

## Offer Versus Serve



*Office of School Support Services  
School Nutrition Programs  
May 2013*

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## 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?

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## Offer Versus Serve

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



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## 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.

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## Who, When, and Where

- OVS is:
    - Required at senior high schools
    - Optional at lower grade levels
    - Optional at breakfast in all grades
  - Who decides?
    - School Food Authority decides:
      - Whether to implement OVS when optional and in what grades.
- NEW**  
Students can decline 2 items; SFA cannot stipulate 1 or 2 items anymore
- Students decide what foods to decline

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## Lunch OVS



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### 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

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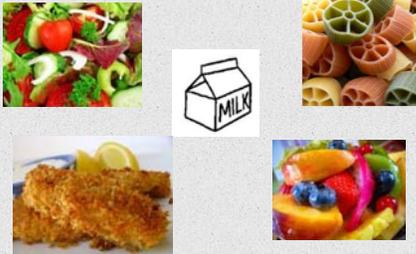
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### OVS Reimbursable Lunches



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### 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 (NEW SY 2012-13)
- 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)

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**OVS Reimbursable Lunches**

- If a student chooses not to 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.

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**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.

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**Challenge Activity**

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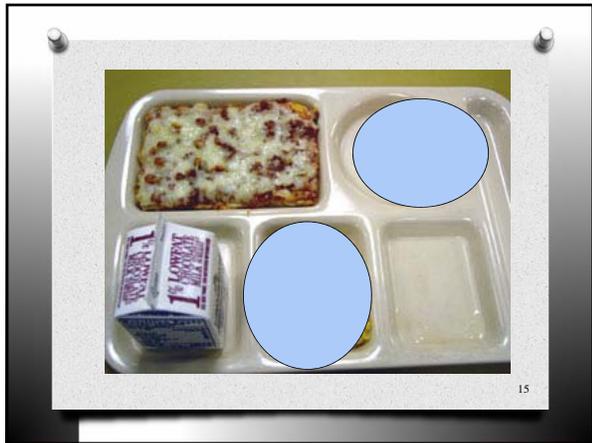
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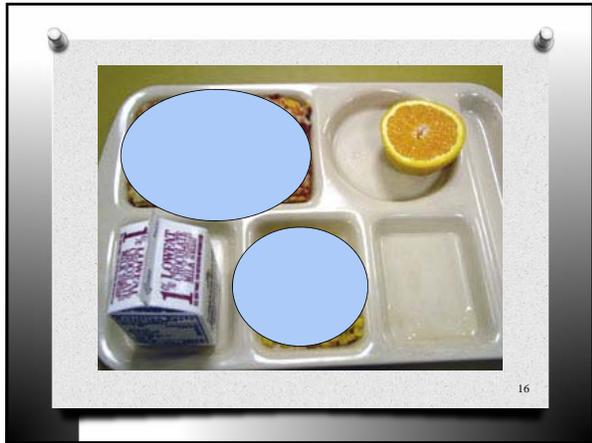
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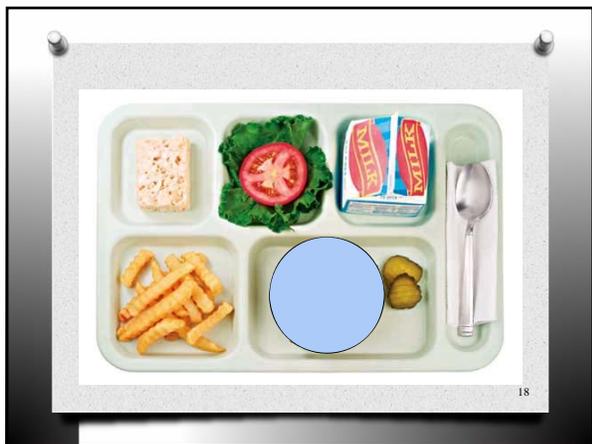
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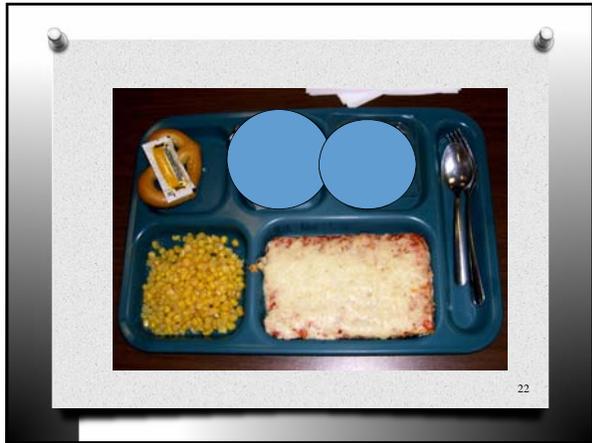
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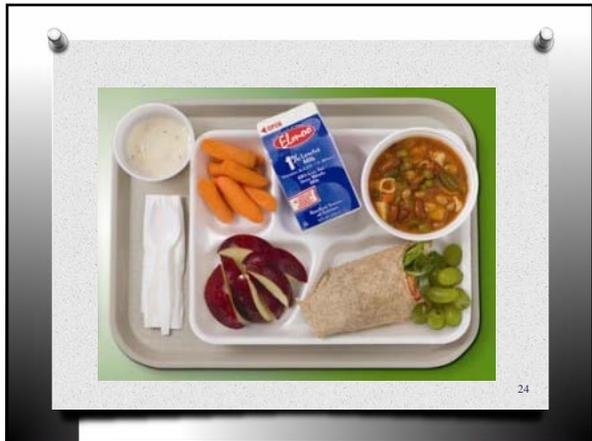
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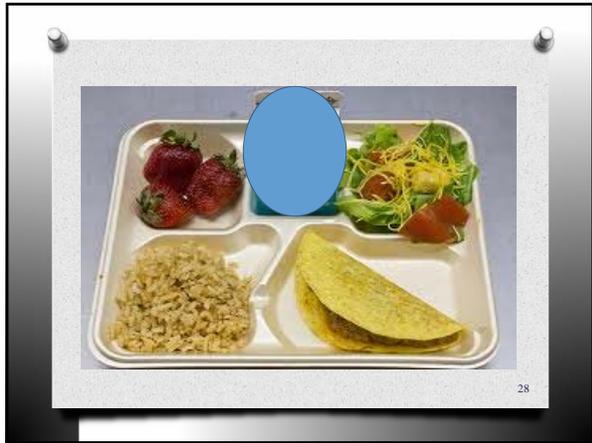
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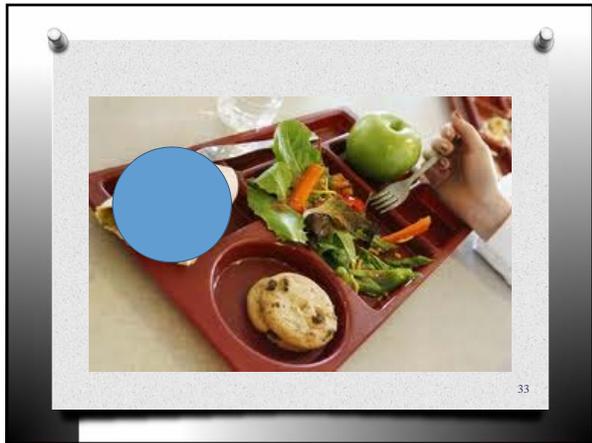
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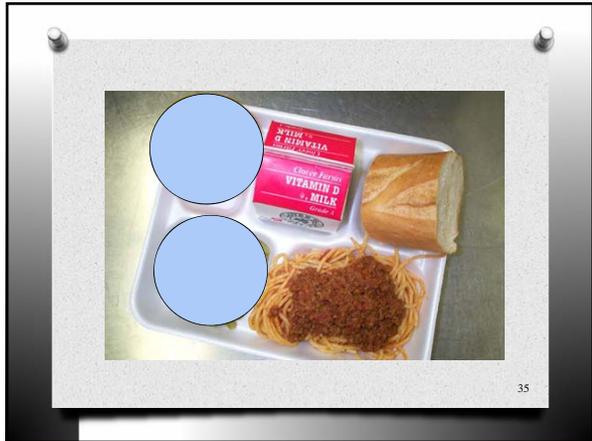
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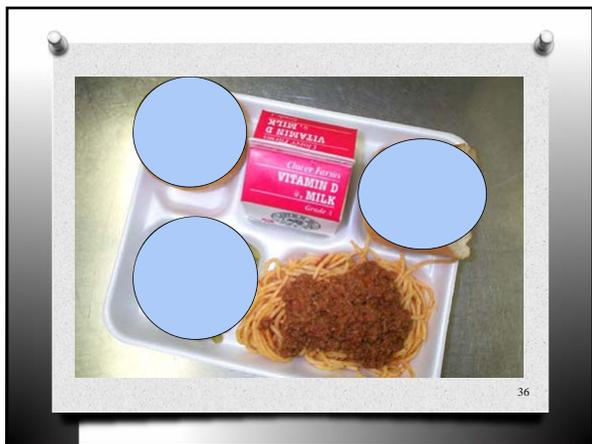
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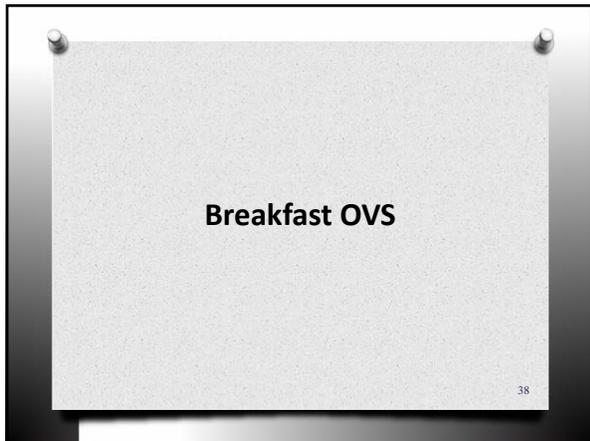
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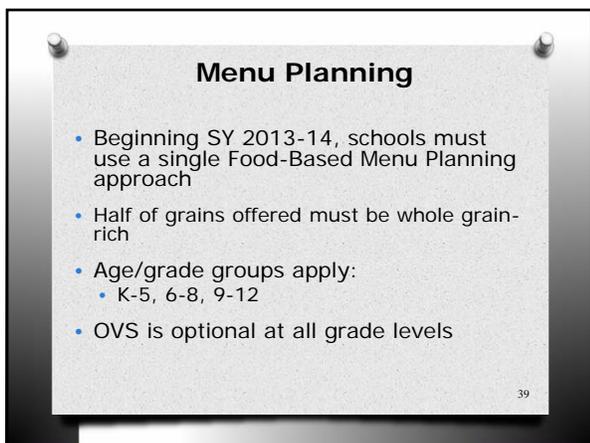
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### Menu Planning

- 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

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### OVS Reimbursable Breakfasts

- Students must:
  - Select at least 3 food items
  - 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

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### OVS: Components vs. Items

- Always offer all three components in at least the required amounts
- For OVS, must offer at least four food items at breakfast
- Students may decline one food item
- Regulatory definition: A food item is a specific food offered within the food components
- For purposes of OVS, an item is the daily required minimum amount of each food component that a child can **take**
  - 1 cup of milk
  - 1 oz eq of grains
  - ½ cup of fruit (or veg)\*

\*NOT required in SY 2013-14

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## 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
- Continue to encourage choices

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## Example: Choices vs Items

- Menu = 1 milk, 1 slice toast, 2 fruit items
  - Fruit choices = ½ cup orange juice, ½ cup oranges, ½ cup apple, ½ cup peaches
  - Student could take 1 milk, 1 toast, and ½ cup oranges
  - Would not be required to take 3 out of 4 fruit choices!
  - SFAs should still **offer choices**, but decide how many **items** a student can take

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## OVS- Grains (part 1)

- A large grain counts as more than one food item for purposes of OVS in breakfast
  - e.g. 2 oz muffin = 2 food items
- Unchanged from prior OVS practice
- In addition to the 2 oz grain, at least 2 other food items must also be offered to have OVS
  - Student cannot decline the 2oz grain item
- Examples:
  - School offers 2 oz eq muffin, ½ cup apples, and milk (decline milk or apples)
  - School offers 2 oz eq muffin, ½ cup apples, ½ cup juice, and milk (decline milk or a fruit choice)

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### OVS- Grains (part 2)

- Allowing students to take two of the same grain item
- 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 as two items
- At the discretion of the menu planner to allow duplicates
- Example: school offers milk and fruit, plus two grains: cereal (1 oz eq) and toast (1 oz eq)
  - Student could select fruit and two toasts
  - 2<sup>nd</sup> toast selected in place of other grain offered (cereal)
  - Only one item (milk) declined

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### OVS- Grains (part 3)

- Grains-meat/meat alternate combination items
  - When counting the meat/meat alternate as grains, the combo may count as two food items
    - Example: egg sandwich w/ 1 oz eq of grains and 1 oz eq of m/ma counting as grains = 2 food items
  - If not counting the meat/meat alternate toward the grains component, the combo is one food item
    - Three additional items must be offered to have OVS
    - Student may decline the combination
    - Example: egg sandwich w/ 1 oz eq of grains and 1 oz eq of m/ma not counting as grains (extra) = 1 food item

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### OVS – Menu Planning

- Grain, milk, two fruit items
- Choice of fruit: ½ cup OJ, ½ cup apples, ½ cup grapes, ½ cup grape juice
- Child could select milk, ½ cup OJ, and ½ cup grape juice – but is it the best menu planning option?

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## Pre-plating/Bundling

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

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## Healthier Kansas Breakfast Cycle Menu

[http://www.kn-eat.org/SNP/SNP\\_Menus/SNP\\_Resources\\_Healthier\\_Kansas\\_Menu\\_Breakfast.htm](http://www.kn-eat.org/SNP/SNP_Menus/SNP_Resources_Healthier_Kansas_Menu_Breakfast.htm)

### Menus for the Week

PLEASE NOTE:  
Milk choice includes a choice of non-fat or 1% milk.

| MONDAY                                                             | TUESDAY                                                                        | WEDNESDAY                                                         | THURSDAY                                                                              | FRIDAY                                             | Weekly Nutrient Averages |        |
|--------------------------------------------------------------------|--------------------------------------------------------------------------------|-------------------------------------------------------------------|---------------------------------------------------------------------------------------|----------------------------------------------------|--------------------------|--------|
| Alpha Multi Squares<br>Whole Grain Cereal<br>Grapes<br>Milk Choice | Sir Spangled<br>Pancakes<br>Sausage Links<br>Fruit Juice Choice<br>Milk Choice | Whole Wheat Bagel<br>with Toppings<br>Fruit Orange<br>Milk Choice | Breakfast Pita<br>with Tomato Salsa<br>Hash Brown<br>Potatoes<br>Fruit<br>Milk Choice | Breakfast Lacagna<br>Fruit Cocktail<br>Milk Choice | K-12                     | Target |
|                                                                    |                                                                                |                                                                   |                                                                                       |                                                    | Calories                 | 554    |
|                                                                    |                                                                                |                                                                   |                                                                                       |                                                    | Cholesterol (mg)         | 75     |
|                                                                    |                                                                                |                                                                   |                                                                                       |                                                    | Fat (g)                  | 100    |
|                                                                    |                                                                                |                                                                   |                                                                                       |                                                    | Fiber (g)                | 5.48   |
|                                                                    |                                                                                |                                                                   |                                                                                       |                                                    | Iron (mg)                | 2.59   |
|                                                                    |                                                                                |                                                                   |                                                                                       |                                                    | Calcium (mg)             | 253.95 |
|                                                                    |                                                                                |                                                                   |                                                                                       |                                                    | Vitamin A (IU)           | 211    |
|                                                                    |                                                                                |                                                                   |                                                                                       |                                                    | Vitamin C (mg)           | 12.55  |
|                                                                    |                                                                                |                                                                   |                                                                                       |                                                    | Protein (g)              | 5.59   |
|                                                                    |                                                                                |                                                                   |                                                                                       |                                                    | Carbohydrates (g)        | 105    |
|                                                                    |                                                                                |                                                                   |                                                                                       |                                                    | Total Fat (g)            | 18.47  |
|                                                                    |                                                                                |                                                                   |                                                                                       |                                                    | Saturated Fat (g)        | 6.14   |




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## Technical Assistance Resources

- FNS New Meal Pattern website (<http://www.fns.usda.gov/cnd/Governance/Legislation/nutritionstandards.htm>)
  - Timeline
  - PowerPoint presentations for training
  - Recently released Q&As, other policy memos
  - **Coming Soon: OVS Q&A Guidance**
- 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>

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**Challenge Activity**

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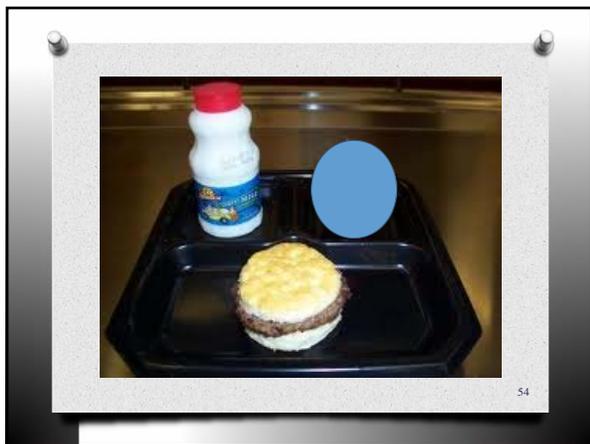
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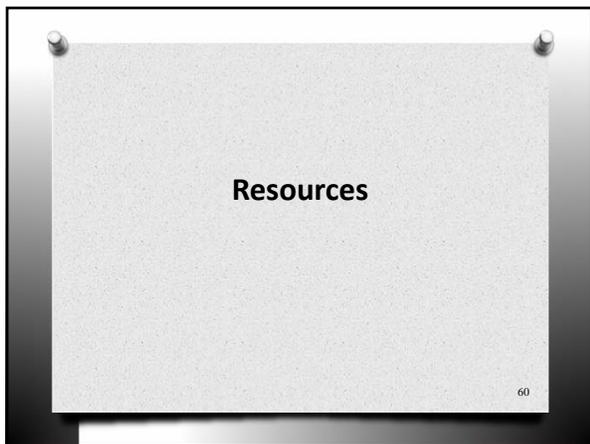
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## USDA Website

For current updated information, go to the Nutrition Standards for School Meals webpage  
<http://www.fns.usda.gov/cnd/Governance/Legislation/nutritionstandards.htm>



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## The Food Buying Guide

### Food Buying Guide for Child Nutrition Programs



[www.fns.usda.gov/tn/Resources/foodbuyingguide.html](http://www.fns.usda.gov/tn/Resources/foodbuyingguide.html)

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## Available from the National Food Service Management Institute (NFSMI)

Whole Grains in Child Nutrition Programs



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**Healthy Meals Resource System**  
<http://healthymeals.nal.usda.gov>

**Menu Planning** (<http://healthymeals.nal.usda.gov/menu-planning>)  
Use these tools to plan menus with ease! Includes special sections on beans, fruits, vegetables, whole grains, and sodium reduction.

**Recipes** (<http://healthymeals.nal.usda.gov/recipes>)  
Find quantity recipes for school food service from a variety of sources, including the searchable Recipe Finder database!

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**Contact MDE School Nutrition Programs**

Phone: **517-373-3347**  
or  
E-mail: **MDE-SchoolNutrition@michigan.gov**

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