

Module 16: Offer versus Serve (OVS) in the SBP

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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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## Topics and Key Messages

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### Module 16 Topics

- Overview of OVS requirements
- Breakfast meal pattern
- OVS with family-style meal service
- Student selections
- OVS requirements for meal pattern components
- Meal identification signage
- Knowledge Check: Meal or No Meal
- Strategies for success
- Resources

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### Key Messages for OVS

- Menus must meet daily and weekly SBP meal pattern requirements
- School food authority (SFA) must offer  $\geq 4$  food items from 3 components
- Students must select  $\geq 3$  food items including  $\geq \frac{1}{2}$  cup fruits or vegetables

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### Key Messages for OVS

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



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### Overview of OVS at Breakfast


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### OVS Legislation


- SBP regulations 7 CFR 220.8(e)

[https://www.ecfr.gov/current/title-7/subtitle-B/chapter-II/subchapter-A/part-220#p-220.8\(e\)](https://www.ecfr.gov/current/title-7/subtitle-B/chapter-II/subchapter-A/part-220#p-220.8(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

- Optional in SBP for all grades
- Not allowed for preschoolers (ages 1-4)

**Terms to Know**

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### OVS Goals

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



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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 breakfast
- Same meal price regardless of selected food items



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### Meal Pattern Requirements Do Not Change

- Plan menus to meet SBP meal pattern

**Daily**

- Minimum quantities of 3 food components
  - Grains
  - Fruits
  - Milk

Food Components	Grades K-5		Grades 6-8		Grades 9-12	
	Daily	Weekly	Daily	Weekly	Daily	Weekly
<b>Milk, fluid (any)</b> <small>Low fat (1% or less fat milk, unless specified as fat-free)</small>	1	3	1	3	1	3
<b>Fruits (any)</b> <small>Vegetables may substitute for fruits. Fruit juice equivalent with vegetable juice cannot exceed half of the weekly fruits.</small>	1	3	1	3	1	3
<b>Grains (any equivalent)</b> <small>Must be whole-grain-rich (at least 50 percent) or enriched.</small>	1	7-10	1	8-10	1	9-10
<b>Dietary Specifications (Nutrition Standards)</b> <small>(Daily amount based on the average for a 20-day week)</small>						
Calories	350-500	400-550	450-550	450-600	450-600	450-600
Removed fat (percentage of total calories)	< 30	< 30	< 30	< 30	< 30	< 30
Sodium (milligrams)	≤ 540	≤ 400	≤ 400	≤ 640	≤ 640	≤ 640
Trans fat (grams)	<small>Transitions label or manufacturer specifications must indicate zero grams of trans fat per serving.</small>					

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### Meal Pattern Requirements Do Not Change

- Plan menus to meet SBP meal pattern

**Weekly**

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

Food Components	Grades K-5		Grades 6-8		Grades 9-12	
	Daily	Weekly	Daily	Weekly	Daily	Weekly
<b>Milk, fluid (any)</b> <small>Low fat (1% or less fat milk, unless specified as fat-free)</small>	1	3	1	3	1	3
<b>Fruits (any)</b> <small>Vegetables may substitute for fruits. Fruit juice equivalent with vegetable juice cannot exceed half of the weekly fruits.</small>	1	3	1	3	1	3
<b>Grains (any equivalent)</b> <small>Must be whole-grain-rich (at least 50 percent) or enriched.</small>	1	7-10	1	8-10	1	9-10
<b>Dietary Specifications (Nutrition Standards)</b> <small>(Daily amount based on the average for a 20-day week)</small>						
Calories	350-500	400-550	450-550	450-600	450-600	450-600
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Sodium (milligrams)	≤ 540	≤ 400	≤ 400	≤ 640	≤ 640	≤ 640
Trans fat (grams)	<small>Transitions label or manufacturer specifications must indicate zero grams of trans fat per serving.</small>					

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### Different OVS Requirements for Breakfast and Lunch

- Breakfast: this module
- Lunch: module 15

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### Overview of Two OVS Requirements

**SFA**

Menu planning

**Students**

Reimbursable meals

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### Overview of Two OVS Requirements

**SFA**

Menu planning

Must offer  
≥ 4 food items  
from 3 food components

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### Overview of Two OVS Requirements

**Students**

Reimbursable meals

Must select  
≥ 3 food items

- ≥ ½ cup fruit (or vegetable substitution)

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### Offering More Than 4 Food Items

- SFAs may choose how many food items to offer
- Requirements for student selections are the same
  - ≥ 3 food items including ≥ ½ cup fruit (or vegetable substitution)




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### Two Requirements for Reimbursable Meals

SFA	Students
<b>Menu planning</b>	<b>Reimbursable meals</b>
Must offer ≥ 4 food items from 3 food components	Must select ≥ 3 food items <ul style="list-style-type: none"> <li>≥ ½ cup fruit (or vegetable substitution)</li> </ul>



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### OVS with Family-style Meal Service

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

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### Breakfast Meal Pattern for Grades K-12 with OVS

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### Food Components

The three food groups that comprise reimbursable meals in the SBP

- Grains → Meat/meat alternates (MMA)
- Fruits → Vegetables
- Milk

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**Food Item for SBP**


Specific food offered within the three food components

- 1 food item =
  - Grains 1 oz eq
  - Fruits ½ cup
  - Milk 1 cup

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**Counting Food Items: Grains and Fruits**

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**Counting Food Items: Grains and Fruits**

- Menu planner decides
- USDA allows flexibilities for
  - Grains > 1 oz eq
  - 1 cup fruit




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**Counting Grains**

- May count grains with > 1 oz eq as > 1 food item
  - Must contain even multiples of oz eq



2 oz eq = 2 food items      3 oz eq = 3 food items

**Also applies to MMA substitutions**

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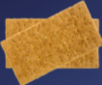

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**Counting Grains**

**Considerations for Graham Crackers**

- 1 oz eq = 1 ounce (28 grams)
- Check PFS
- Many packages < 1 oz eq

Package size	Oz Eq	Number for 1 oz eq
2-count: 0.49 ounce	¼	4 packages
3-count: 0.75 ounce	¾	2 packages

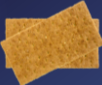

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**Counting Grains**

**Considerations for Graham Crackers**



- 1 oz eq = 1 ounce (28 grams)
- Check PFS
- Many packages < 1 oz eq
- Must provide clear signage on how many packages to select
- Must train cashiers

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### Counting Grains





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### Counting Fruits

- 1 cup = 1 or 2 food items

125 count = 1 cup = 2 food items OR 1 food item


1 cup = 2 food items OR 1 food item

Also applies to vegetable substitutions

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### How Many Food Items?




WGR bagel	Meal pattern crediting	OVS Food items
2 ounces	2 oz eq	2 grains
<b>Total</b>		<b>2</b>

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### How Many Food Items?




Yogurt parfait	Meal pattern crediting	OVS Food items
½ cup yogurt	1 oz eq	1 grain
½ cup fruit	½ cup	1 fruit
¼ cup of granola	1 oz eq	1 grain
<b>Total</b>		<b>3</b>

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### How Many Food Items?




Breakfast sandwich	Meal pattern crediting	OVS Food items
2 ounce WGR English muffin	2 oz eq	2 grains
Egg patty	1 oz eq	2 grains
Cheese, ½ ounce	½ oz eq	
Ham, ¾ ounce	½ oz eq	
<b>Total</b>		<b>4</b>

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### How Many Food Items?




Fruit smoothie	Meal pattern crediting	OVS Food items
1 cup low-fat milk	1 cup	1 milk
½ cup pureed strawberries	½ cup	1 fruit
<b>Total</b>		<b>2</b>

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### Reminder: Counting Food Items for OVS

- Based on school's crediting documentation




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### Reminder: Counting Food Items 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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## Breakfast Menu Planning Examples

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### Offer ≥ 4 Food Items from 3 Components

- Grains (bread, eggs)
- Fruits (apple, broccoli)
- Milk (milk carton)

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### Sample Breakfast Menu 1

- Grains 1 oz eq
- Grains 1 oz eq
- Fruits ½ cup
- Fruits ½ cup
- Milk 1 cup

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### Sample Breakfast Menu 2

- Grains 1 oz eq
- Grains 1 oz eq
- Fruits 1 cup
- Milk 1 cup

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### Sample Breakfast Menu 3

- 1  Grains 1 oz eq
- 2  Fruits ½ cup
- 3  Vegetable ½ cup 
- 4  Milk 1 cup

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
### Sample Breakfast Menu 4

- 1  Grains 1 oz eq
- 2  Vegetable ½ cup 
- 3  Vegetable ½ cup 
- 4  Milk 1 cup

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
### Sample Breakfast Menu 5

- 1  Grains 1 oz eq
- 2  MMA 1 oz eq 
- 3  Fruits ½ cup
- 4  Fruits ½ cup
- 5  Milk 1 cup

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### Sample Breakfast Menu 6

- 1  Grains 1 oz eq
- 2  MMA 1 oz eq 
- 3  Vegetable ½ cup 
- 4  Vegetable ½ cup 
- 5  Milk 1 cup

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### More Examples of Menu Planning Options

Grains	Fruits
	

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### Ways to Offer 2 Grains

- 2 same grain 
- 2 different grains 
- 1 grain and 1 MMA substitution 

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**Ways to Offer 2 Grains**

- Cannot offer only MMA



Must always offer  $\geq 1$  oz eq grains before offering MMA





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**Ways to Offer 2 Fruits**

- 2 same fruit
- 2 different fruits
- 1 fruit and 1 vegetable
- 2 same vegetable
- 2 different vegetables





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**Ways to Offer 2 Fruits**

- Fruit and vegetables mixtures
  - 2 same
  - 2 different

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**OVS Requirement 1**

<b>SFA</b>	
<b>Menu planning</b>	

Must offer  $\geq 4$  food items from 3 food components

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**WHAT'S IN A MEAL**  
Grades K-12




**Student Selections for Reimbursable Meals**

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**Student Selections**




- $\geq 3$  food items including  $\geq \frac{1}{2}$  cup fruits, vegetables, or both



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### Minimum Student Selections for 1 Food Item with OVS

Component	1 food item =
Grains 	1 oz eq *
Milk 	1 cup *
Fruits 	½ cup
* Minimum daily serving	

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### Student Selections

- SFAs cannot tell students which food items to select



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### Declining Food Items

- After selecting the 3 required food items, students may
  - decline any other food items
  - take smaller amounts



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### Declining Food Items

- Selections less than full serving of grains or milk do not count as food item



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### Declining Food Items

- Selections less than full serving of grains or milk do not count as food item

 = 1 oz eq  
 = ½ oz eq



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### Determining Reimbursable Meals

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



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### OVS Requirements for Grains Component

- MMA substitutions
- Rounding rules for food items
- Counting grains with multiple oz eq as more than 1 food item
- Student selections of duplicate grains

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### MMA Substitutions

- Optional
- May offer MMA after  $\geq 1$  oz eq grains

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### Two Ways to Offer MMA

1. Creditable food
  - Count as OVS food item and toward weekly grains
  - 1 oz eq MMA = 1 oz eq grains
  - Count toward dietary specifications

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### Two Ways to Offer MMA

2. Extra food
  - Do not count as OVS food items
  - Count toward dietary specifications

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### Two Ways to Offer MMA

- Most schools offer MMA substitutions as creditable foods

Communicate with food service staff and students




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### Considerations for MMA Substitutions

- Consistent crediting
- Clear communication
  - Staff training
  - Menus and signage




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USDA Resource

### Offering Meats and Meat Alternates at School Breakfast



<https://www.fns.usda.gov/tn/offering-meats-and-meat-alternates-school-breakfast>

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### More Information About MMA

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

Module 4: School Breakfast Program (SBP) Meal Pattern

Connecticut State Department of Education  
Bureau of Child Nutrition Programs

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



Module 8: Meat/Meat Alternates Component

Connecticut State Department of Education  
Bureau of Child Nutrition Programs

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### Rounding Rules for Grains and MMA Substitutions





Crediting	Round down to nearest	Example
Meal pattern oz eq	¼ oz eq	1.75 oz eq
OVS food items	whole number	1 food item

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### Rounding Rules for Grains and MMA Substitutions



Amount of grain or MMA	Meal pattern contribution	Number of food items for OVS
1 oz eq	1 oz eq	1
1¼ oz eq	1¼ oz eq	1
1½ oz eq	1½ oz eq	1
1¾ oz eq	1¾ oz eq	1
2 oz eq	2 oz eq	2

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### Counting Grains with > 1 oz eq as > 1 Food Item

- Additional amount must provide  $\geq$  full 1 oz eq

Breakfast menu item	Food items
2 oz eq WGR bagel	2
3 oz eq WGR muffin	3
2 oz eq omelet	2



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### Advantages: 1 Food Item or More Than 1 Food Item?





- More than 1 food item = increasing reimbursable meals
- 1 food item = additional foods for more nutritious breakfast



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### Counting 2 Oz Eq Grain as 1 or 2 Food Items

2 oz eq    

**Example 1: Count muffin as 2 food items**

Reimbursable meal =





 +  OR 

2                    1                    1

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### Counting 2 Oz Eq Grain as 1 or 2 Food Items

2 oz eq    

**Example 2: Count muffin as 1 food item**

Reimbursable meal =

 +  OR  + 1 food item


1                    1                    1

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### Deciding How to Count Grains with Multiple Oz Eq

- Types of food items
- Number of other food items in meal
- Students' meal preferences
- Cost
- Selecting and recognizing reimbursable meals



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### Deciding How to Count Grains with Multiple Oz Eq

#### Implementation Guidance

- Be consistent
- Clearly communicate number of food items for reimbursable meals

Flexibility applies only to breakfast menus




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### Student Selections of Duplicate Grains

- Duplicate grains = 2 servings of same grain
- Allowed when
  - Menu offers  $\geq 2$  choices of 1 oz eq grains
  - Menus and signage indicate what students may select





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### Student Selections of Duplicate Grains

**Breakfast menu with 5 food items**

2 oz eq of grains <i>Choose any 2</i>	1 oz eq whole-grain cereal 1 oz eq WGR blueberry muffin	
1 cup of fruit <i>Choose any 2</i>	½ cup applesauce ½ cup strawberries	
1 cup of milk <i>Choose 1</i>	Low-fat or fat-free milk	


2 food items = 

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### OVS Requirements for Grains

- ☑ MMA substitutions
- ☑ Rounding rules for food items
- ☑ Counting large grains as more than 1 food item
- ☑ Student selections of duplicate grains



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### OVS Requirements for Fruits Component




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### OVS Requirements for Fruits Component

- Minimum servings
- Optional vegetable substitutions
- Dried fruits and raw leafy greens
- Counting 1 cup of fruit as 1 or 2 food items
- Juice limit
- Student selections of duplicate fruits



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### Minimum Servings

- SFAs must offer  $\geq 1$  cup
- Students must select  $\geq \frac{1}{2}$  cup



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### Vegetable Substitutions

- Optional
- Any breakfast
- Any subgroup
- Allowed through June 30, 2024
  - USDA Memo SP 06-2023, CACFP 05-2023, and SFSP 02-2023

<https://www.fns.usda.gov/cn/consolidated-appropriations-act-2023-effect-programs>




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### Dried Fruits and Raw Leafy Greens

- Count toward OVS based on meal pattern crediting volume
  - Dried fruits = twice volume served
    - ¼ cup raisins = ½ cup fruit = 1 food item
  - Raw leafy greens = half volume served
    - 1 cup raw spinach = ½ cup vegetable = 1 food item



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### Crediting 1 Cup of Fruit






- ½ cup = 1 food item
- SFA decides if 1 cup = 1 or 2 food items
- Communicate with food service staff and students



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### Example: Counting 1 cup of fruit as 2 Items






Planned breakfast menu		Student selects
Crediting	Food items	
2 oz eq 	2 grains	 2 fruits
1 cup 	2 fruits	 1 milk
1 cup 	1 milk	<b>3</b>

**Reimbursable**

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### Example: Counting 1 cup of fruit as 1 Item

Planned breakfast menu		Student selects
Crediting	Food items	
2 oz eq 	2 grains	 1 fruit
1 cup 	1 fruit	 1 milk
1 cup 	1 milk	<b>2</b>

**Not reimbursable**


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### When to Count 1 Cup as 1 Food Item

Example:	Meal pattern crediting *	OVS food item
fresh fruit variety		
125-138 count apple	1 cup	2
150-count banana	½ cup	1
138-count orange	½ cup	1


\* Based on Food Buying Guide



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### Juice Limit



- Fruit/vegetable juice cannot exceed half of weekly fruits component


Fruits component	Juice limit
1 cup (SBP meal pattern)	½ cup
1½ cups	¾ cup

Signage must indicate amount of juice students may select

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### Juice Limit



### Example: Offering ½-cup Fruit and Juice Choices

**MENU**

Choice of

- Fresh fruits
- Canned fruits
- Fruit juices

Select 2 fruits or 1 fruit and 1 juice


Select up to 2 fruits (no more than 1 juice)

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### Student Selections of Duplicate Fruits

- Duplicate fruits = 2 servings of same fruit
- Allowed when
  - Menu offers ≥ 2 choices of ½ cup
  - Menus and signage indicate what students may select




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### Student Selections of Duplicate Fruits

**Breakfast menu with 5 food items**

2 oz eq of grains <i>Choose any 2</i>	1 oz eq whole-grain cereal 1 oz eq whole-wheat toast
1 cup of fruit <i>Choose any 2</i>	½ cup applesauce ½ cup strawberries
1 cup of milk <i>Choose 1</i>	Low-fat or fat-free milk


2 food items = 

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### OVS Requirements for Fruits Component

- Minimum servings
- Vegetable substitutions
- Dried fruits and raw leafy greens
- Counting 1 cup of fruit as 1 or 2 food items
- Juice limit
- Student selections of duplicate fruits



**Fruits**

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### OVS Requirements for Milk

- Minimum serving
- Milk variety
- Student selections of milk




**Milk**

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### Minimum 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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### Student Selections of Milk

- Optional
  - May select or decline
- 1 cup = 1 food item for OVS

**Reimbursable meal =**

- 1 cup milk
- ≥ 1 food item
- ≥ ½ cup fruit (or vegetable substitution)



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### OVS Requirements for Milk

- Minimum serving
- Milk variety
- Student selections of milk



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### Required Signage to Identify Reimbursable Meals

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### Required Signage

- SFAs must identify foods that are part of all planned reimbursable meals
  - Based on daily menu




[https://www.ecfr.gov/current/title-7/subtitle-B/chapter-II/subchapter-A/part-220#p-220.8\(a\)\(2\)](https://www.ecfr.gov/current/title-7/subtitle-B/chapter-II/subchapter-A/part-220#p-220.8(a)(2))

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### Two Kinds of Required Signage

1. Identify full planned reimbursable meal
  - Components and portions
  - All daily breakfast choices
  - Choices within components




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### Two Kinds of Required Signage


2. Identify required selections for reimbursable meal with OVS
  - Minimum amounts



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### Based on Menu Choices



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### Required Location for Signage

- Near or at beginning of all serving lines
- All applicable points in serving line




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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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### Breakfast Menu with 4 Food Items

Each breakfast includes 4 food items: 1 grain, 2 fruits, and 1 milk

► Choose at least 1 fruit and 2 other food items ◀

For best nutrition, take all 4!

1 oz eq	½ cup	1 cup
<b>Grains</b> May choose 1	<b>Fruits</b> Must choose 1 or 2 (limit of 1 juice)	<b>Milk</b> May choose 1
<ul style="list-style-type: none"> <li>Whole-grain cereals, assorted</li> <li>Oatmeal</li> <li>Whole-grain toast</li> <li>Whole-grain muffins</li> <li>Whole-grain mini bagel</li> <li>Whole-grain mini pancakes</li> </ul>	<ul style="list-style-type: none"> <li>Apple</li> <li>Banana</li> <li>Blueberries</li> <li>Green grapes</li> <li>Pineapple chunks</li> <li>Sliced peaches</li> <li>Assorted 100% fruit juice</li> </ul>	<ul style="list-style-type: none"> <li>Fat-free milk</li> <li>Low-fat milk</li> <li>Low-fat chocolate milk</li> </ul>

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### Breakfast Menu with 5 Food Items

Each breakfast includes 5 food items: 1 grain, 1 meat/meat alternate, 2 fruits, and 1 milk

► Choose at least 1 fruit and 2 other food items ◀

For best nutrition, take all 5!

1 oz eq	1 oz eq	½ cup	Milk
<b>Grains</b> May choose 1	<b>Meat/meat alternates</b> May choose 1	<b>Fruits</b> Must choose 1 or 2 (limit of 1 juice)	<b>Milk</b> May choose 1
<ul style="list-style-type: none"> <li>Whole-grain cereals, assorted</li> <li>Oatmeal</li> <li>Whole-grain toast</li> <li>Whole-grain muffins</li> <li>Whole-grain mini bagel</li> <li>Whole-grain mini pancakes</li> </ul>	<ul style="list-style-type: none"> <li>Low-fat yogurt, assorted flavors</li> <li>Peanut butter</li> <li>Low-fat cheese stick</li> </ul>	<ul style="list-style-type: none"> <li>Apple</li> <li>Banana</li> <li>Blueberries</li> <li>Green grapes</li> <li>Pineapple chunks</li> <li>Sliced peaches</li> <li>Assorted 100% fruit juice</li> </ul>	<ul style="list-style-type: none"> <li>Fat-free milk</li> <li>Low-fat milk</li> <li>Low-fat chocolate milk</li> </ul>

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For best nutrition, take all 5!

1 oz eq	1 oz eq	½ cup	Milk
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Each breakfast includes 5 food items: 1 grain, 1 meat/meat alternate, 2 fruits, and 1 milk

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For best nutrition, take all 5!

1 oz eq	1 oz eq	½ cup	1 cup
<b>Grains</b>	<b>Meat/meat alternates</b>	<b>Fruits</b>	<b>Milk</b>
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For best nutrition, take all 5!

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For best nutrition, take all 5!

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May choose 1	May choose 1	Must choose 1 or 2 (limit of 1 juice)	May choose 1
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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 choice?
  - each serving line?
- Clearly visible?
- Located at or near beginning of serving line?
- Located at applicable points in serving line near each food item?

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### Best Practice to Evaluate Signage

- 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 breakfast menu
- Determine if students chose a reimbursable meal
  - 3 food items including  $\geq \frac{1}{2}$  cup fruits or vegetables



[https://portal.ct.gov/-/media/SDE/Nutrition/Training/WIAM/WIAM\\_Worksheet\\_Module\\_16\\_Meal\\_No\\_Meal\\_Breakfast.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/Training/WIAM/WIAM_Worksheet_Module_16_Meal_No_Meal_Breakfast.pdf)  
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## Coding for Food Items

- G = Grains**
- F = Fruits**
- M = Milk**

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## Let's begin!




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## Breakfast Menu 1 for Grades K-12




**2 G**  
2 oz eq




**1 F**  
 $\frac{1}{2}$  cup



**1 F**  
 $\frac{1}{2}$  cup



**1 M**  
1 cup





**5 food items**

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## Student 1 Selects

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### Student 1 Selects




**Meal**

- $\geq 3$  food items
- $\geq \frac{1}{2}$  cup fruit or vegetable substitution

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### Student 2 Selects



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### Student 2 Selects




**No meal**

- $\geq 3$  food items
- $\geq \frac{1}{2}$  cup fruit or vegetable substitution

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### Student 3 Selects



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### Student 3 Selects




**Meal**

- $\geq 3$  food items
- $\geq \frac{1}{2}$  cup fruit or vegetable substitution

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### Student 4 Selects



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### Student 4 Selects

1 F      1 M

**No meal**

- ≥ 3 food items
- ≥ ½ cup fruit or vegetable substitution

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### Breakfast Menu 2 for Grades K-12

2 G      1 F      1 M

2 oz eq      ½ cup      1 cup

1 F

½ cup

5 food items

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### Student 1 Selects

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### Student 1 Selects

2 G      1 F

**Meal**

- ≥ 3 food items
- ≥ ½ cup fruit or vegetable substitution

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### Student 2 Selects

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### Student 2 Selects

1 F      1 F      1 M

**Meal**

- ≥ 3 food items
- ≥ ½ cup fruit or vegetable substitution

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**Student 3 Selects**

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**Student 3 Selects**

**Meal**

- ≥ 3 food items
- ≥ ½ cup fruit or vegetable substitution

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**Breakfast Menu 3 for Grades K-12**

May choose any 2 **2 G** (1 oz eq each)

Must choose 1 or 2 (limit of 1 juice) **2 F** (½ cup each)

May choose any 1 **1 M** (1 cup)

**5 food items**

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**Student 1 Selects**

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**Student 1 Selects**

**Meal**

- ≥ 3 food items
- ≥ ½ cup fruit or vegetable substitution

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**Student 2 Selects**

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### Student 2 Selects

**No meal**

- ≥ 3 food items
- ≥ ½ cup fruit or vegetable substitution

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### Student 3 Selects

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### Student 3 Selects

**Meal**

- ≥ 3 food items
- ≥ ½ cup fruit or vegetable substitution

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### Student 4 Selects

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### Student 4 Selects

**Meal**

- ≥ 3 food items
- ≥ ½ cup fruit or vegetable substitution

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### Student 5 Selects

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### Student 5 Selects



1 G      1 F      1 F


**Meal**

- ≥ 3 food items
- ≥ ½ cup fruit or vegetable substitution

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### Breakfast Menu 4 for Grades K-12



4 G      2 F

2 oz eq grains  
2 oz eq MMA

1 cup



1 M


1 cup

**7 food items**

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### Student 1 Selects



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### Student 1 Selects



4 G      2 F

**Meal**

- ≥ 3 food items
- ≥ ½ cup fruit or vegetable substitution

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### Student 2 Selects



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### Student 2 Selects



4 G      1 M

**No meal**

- ≥ 3 food items
- ≥ ½ cup fruit or vegetable substitution

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### Student 3 Selects

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### Student 3 Selects

**Meal**

- ≥ 3 food items
- ≥ ½ cup fruit or vegetable substitution

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### Breakfast Menu 5 for Grades K-12

May choose any 2 **2 G**      Must choose 1 or 2 **2 F**

1 oz eq each      ½ cup each

May choose any 1 **1 M**

1 cup

**5 food items**

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### Student 1 Selects

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### Student 1 Selects

**Meal**

- ≥ 3 food items
- ≥ ½ cup fruit or vegetable substitution

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### Student 2 Selects

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### Student 2 Selects



**Meal**

- $\geq 3$  food items
- $\geq \frac{1}{2}$  cup fruit or vegetable substitution

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### Student 3 Selects



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### Student 3 Selects



**No meal**

- $\geq 3$  food items
- $\geq \frac{1}{2}$  cup fruit or vegetable substitution

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### Congratulations!



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### Reminder: OVS at Breakfast

SFA	Students
<b>Menu planning</b>	<b>Reimbursable meals</b>
Must offer $\geq 4$ food items from 3 food components	Must select $\geq 3$ food items <ul style="list-style-type: none"> <li><math>\geq \frac{1}{2}</math> cup fruit or vegetable substitutions</li> </ul> 

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### Strategies for Success

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Module 16: Offer versus Serve (OVS) in the SBP


### Successful OVS Implementation



- Menu planning
- Communication
- Training

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### Resources for OVS

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### CSDE Resource

#### Overview of OVS in the SBP



[https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/OVS/Overview\\_OVS\\_SBP.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/OVS/Overview_OVS_SBP.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](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/countypassin.pdf>

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Module 16: Offer versus Serve (OVS) in the SBP

**Thank you for participating in module 16!**

<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](mailto:program.intake@usda.gov)

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