whole grain-rich bun Southwest chili with whole-grain roll Turkey whole-grain wrap 	<ul style="list-style-type: none"> Carrot sticks Broccoli florets Garden salad Green beans Seasoned corn Roasted potatoes 	<ul style="list-style-type: none"> Apple Banana Blueberries Green grapes Pineapple chunks Sliced peaches 	<ul style="list-style-type: none"> Fat-free milk Low-fat milk Low-fat chocolate milk
* Each serving is 1/2 cup			

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Signage for Fruits and Vegetables



Take up to 2 fruits and 2 vegetables!

Choose at least 1 fruit or vegetable with every meal!


Select 1 or 2 fruits and 1 or 2 vegetables to complete your meal!

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Other Meal Communication Methods

- Visual graphics



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Other Meal Communication Methods

- Prepare sample lunch trays

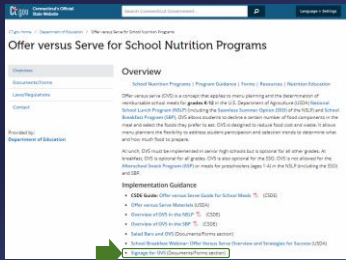


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CSDE Resource

Offer versus Serve for School Nutrition Programs



<https://portal.ct.gov/SDE/Nutrition/Offer-versus-Serve-for-School-Nutrition-Programs/Documents/SignageOVS>

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Signage Checklist


- Available for
 - each daily lunch choice?
 - each serving line?
- Clearly visible?
- Located at or near beginning of serving line?
- Located at applicable points in serving line near each food component?

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Best Practice

- Conduct cafeteria walk-through to determine if signage is clear



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Knowledge Check: Meal or No Meal

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Knowledge Check: Meal or No Meal

- Review lunch menu
- Determine if students choose a reimbursable meal
 - ≥ 2 full components
 - $\geq \frac{1}{2}$ cup F or V



https://portal.ct.gov/-/media/SDE/Nutrition/Training/WIAM/WIAM_Worksheet_Module_15_Meal_No_Meal.pdf

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Coding for Food Components

- MMA = Meat/meat alternates
- F = Fruits
- G = Grains
- M = Milk
- V = Vegetables

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Lunch Menu for Grades K-5

- MMA 2 oz eq
- G 2 oz eq
- V $\frac{1}{4}$ cup
- V $\frac{1}{2}$ cup
- F $\frac{1}{2}$ cup
- M 1 cup

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Elementary School Student 1 Selects

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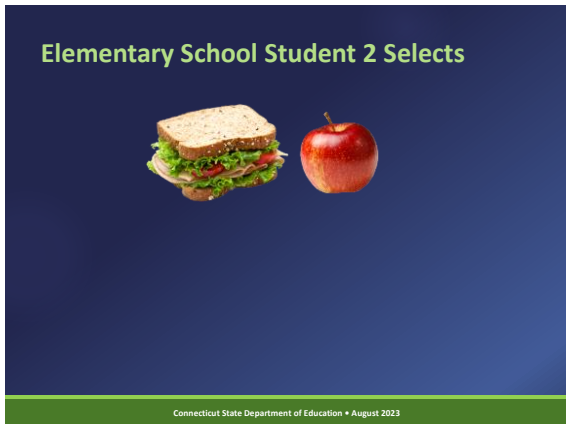
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Elementary School Student 1 Selects

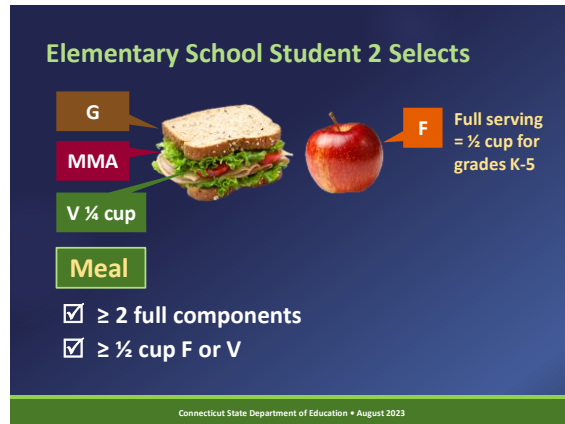
- G
- MMA
- V
- Meal
- ≥ 2 full components
- $\geq \frac{1}{2}$ cup F or V

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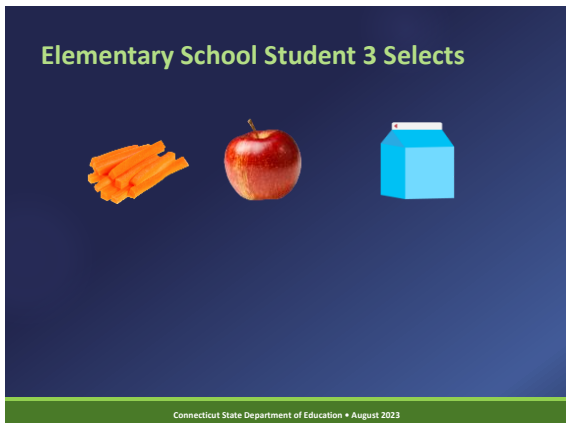
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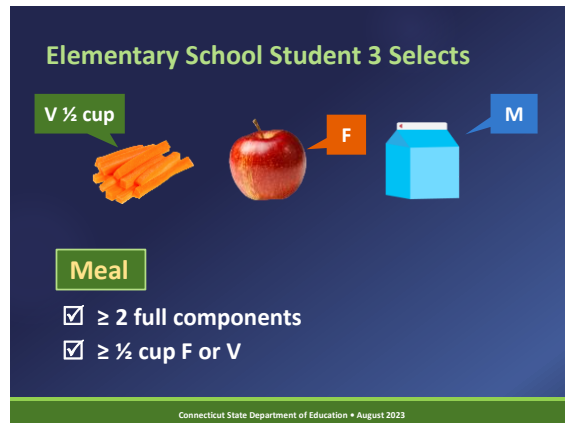
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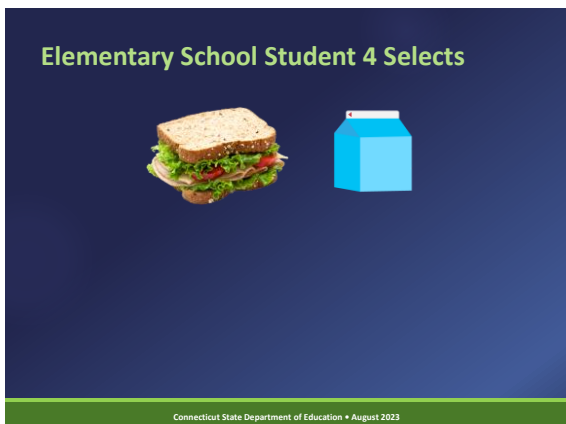
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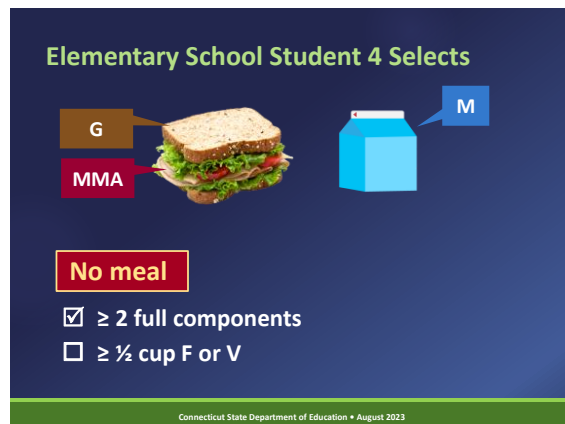
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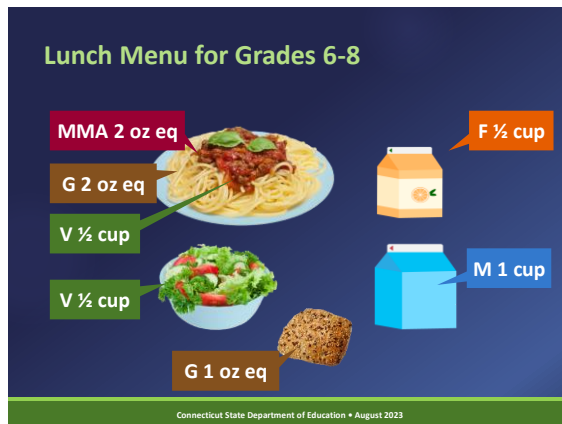
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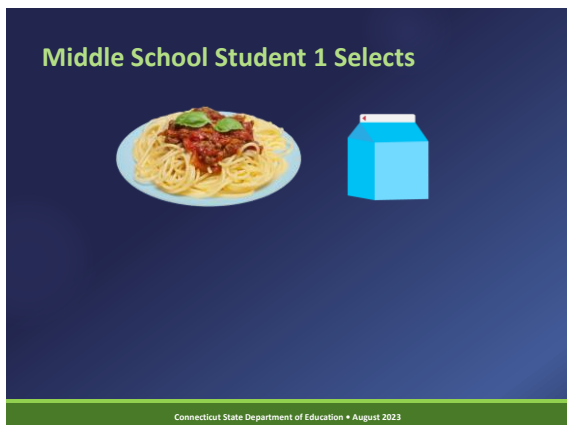
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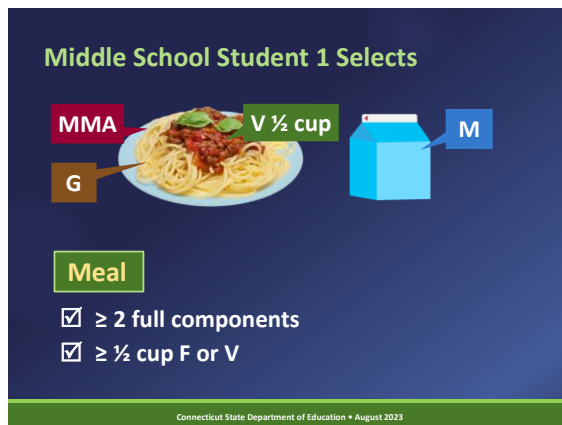
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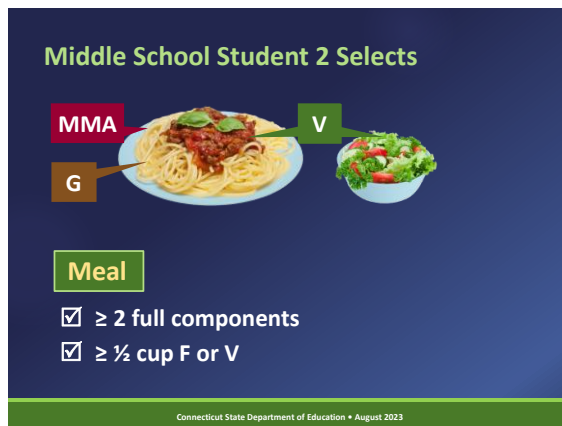
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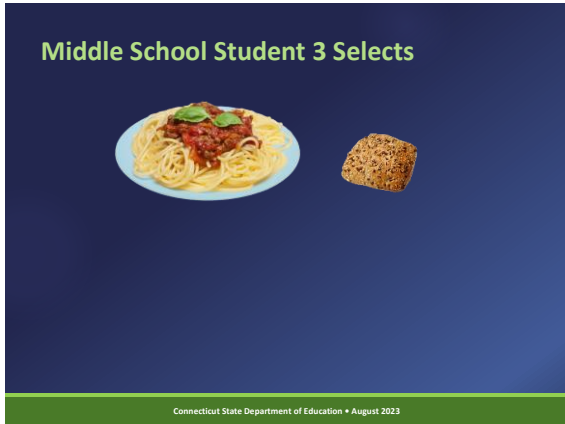
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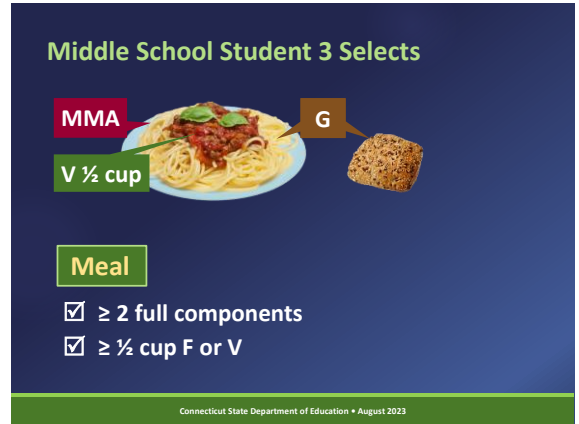
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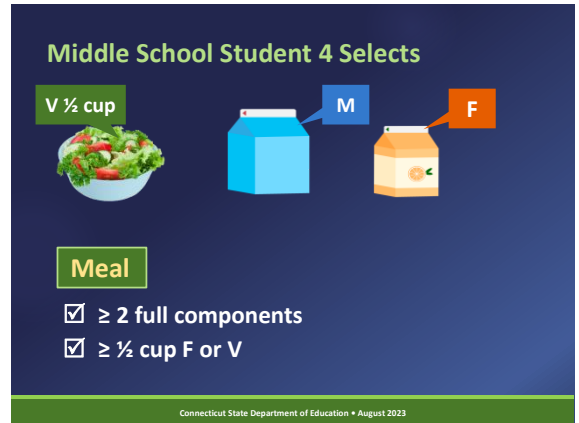
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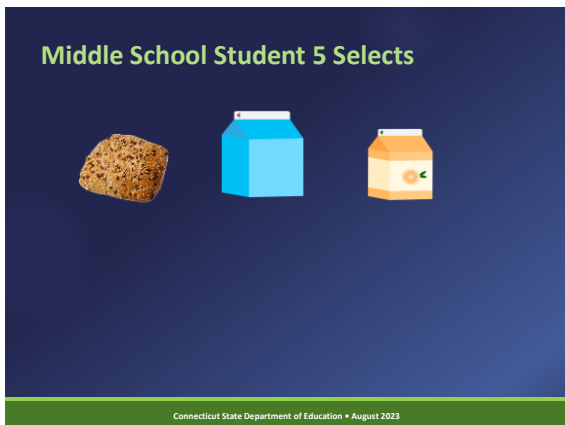
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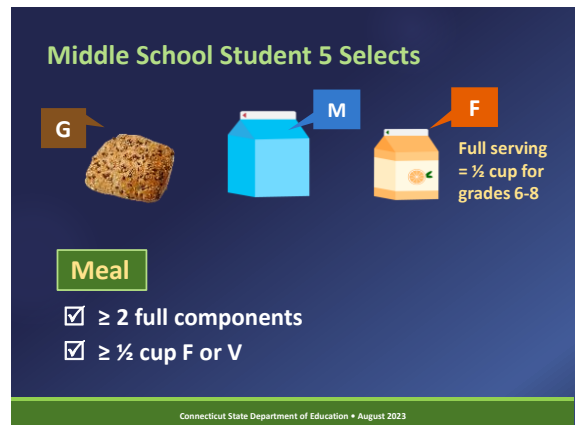
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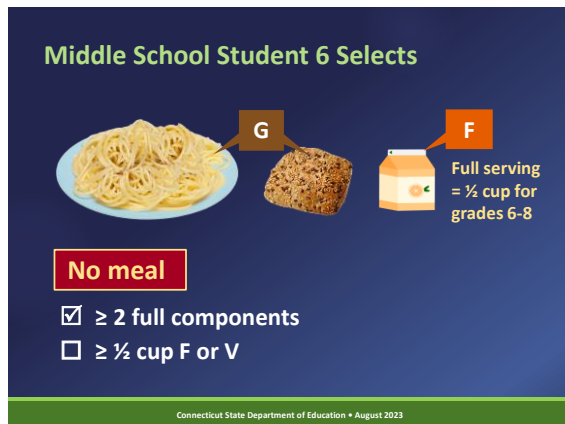
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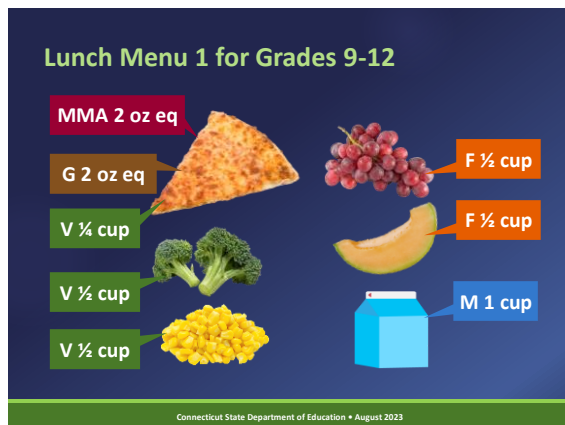
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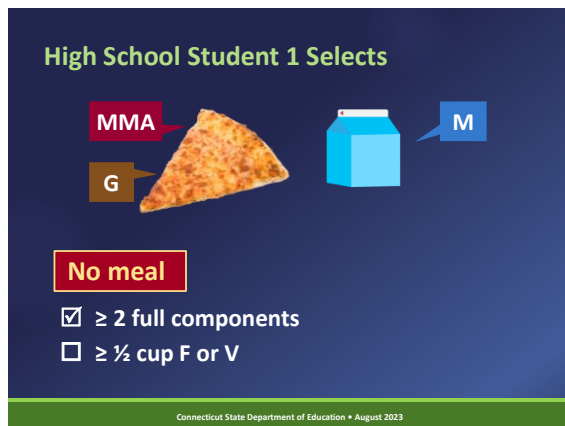
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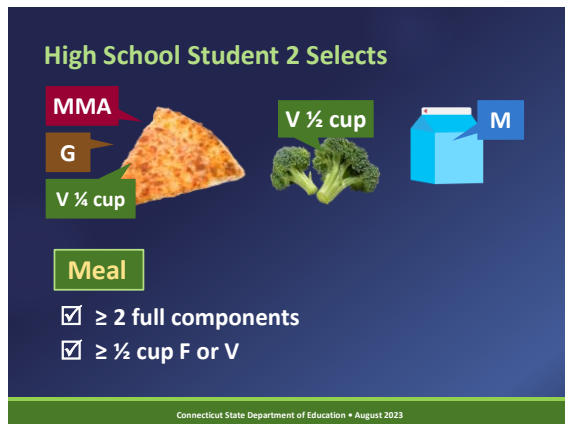
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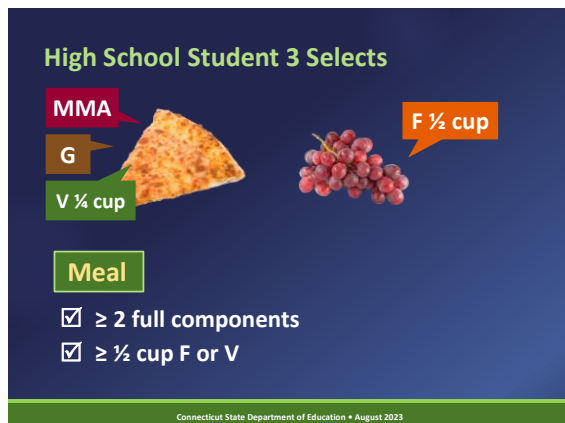
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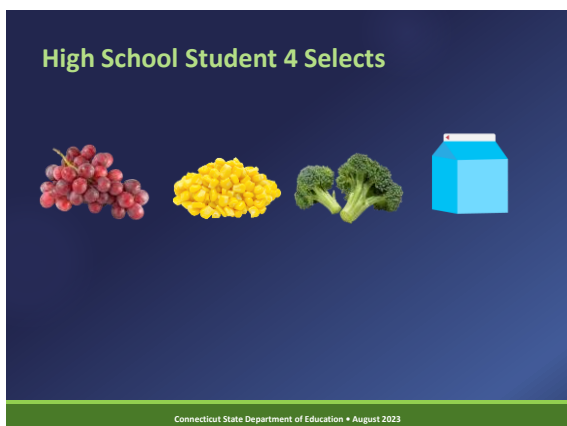
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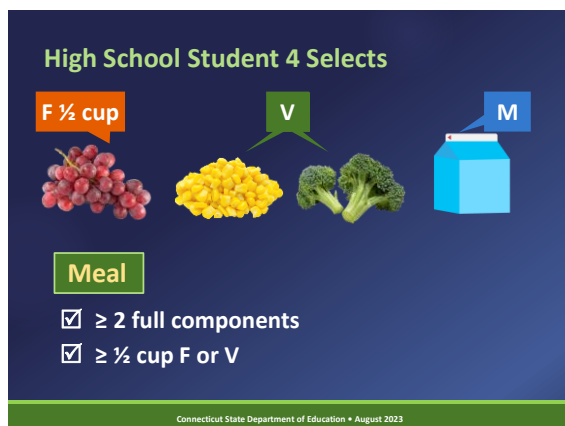
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Lunch Menu 2 for Grades 9-12



MMA 1 oz eq

MMA 1 oz eq

V 1 cup

G 2 oz eq

F 1/2 cup

F 1/2 cup

M 1 cup

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High School Student 1 Selects



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High School Student 1 Selects



MMA

G

F 1/2 cup

M

Meal

- ≥ 2 full components
- ≥ 1/2 cup F or V

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High School Student 2 Selects



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High School Student 2 Selects



G

F 1/2 cup

No meal

- ≥ 2 full components
- ≥ 1/2 cup F or V

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High School Student 3 Selects



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High School Student 3 Selects

No meal

- ≥ 2 full components
- Full serving of F or V counts as 1 component or $\frac{1}{2}$ cup but not both

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High School Student 3 Selects

No meal

- ≥ 2 full components
- $\geq \frac{1}{2}$ cup F or V

For reimbursable meal

- Select another full component
- Select $\frac{1}{2}$ cup of vegetables

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High School Student 4 Selects

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High School Student 4 Selects

Meal

- ≥ 2 full components
- $\geq \frac{1}{2}$ cup F or V

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High School Student 5 Selects

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High School Student 5 Selects

Meal

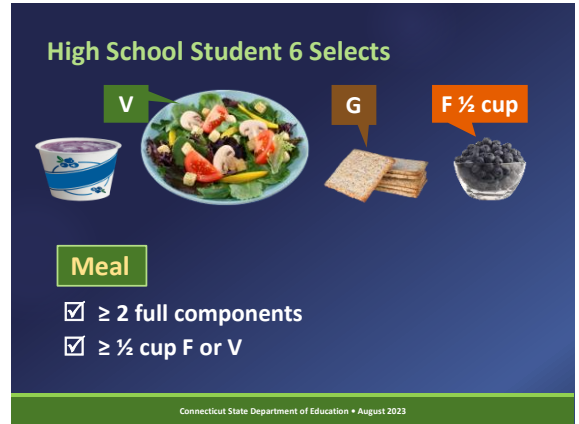
- ≥ 2 full components
- $\geq \frac{1}{2}$ cup F or V

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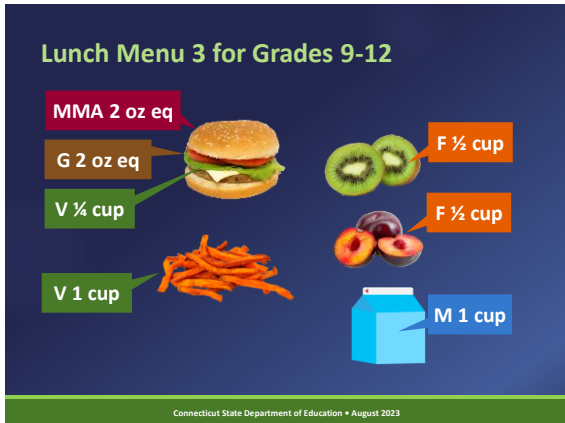
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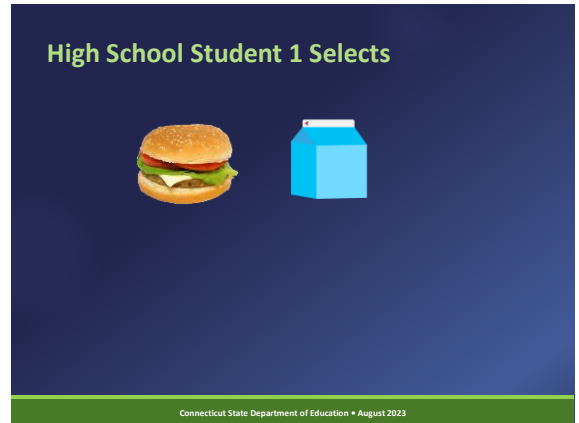
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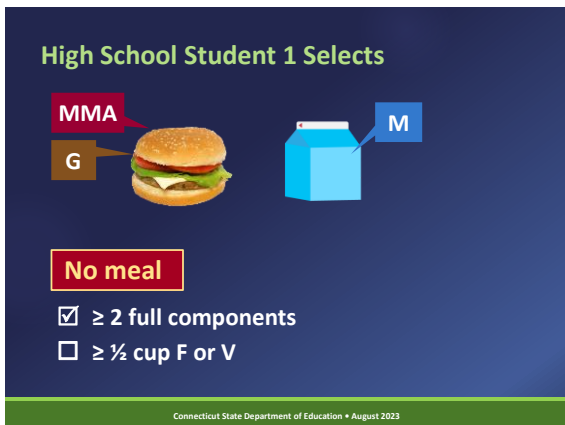
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High School Student 2 Selects

Meal

- ≥ 2 full components
- ≥ 1/2 cup F or V

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High School Student 3 Selects

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High School Student 3 Selects

Meal

- ≥ 2 full components

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201

High School Student 3 Selects

Meal

- ≥ 2 full components
- ≥ 1/2 cup F or V

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202

High School Student 4 Selects

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203

High School Student 4 Selects


Meal

- ≥ 2 full components
- ≥ 1/2 cup F or V

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Congratulations!



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Reminder: OVS at Lunch

SFA	Students
Menu planning	Reimbursable meals
Must offer full serving of all 5 components	Must select <ul style="list-style-type: none"> ≥ ½ cup fruits, vegetables, or both Full serving of ≥ 2 other components 

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Resources for OVS

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CSDE Resource

Overview of OVS in the NSLP



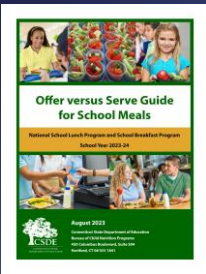
https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/OVS/Overview_OVS_NSLP.pdf

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CSDE Resource

Offer versus Serve Guide for School Meals



https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/OVS/OVS_Guide_SNP.pdf

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USDA Webpage

Offer Versus Serve Materials



<https://www.fns.usda.gov/tn/offer-versus-serve-national-school-lunch-program-posters>

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Questions?

Contact the school nutrition programs staff



<https://portal.ct.gov/-/media/SDE/Nutrition/CNstaff/countyassign.pdf>

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Thank you for participating in module 15!



<https://portal.ct.gov/SDE/Nutrition/Meal-Pattern-Training-Materials>

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1. mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410; or
2. fax: (833) 256-1665 or (202) 690-7442; or
3. email: program.intake@usda.gov

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