

Offer Versus Serve



*Office of School Support Services
School Nutrition Programs
March 2014*

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



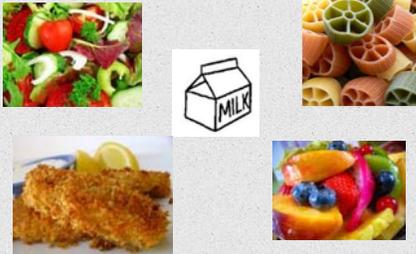
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OVS Reimbursable Lunches

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

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 (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.

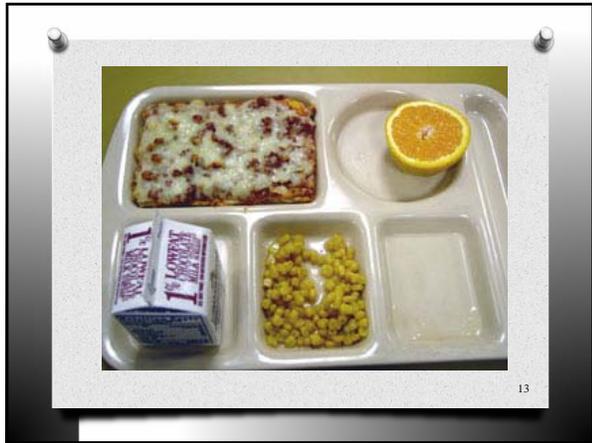
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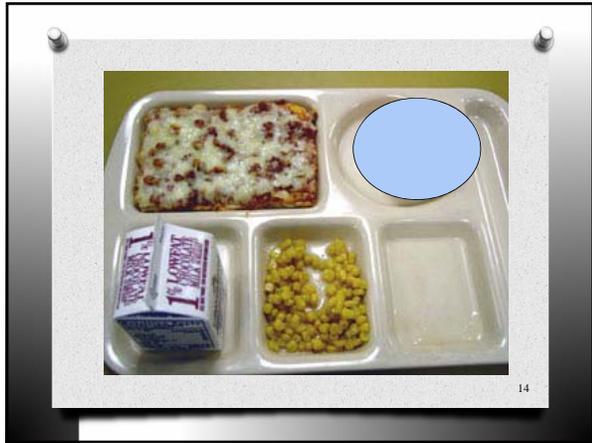
OVS Reimbursable Lunches

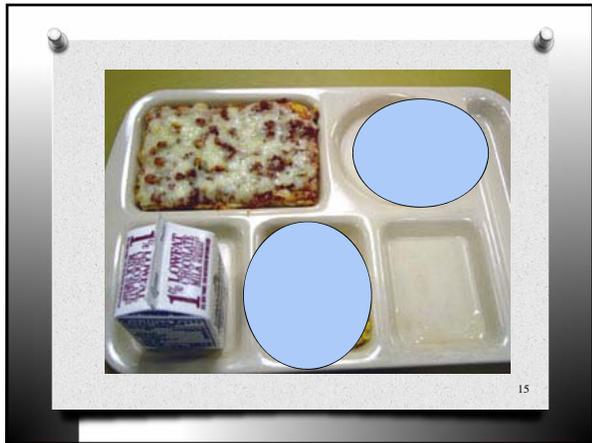
- Every effort should be made at the point of service to encourage the student to take an additional component.
- Staff counting and claiming must be trained to recognize meal components to include those in combination foods.

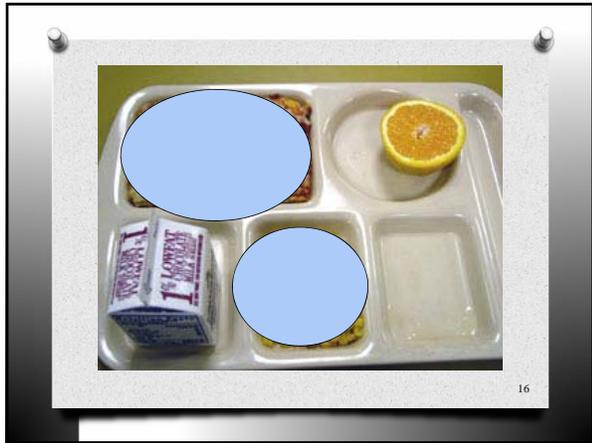
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Challenge Activity



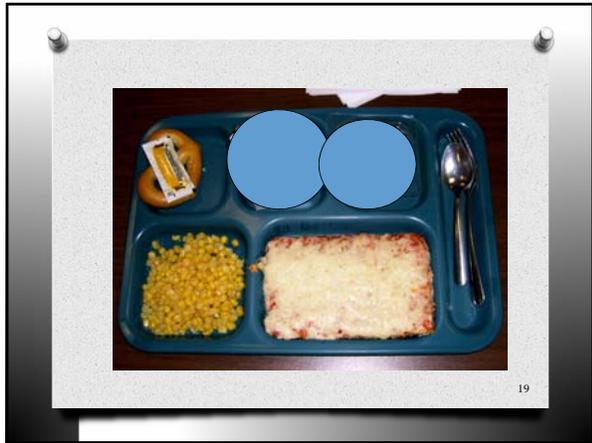


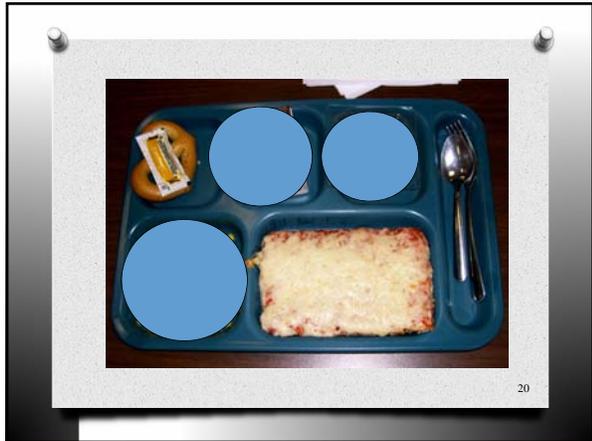


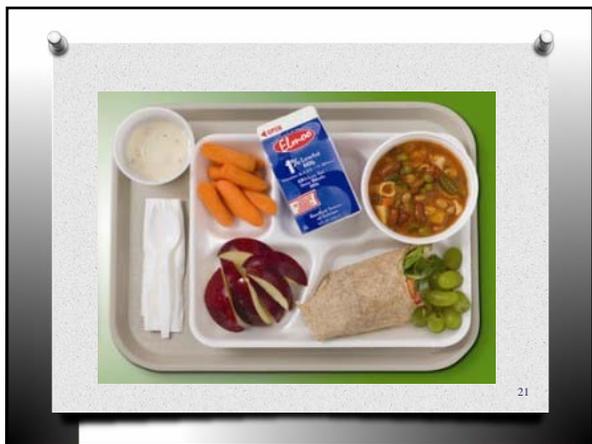


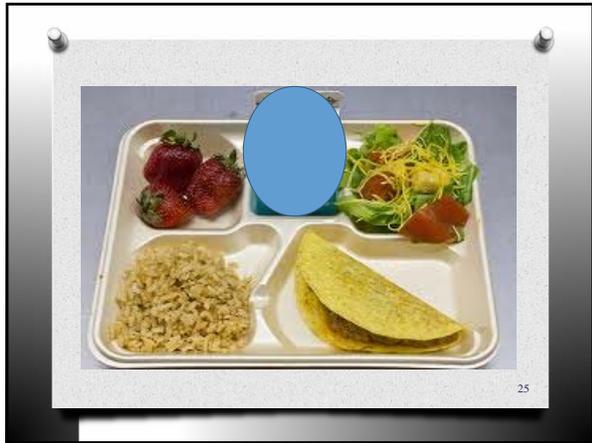










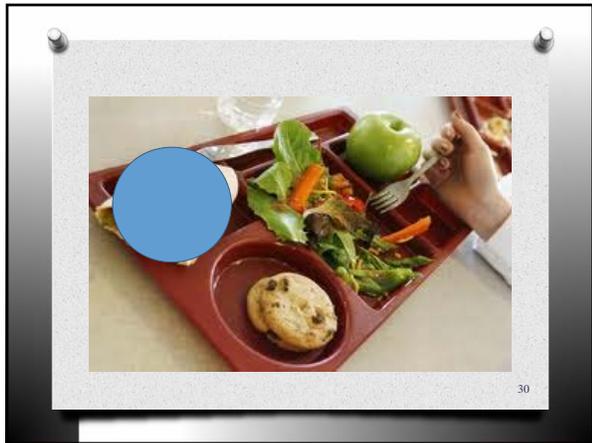




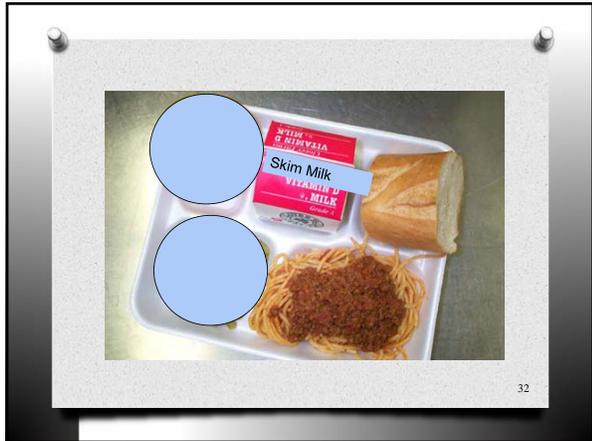


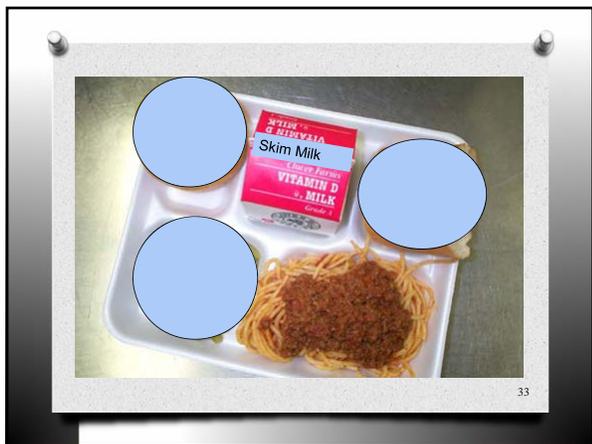




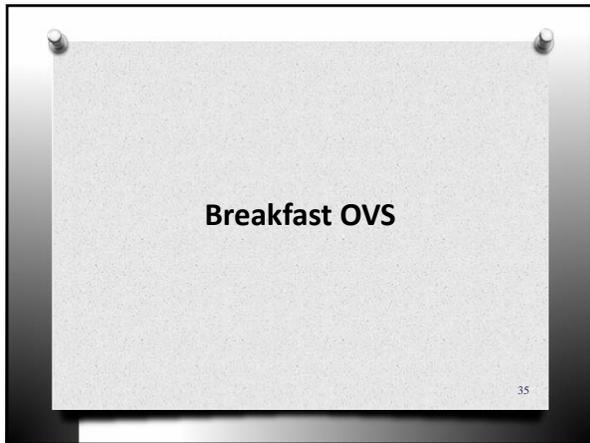


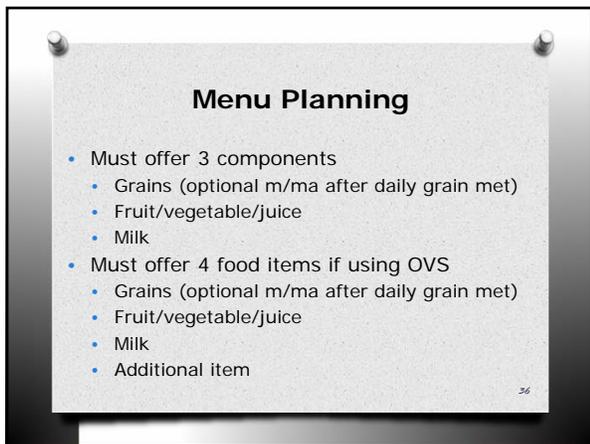












OVS Reimbursable Breakfasts

- 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

- **Component:** One of the **3 food groups** that comprise a reimbursable breakfast and that must be offered:
 - 1 cup of milk
 - 1 oz eq of grains
 - Meat/meat alternates (optional)
 - ½ cup of fruit (or veg)*
- **Item:** Specific food offered within the 3 components:
 - If no OVS, must offer at least 3 food items
 - If operating OVS, must offer at least **4 food items** at breakfast
- Students must **take** at least 3 items at breakfast
- Students are not required to take ½ cup of fruit until SY 14-15



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

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
 - 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

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**



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



Menu Example

Menu with five food items:

Whole grain-rich muffin (2 oz eq grain)	[2 grain items]
AND	
Whole grain-rich cereal (1 oz eq grain)	[1 grain item]
Orange slices (½ cup fruit)	[1 fruit/vegetable item]
Variety of milk (1 cup)	[1 milk item]

Reimbursable meal examples:

- Whole grain rich muffin, orange slices
- Whole grain rich muffin, milk
- Whole grain rich cereal, orange slices, milk

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 four 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]
Variety of milk (1 cup)	[1 milk item]

Reimbursable meal examples:

- 2 slices of toast, orange slices
- 2 cereals, milk
- 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 four 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]
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 and vegetables are one component in SY 13-14
- ½ cup daily minimum must be offered
- Menu planner can offer fruit as multiple items and/or in various portion sizes to total ½ cup
 - Example: student may take two ¼ cup servings of fruit to equal ½ cup item
- Minimum amount that may be credited towards the fruit/vegetable component is 1/4 cup

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

Menu Example – Various Portion Sizes

Breakfast food items containing fruits and/or vegetables:

- Egg frittata (with ¼ cup vegetable)
- 8 oz 100% orange juice (1 cup fruit)
- Mango/Black Bean Salsa (¼ cup fruit/vegetable combo)
- Diced pineapple (¼ cup fruit)
- Apple slices (¼ cup fruit)

May offer different ¼ cup servings of fruits and or vegetables that may be selected to meet the ½ cup requirement

OVS – Menu Planning

- Menu: 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?





Summary of OVS Changes

Function	Before HHFKA*	After HHFKA
Implementation of OVS	Optional at all levels	No Change
Reimbursable Meals Number of Food Components/Food Items	Reimbursable breakfasts must offer three or four components in four food items	Three components in four food items
Required number of selections for OVS	One food item may be declined	Student must select at least three food items
OVS and fruit and vegetable food components/food items	One component (juice, fruit, vegetable), one food item offered For OVS, no requirement to select the component	Beginning in School Year 2014-2015, one selection must be at least ½ cup of fruit For School Year 2013-2014, no change Beginning in School Year 2014-2015, component is fruit and for OVS, one selection must be at least ½ cup of fruit
Extra foods offered	Not credited for OVS	No change
Double servings of components/food items	Allowed for only grains and meat/meat alternate component	Allowed for fruit component and for grains component and credited meat/meat alternate when substituted for grains

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

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



Healthier Kansas Breakfast Cycle Menu

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		
					K-12	Target	
Alpha Muffin Square Whole Grain Cereal Crispes Milk Choice	Str Spangled Pancakes Sausage Links Fruit Juice Choice Milk Choice	Whole Wheat Bagel with Toppings Fresh Orange Milk Choice	Breakfast Pita with Tomato Salsa Hash Brown Potatoes Kofa Milk Choice	Breakfast Lasagna Fruit Cereal Milk Choice	Calories	557	554
					Cholesterol (mg)	95	13
					Sodium (mg)	904	1000
					Fiber (g)	5.48	2.50
					Iron (mg)	5.00	2.00
					Calcium (mg)	548.3	253.85
					Vitamin A (IU)	1662	891
					Vitamin C (mg)	50.22	12.50
					Protein (g)	23.49	1.50
					Carbohydrates (g)	87.02	0.00
					Total Fat (g)	13.02	18.47
					Saturated Fat (g)	3.18	6.16

Challenge Activity

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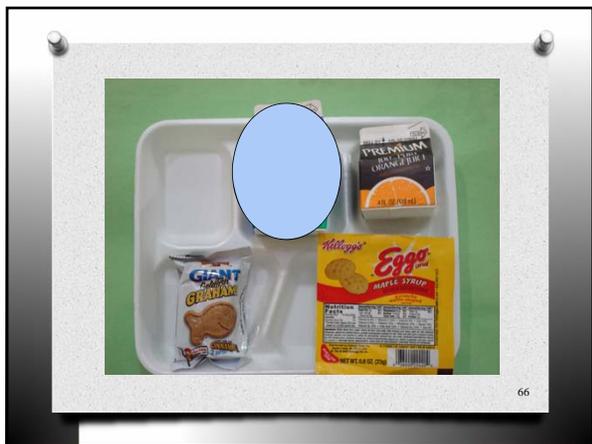




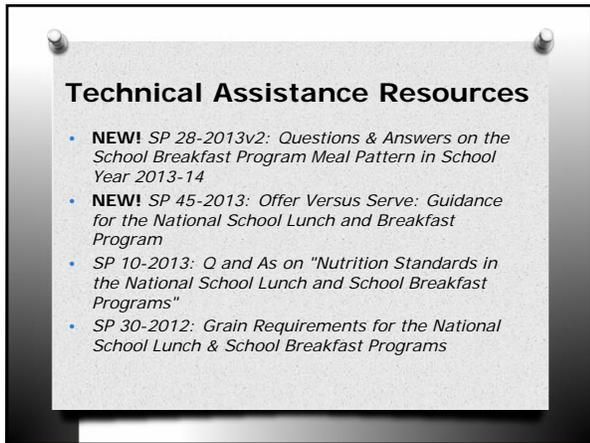


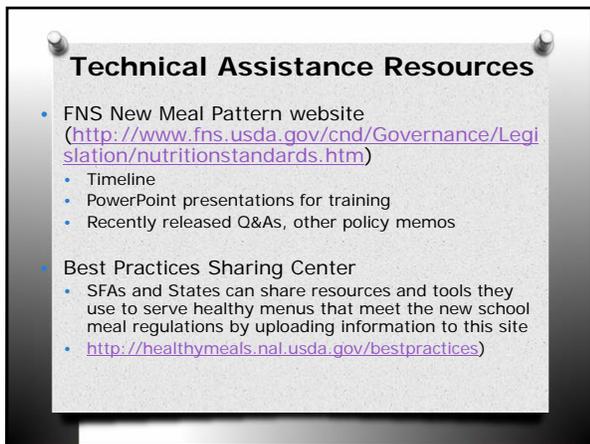












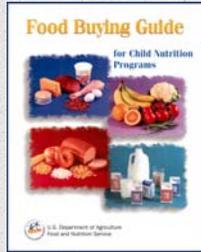
USDA Website

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

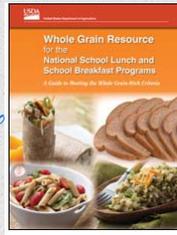


<http://www.fns.usda.gov/tn/food-buying-guide-school-meal-programs>

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Available from USDA

Whole Grain Resource for the National School Lunch and School Breakfast Programs



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

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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!



Contact MDE School Nutrition Programs

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