Offer Versus Serve

Office of School Support Services
School Nutrition Programs
May 2013

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, 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

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

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)
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.

• 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
Breakfast OVS

Menu Planning

- Beginning SY 2013-14, schools must use a single Food-Based Menu Planning approach
- Half of grains offered must be whole grain-rich
- Age/grade groups apply:
  - K-5, 6-8, 9-12
- OVS is optional at all grade levels
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 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

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
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

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

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)
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
  - 2nd toast selected in place of other grain offered (cereal)
  - Only one item (milk) declined

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

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?
**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**

[Link](http://www.eat.org/SNP/SNP_Menus/SNP_Resources_Healthier_Kansas_Menus_Breakfast.htm)

**Menus for the Week**

**PLEASE NOTE:**

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

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<thead>
<tr>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
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<tbody>
<tr>
<td>Aloha Muffin Square</td>
<td>Whole Grain Cereal</td>
<td>Grapes</td>
<td>Milk Choice</td>
<td>Star Spangled</td>
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<tr>
<td>Pancakes</td>
<td>Sausage Links</td>
<td>Fruit Juice Choice</td>
<td>Milk Choice</td>
<td>Whole Wheat Bagel with Toppings</td>
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<tr>
<td>Fresh Orange</td>
<td>Milk Choice</td>
<td>Breakfast Pita with Tomato Salsa</td>
<td>Hash Brown Potatoes</td>
<td>Kiwi</td>
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<tr>
<td>Breakfast Lasagna</td>
<td>Fruit Cocktail</td>
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<tr>
<th><strong>Weekly Nutrient Averages</strong></th>
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<td><strong>K-12</strong></td>
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<td>Calories</td>
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**Technical Assistance Resources**

- **FNS New Meal Pattern website** ([http://www.fns.usda.gov/cnd/Governance/Legislation/nutritionstandards.htm](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
Challenge Activity
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

The Food Buying Guide
www.fns.usda.gov/tn/Resources/foodbuyingguide.html

Available from the National Food Service Management Institute (NFSMI)
Whole Grains in Child Nutrition Programs
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.

Contact MDE School Nutrition Programs

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