

Components & Items & Choices- OVS Overview



What is Offer Versus Serve?

- a) An alternative way to start a tennis match?
- b) A food service style where students serve themselves?
- c) A new way to offer more food choices on school menus?
- d) A system designed to decrease food waste and give students greater flexibility?

Offer Versus Serve

- A system designed to decrease food waste and give students greater flexibility



What is Offer Versus Serve?

Offer Versus Serve (OVS) is a concept that applies to Child Nutrition menu planning and to the determination of reimbursable school meals.

OVS allows students to decline some of the food offered in a school lunch or breakfast.

Who, When & Where

- OVS is:
 - *Required* at senior high schools (lunch)
 - *Optional* at lower grade levels
 - *Optional* at breakfast in all grades

Who Decides?

- SFA decides whether to implement OVS when optional & in what grades
- Students decide what foods to decline
 - Can decline two items (lunch)

Meal Identification



- All menu items on serving line must be identifiable, labeled, or listed at the beginning of serving line and prior to POS



Training and Signage

- Schools must identify food items that constitute a reimbursable meal at or near beginning of line
- Schools using OVS must identify what students must select as part of a reimbursable meal
- Staff at the Point of Service and serving line must be trained on what constitutes a reimbursable meal:
 - Example: Knowing if duplicate items are allowed
 - Example: Recognizing appropriate serving sizes

LUNCH OVS



OVS Reimbursable Lunches

For OVS lunch to be reimbursable, schools must:

- Offer at least the minimum serving sizes for all 5 food components
- Price lunch as a unit

OVS Reimbursable Lunches



OVS Reimbursable Lunches

- For OVS lunch to be reimbursable, students must:
 - Select at least 3 full components
 - Must select at least ½ cup of either a fruit, vegetable, or combination of F/V
- Students may:
 - Decline two of the five required food components, including entrée or milk
 - Take smaller portions of declined food items (does not affect price)

OVS Reimbursable Lunches

- If a student does not select at least three of the food components, then the lunch is not reimbursable and the student must pay according to a la carte pricing.
- *If a student does not have ½ cup F/V/F&V, then the lunch is not reimbursable.*

OVS Reimbursable Lunches

- Every effort should be made at the point of service to encourage the student to take an additional component.
- Staff counting and claiming must be trained to recognize meal components to include those in combination foods.



CHALLENGE ACTIVITY

STUDENTS TOOK THE FOLLOWING MEALS –

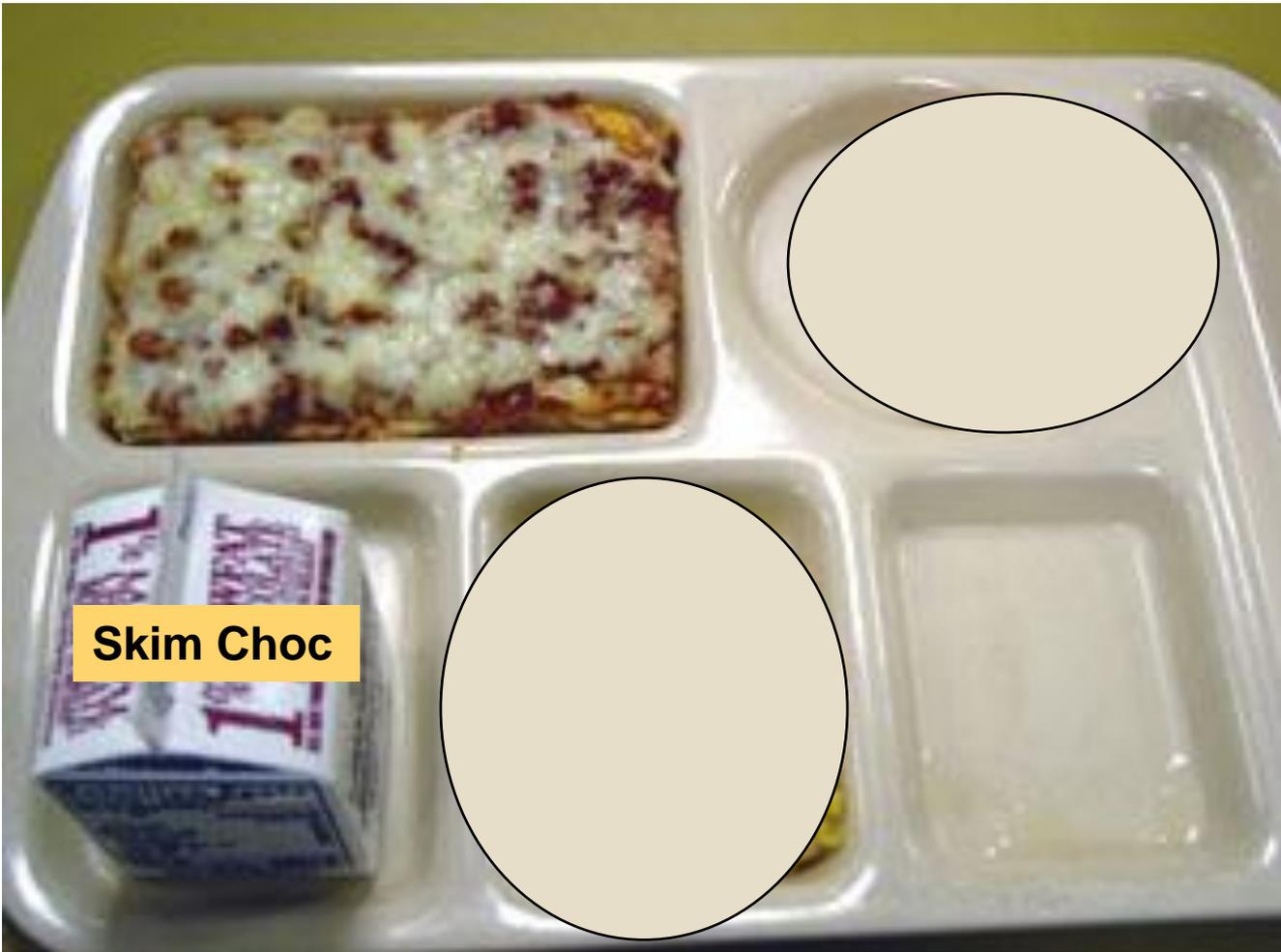
ARE THEY REIMBURSABLE?



Skim Choc



Skim Choc



Skim Choc

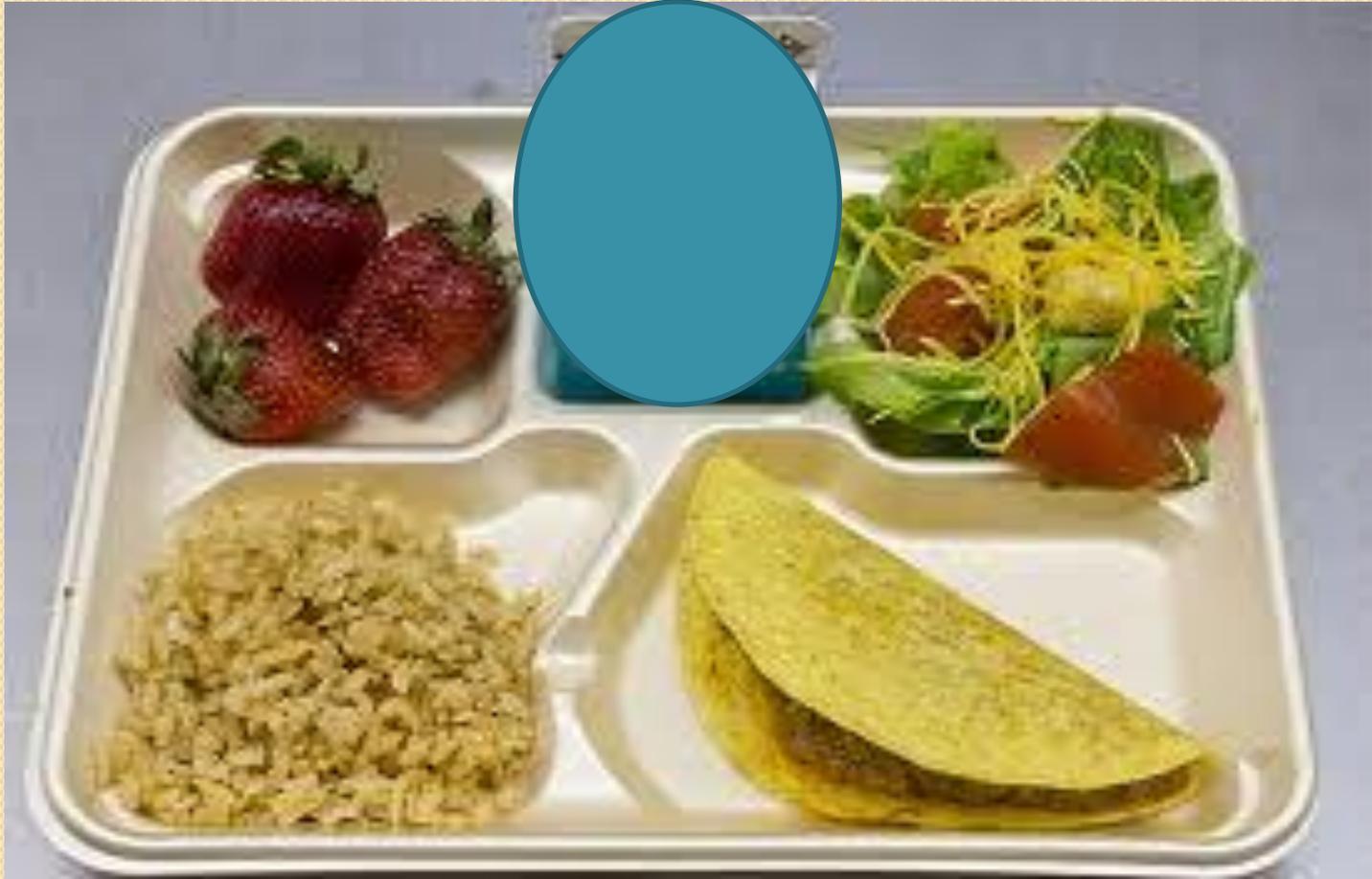






























Skim Milk



BREAKFAST OVS

Menu Planning

- Must offer **3 components**
 - Grains (optional m/ma after daily grain met)
 - Fruit/vegetable/juice
 - Milk
- Must offer **4 food items** if using OVS
 - Grains (optional m/ma after daily grain met)
 - Fruit/vegetable/juice
 - Milk
 - Additional item

OVS: Choices vs Items

- **Items** are the minimum a child can take.
- **Choices** give students options to choose from different items.
 - Grain item: toast, bagel, cereal
 - Milk item: choc skim, unflavored skim
 - F/V item: hash browns, oranges, apple juice
- Menu planner decides how many “items” make up a reimbursable meal, while having flexibility to still offer choices within those items.
- Must indicate to students what items the student may select in order to have a reimbursable meal.

OVS Reimbursable Breakfasts

- Students must:
 - Select at least 3 food items
 - Select at least ½ cup fruit (v/j)
 - Take full servings to count toward a reimbursable meal
- Students may:
 - Decline any food item, including the milk
 - Take a smaller portion of the declined food item

Example: Choices vs Items

- Menu = **1 milk, 1 slice toast, 2 fruit items**
 - Fruit choices = $\frac{1}{2}$ cup orange juice, $\frac{1}{2}$ cup oranges, $\frac{1}{2}$ cup apple, $\frac{1}{2}$ cup peaches
 - Student could take 1 milk, 1 toast, and $\frac{1}{2}$ cup oranges
 - Student would not be required to take 3 out of 4 fruit choices!
 - Menu planners can still ***offer choices***, but decide how many ***items*** a student can take

Breakfast Signage

Build a Healthy Breakfast

Select **4 - 5** Items!

Fruit/Vegetable/Juice

Orange _____ 1 item (s)
Apple Juice _____ 1 item (s)
Petite banana _____ 1 item (s)
_____ item (s)

May Select **2** item (s)

Milk

Skim white _____ 1 item
1% white _____ 1 item
Skim chocolate _____ 1 item

May Select **1** item (s)

Notes:

Today you make
take 1 serving of
Peanut Butter as a
bonus item!

Grains/Breakfast Entrees

Bagel _____ 2 item (s)
Breakfast Sandwich _____ 2 item (s)
Yogurt _____ 1 item (s)
Granola _____ 1 item (s)

May Select **2** item (s)



OVS - Grains

- Menu planner can offer grains component as one or more items
- Example: A large muffin (2 oz eq) can count as 1 *or* 2 items (you decide)



OVS - Grains

- If using a 2 oz eq muffin:

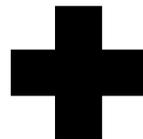


- If it counts as 1 item, students must select 2 more items
- If it counts as 2 items, student must select 1 more item

OVS - Grains

Allowing students to take duplicate items

- If a menu planner offers two different 1 oz eq grain items at breakfast, a student *may* be allowed to take two of the same grain and count it as two items
- Menu planner has the discretion to allow duplicates
- Variety is encouraged



Menu Example

Menu with five food items:

Slice of toast (1 oz eq grain)	[1 grain item]
Whole grain-rich cereal (1 oz eq grain)	[1 grain item]
Orange slices (½ cup fruit)	[1 fruit/vegetable item]
Apple juice (½ cup fruit)	[1 fruit/vegetable item]
Variety of milk (1 cup)	[1 milk item]

Reimbursable meal examples:

- 2 slices of toast, orange slices
- Toast, cereal, orange slices

OVS - Grains

- Grains and meat/meat alternate combinations
 - When counting the meat/meat alternate as a grain, a combo would count as 2 food items
 - Example: egg sandwich = 1 oz eq of grains + 1 oz eq of m/ma counting as grains = 2 food items



OVS - Grains

- If not counting a meat/meat alternate toward the grains component, the combo counts as one food item
- Three additional items must be offered to have OVS
- Student may decline the combination
- Example: egg sandwich = 1 oz eq of grains and 1 oz eq of m/ma not counting as grains (extra) = 1 food item

Menu Example

Menu with five food items:

Whole grain-rich cereal (1 oz eq grain)	[1 grain item]
Hard-boiled egg (1 oz eq credited as grain)	[1 grain item]
Orange slices (½ cup fruit)	[1 fruit/vegetable item]
Apple juice (½ cup fruit)	[1 fruit/vegetable item]
Variety of milk (1 cup)	[1 milk item]

Reimbursable meal examples:

- Egg, cereal, oranges
- Egg, oranges, milk
- Cereal, oranges, milk

Menu Example

Menu with 4 food items with m/ma offered as an additional food:

Slice of toast	(1 oz eq grain)	[1 grain item]
Hard-boiled egg		("additional" food)
Orange slices	(½ cup fruit)	[1 fruit/vegetable item]
Apple juice	(½ cup fruit)	[1 fruit/vegetable item]
Variety of milk	(1 cup)	[1 milk item]

- Egg does not count as item and serves an extra
- Must take 3 out of the 4 items (toast, orange slices, apple juice, milk)

OVS - Fruit

- Fruit required
 - 1 cup required for all grades (SY 2014-15)
 - Menu planner can offer fruit as multiple items and/or in various portion sizes to total 1 cup
 - Vegetable substitute allowed
- Juice cannot exceed 50% of total fruit offerings
 - Only full strength juice
- Dried fruit credits double for amount offered
- Under OVS, at least ½ cup fruit (veg/juice) must be selected



Menu Example – Multiple Items

Menu with five food items:

- | | | |
|----------------------|-----------------|--------------------------|
| • Slice of toast | (1 oz eq grain) | [1 grain item] |
| • Whole grain cereal | (1 oz eq grain) | [1 grain item] |
| • Tomato juice | (½ cup fruit) | [1 fruit/vegetable item] |
| • Apple slices | (½ cup fruit) | [1 fruit/vegetable item] |
| • Variety of milk | (1 cup) | [1 milk item] |

Reimbursable meal examples

- Toast, cereal, tomato juice, apple slices
- Toast, tomato juice, apple slices
- Milk, toast, apple slices

Breakfast Signage

Build a Healthy Breakfast

Select **4 - 5** Items!

Fruit/Vegetable/Juice

Orange _____ 1 item (s)
Apple Juice _____ 1 item (s)
Petite banana _____ 1 item (s)
_____ item (s)

May Select **2** item (s)

Milk

Skim white _____ 1 item
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May Select **2** item (s)



Pre-plating/Bundling/Grab N' Go

- Remember – OVS is not required at breakfast
- Pre-plating/bundling is allowed
- Encouraged to offer choices to the best extent possible
- Encourage breakfast in the classroom and grab n' go breakfast kiosks





CHALLENGE ACTIVITY

ARE THESE REIMBURSABLE MEALS UNDER OVS?













SKIM









Resources

USDA Website

- For current updated information, go to **Nutrition Standards for School Meals**

<http://www.fns.usda.gov/cnd/Governance/Legislation/nutritionstandards.htm>

The screenshot shows the USDA Food and Nutrition Service website. At the top left is the USDA logo and the text "United States Department of Agriculture Food and Nutrition Service". Below this is a navigation bar with links for "Home", "About FNS", "Newsroom", "Help", "Contact Us", and "En Español". A breadcrumb trail reads "You are here: Home > School Meals > Legislation > Healthy, Hunger-Free Kids > Nutrition Standards". The main heading is "Nutrition Standards for School Meals". The text below the heading states: "Through the Healthy, Hunger-Free Kids Act championed by the First Lady and signed by President Obama, USDA is making the first major changes in school meals in 15 years, which will help us raise a healthier generation of children." To the right of this text is a photo of a young girl eating a sandwich. Below the text is a section titled "Regulation" with a bullet point: "Final Rule: Nutrition Standards in the National School Lunch and School Breakfast Programs (1/26/12)". On the left side of the page, there is a search box labeled "Search FNS" with a "Go" button, and links for "Search all USDA", "Search Tips", and "Topics A-Z". There is also an "Email Updates" section with a sign-up button and a "Browse by Subject" section with a link for "Applications".

Child Nutrition Programs – School Meals Home Page

The screenshot shows the USDA Food and Nutrition Service website. At the top left is the USDA logo and the text "United States Department of Agriculture Food and Nutrition Service". To the right are navigation links: "About FNS", "Ask the Expert", "Contact Us", "Other Languages", and "En Español". Below this is a search bar with a "Search" button. A secondary navigation bar contains "Programs", "Data", "Newsroom", "Research", and "Forms". On the right side, there are links for "Site Map", "Advanced Search", "Help", "Search Tips", and "A to Z Map", along with social media icons for Facebook, Twitter, YouTube, Email, Flickr, and RSS. A "Print" button is also visible.

Child Nutrition Programs

- > School Breakfast Program (SBP)
- > Fresh Fruit and Vegetable Program (FFVP)
- > Special Milk Program (SMP)
- > Summer Food Service Program (SFSP)
- > Child and Adult Care Food Program (CACFP)
- > National School Lunch Program (NSLP)

Browse By Subject

- > Federal Register Notices
- > Legislation
- > Policy
- > Press Releases
- > Regulations
- > CN Labeling
- > Disaster Assistance

School Meals

Child Nutrition Programs



The Food and Nutrition Service administers several programs that provide healthy food to children including the National School Lunch Program, the School Breakfast Program, the Child and Adult Care Food Program, the Summer Food Service Program, the Fresh Fruit and Vegetable Program, and the Special Milk Program. Administered by State agencies, each of these programs helps fight hunger and obesity by reimbursing organizations such as schools, child care centers, and after-school programs for providing healthy meals to children.

<http://www.fns.usda.gov/school-meals/child-nutrition-programs>

Child Nutrition Programs – School Meals Home Page

- <http://www.fns.usda.gov/school-meals/child-nutrition-programs>

Initiatives

- Farm to School
- HealthierUS School Challenge (HUSSC)
- Team Nutrition

Spotlights

	Local School Wellness Policy		Community Eligibility Provision
	Smart Snacks Sold in School - Resources		Nutrition Standards in School Meals
	Certification of Compliance: 6 Cents Rule		Family Friendly Application Translations

What's New

[Eligibility Effective Date for Directly Certified Students](#)

[Support for Healthy Meals Standards Continues to Grow](#)

[Extension of the Deadline for Local Educational Agencies to Submit Applications to Elect the Community Eligibility Provision](#)

[Questions & Answers Related to the "Smart Snacks" Interim Final Rule](#)

[Discover MyPlate: Nutrition Education for Kindergarten](#)

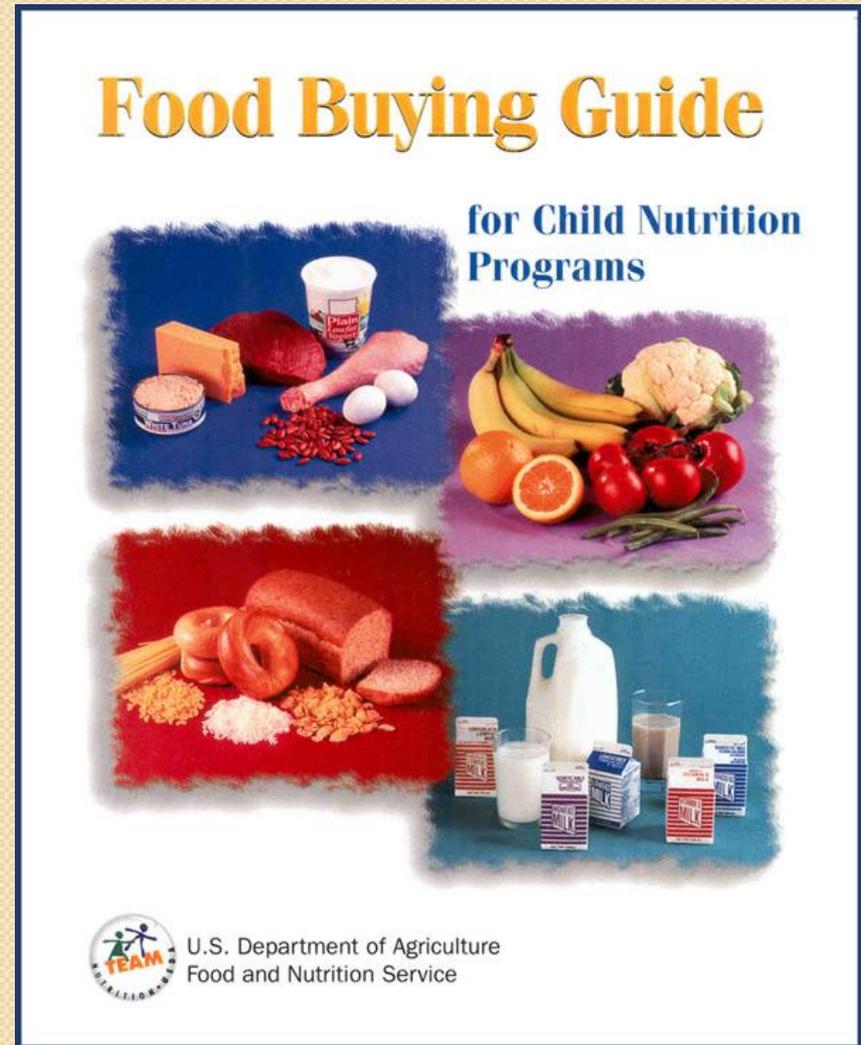
Technical Assistance Resources

- FNS New Meal Pattern website
<http://www.fns.usda.gov/cnd/Governance/Legislation/nutritionstandards.htm>
 - Timeline
 - Technical Assistance & Guidance Materials
 - Recently released Q&As, other policy memos
- Best Practices Sharing Center
 - SFAs and States can share resources and tools they use to serve healthy menus that meet the new school meal regulations by uploading information to this site
 - <http://healthymeals.nal.usda.gov/bestpractices>

Technical Assistance Resources

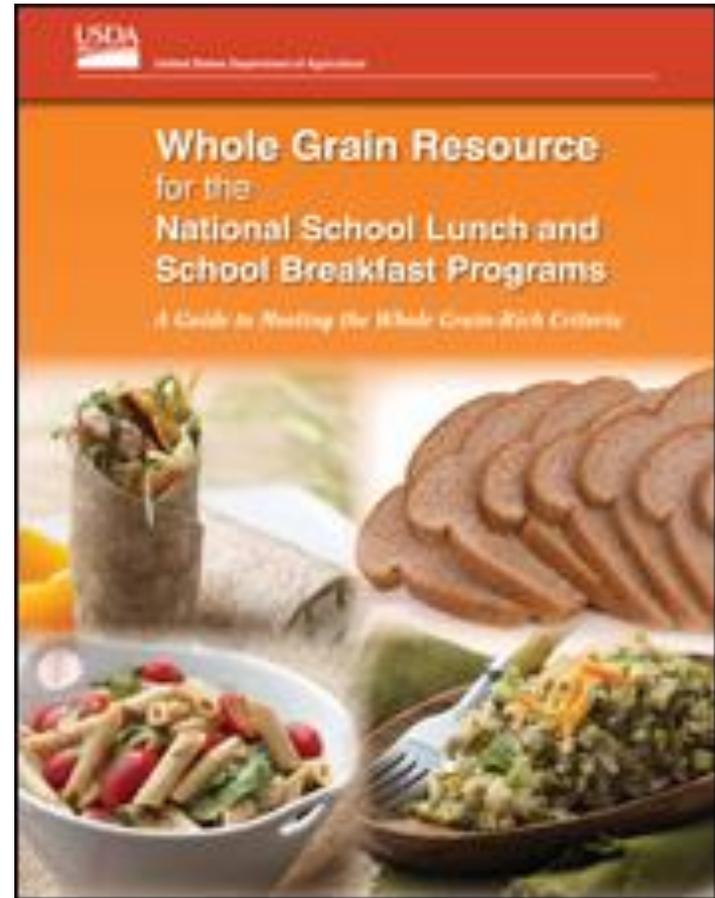
- **NEW!** *SP 57-2014: Offer Versus Serve: Guidance for the National School Lunch and Breakfast Program*
- **NEW!** *SP 10-2012 (v.8): Q and As on "Nutrition Standards in the National School Lunch and School Breakfast Programs"*
- *SP 30-2012: Grain Requirements for the National School Lunch & School Breakfast Programs*
- **NEW!** *SP 43-2014: Q and As on the SBP Meal Pattern in SY 2014-15*

Updated Food Buying Guide



<http://www.fns.usda.gov/tn/foodbuying-guide-child-nutrition-programs>

Whole Grain Resource

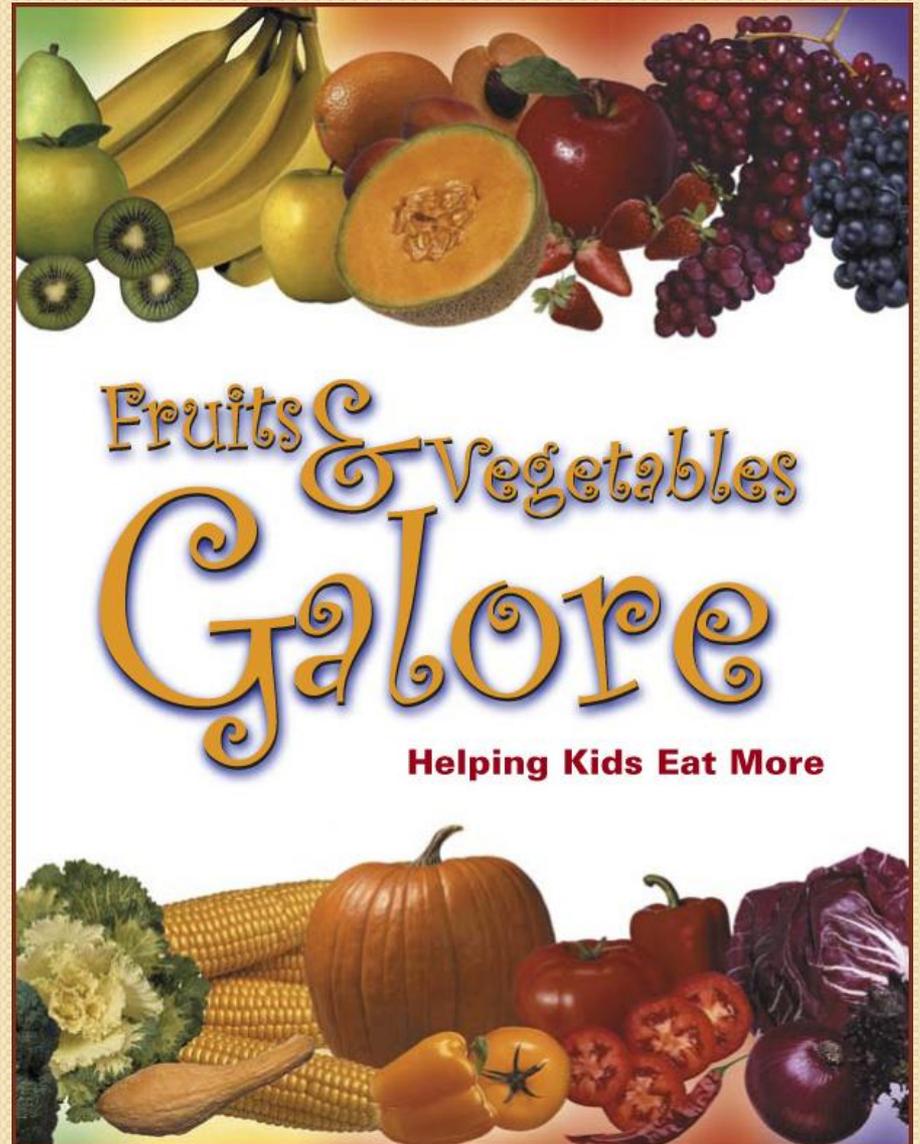


- <http://www.fns.usda.gov/tn/whole-grain-resource>

**AVAILABLE FROM
TEAM NUTRITION**

*Fruits and
Vegetables
Galore: Helping
Kids Eat More*

<http://www.fns.usda.gov/tn/resource-library>





<http://www.fns.usda.gov/tn/recipes-healthy-kids-cookbook-child-care-centers-0>

T
H

Thirty kid-approved recipes from the **Recipes for Healthy Kids Competition**, which the U.S. Department of Agriculture (USDA) launched in September 2010 in support of First Lady Michelle Obama's *Let's Move!* initiative in collaboration with the American Culinary Federation and School Nutrition Association.



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Recipes for Healthy Kids Cookbook for Schools

The top recipes in each category have been standardized in cookbooks for homes, child care centers, and schools.

The cookbooks feature recipes with foods that children and adults alike should consume more of: dark green and orange vegetables, dry beans and peas, and whole grains.

The cookbooks and recipes are available on the Team Nutrition Web site at www.teamnutrition.usda.gov. The cookbooks should be published by the end of 2012.

Best Practices Sharing Center at HMRS

<http://healthymeals.nal.usda.gov/best-practices>

The screenshot shows the website's header with the USDA logo and the text "United States Department of Agriculture". To the right, it says "Healthy Meals Resource System" and features the "TEAM NUTRITION" logo with two stylized figures. A navigation bar contains links for Home, About HMRS, News, Topics A-Z, Get Connected, Chefs Move to Schools, Help, and Contact Us. The main content area is divided into three sections: a search box, a "Browse by Subject" list, and a "Submit a best practice" form. The "Best Practices Sharing Center" title is prominently displayed in a purple banner.

USDA United States Department of Agriculture

Healthy Meals Resource System
TEAM NUTRITION

Home | About HMRS | News | Topics A-Z | Get Connected | Chefs Move to Schools | Help | Contact Us

Best Practices Sharing Center

Welcome to the Best Practices Sharing Center! This collection is intended for School Food Authorities and State Agencies to share resources and tools they use to serve healthy menus that meet school meal regulations.
Select from the options below to search for resources.

Search HMRS

- Search all USDA
- Advanced Search

Browse by Subject

- Recipes
- Menu Planning
- Best Practices
- Resource Library
- HealthierUS School Challenge Resources
- Farm to School
- Local Wellness Policy Resources
- State Sharing Center
- Professional & Career Resources

Topics

Sodium reduction
Fruits
Vegetables
Whole grains
Meal pattern
Fluid milk
Meat / Meat alternatives
Dietary specifications (calories, sat. fat, trans fat)
Planning tools
Monitoring tools

Hold the CTRL key to select multiple options.

Formats

Menu
Recipe
Checklist
Training material (video, webinar, etc.)

Submit a best practice

Materials may be submitted via email to hmrs@ars.usda.gov.
In the body of the email, please provide the developer name as well as the subject areas, audiences, and format that the resource covers.

Education

Contact MDE School Nutrition Programs

Phone: **517-373-3347**

or

E-mail: **MDE-SchoolNutrition @michigan.gov**