

# Offer Versus Serve in the NSLP



School Nutrition Programs  
Office of School Support Services  
Michigan Department of Education

# 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



# Pre-plating/Pre-packaging/Bundling

- Pre-plating/pre-packaging/bundling is allowed.
- Schools are encouraged to offer choices to the extent possible.

# LUNCH OVS



# OVS Reimbursable Lunches



# 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

- For OVS lunch to be reimbursable, students must:
  - Select at least 3 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 UNDER OVS?

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Skim Choc



Skim Choc



**Skim Choc**





























# BREAKFAST OVS

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# Breakfast Meal Pattern

	Amount of Food Per Week (Minimum Per Day)		
	Grades K-5	Grades 6-8	Grades 9-12
<b>Fruits (cups)</b>	<b>5 (1)</b>	<b>5 (1)</b>	<b>5 (1)</b>
<b>Vegetables (cups)</b>	<b>0</b>	<b>0</b>	<b>0</b>
<b>Grains (oz eq)</b>	<b>7-10 (1)</b>	<b>8-10 (1)</b>	<b>9-10 (1)</b>
<b>Meats/Meat Alternates (oz eq)</b>	<b>0</b>	<b>0</b>	<b>0</b>
<b>Fluid milk (cups)</b>	<b>5 (1)</b>	<b>5 (1)</b>	<b>5 (1)</b>

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  - Example: Recognizing appropriate serving sizes

# Build a Healthy Breakfast

*Build a healthy breakfast by choosing at least 3 items – 1 must be a fruit (vegetable or juice)*



Menu planner indicates how many items may be selected

Fruit/Vegetable/Juice – may select  items

1/2 c. applesauce (= 1 item)

4 oz. orange juice (= 1 item)

1/2 c. peaches (= 1 item)

Milk – may select 1 item

8 oz. skim (white)

8 oz. 1% (white)

Menu planner indicates how many items may be selected

Additional Item:

1 oz. fat free cream cheese

Grains/Breakfast Entrees – may select  items

1 oz. bagel (= 1 item)

2 oz. muffin (= 1 item)

1 serving cereal (= 1 item)



# OVS – Pre-bagged Meals

Some or all components are bundled together

- Attempt to the extent possible to offer choices
  - Fruit basket
  - Milk choices

No requirement that all possible combinations of choices be made available to students

# Components vs. Items (OVS)

- Component: One of the **3 food groups** that comprise a reimbursable breakfast and that must be offered:
  - Fruit (veg or juice)
  - Grains
    - Meat/meat alternates (optional)
  - Milk
- Item: Specific food offered within the 3 components:
  - If operating OVS, must offer at least 4 food items at breakfast
  - Student must select at least 3 items



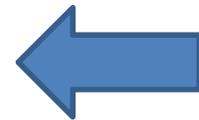
# OVS: Choices vs Items

- **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
  - Fruit item: orange juice, orange slices, 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 Implementation

OVS is:

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



# OVS Implementation-SBP

- Students must select at least 3 items at breakfast (OVS)
- Must select at least ½ cup fruit and at least 2 other items
- Students may decline a food item

# OVS - Grains

- Menu planner can offer a large grain item and count it as one or two items
- Example: A large 4 oz muffin can count as 1 *or* 2 items (you decide)



# OVS - Grains



- If using a 4 oz muffin:
  - If it counts as 1 item, students must select 2 more items
    - One item must be  $\frac{1}{2}$  cup f/j/v
  - If it counts as 2 items, student must select 1 more item
    - Must be at least  $\frac{1}{2}$  cup f/v/j

# Menu Example

## Menu with five food items:

Whole grain-rich muffin (2 oz eq grain) [2 grain items]

Whole grain-rich cereal (1 oz eq grain) [1 grain item]

Orange slices (1 cup fruit) [1 fruit item]

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

## Reimbursable meal examples:

- Whole grain-rich muffin, orange slices
- Whole grain-rich muffin, orange slices, 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 (1 cup fruit)	[1 fruit item]
Variety of milk (1 cup)	[1 milk item]

## Reimbursable meal examples:

- 2 slices of toast, orange slices
- Milk, 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 (1 cup fruit)	[1 fruit 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 item]
Apple juice	(½ cup fruit)	[1 fruit 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



1 cup daily minimum must be offered

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

# OVS - Fruit

Menu planner can offer a large fruit (that is equivalent to at least one cup fruit) and that fruit may credit as one or more items

- Example: A large apple can count as 1 **or** 2 items



## Menu Example – Multiple Items

Menu with seven food items:

- |  |                 |                |
|--|-----------------|----------------|
| • Slice of toast   | (1 oz eq grain) | [1 grain item] |
| • Whole grain cereal   | (1 oz eq grain) | [1 grain item] |
| • Choose at least one (and up to all four) of the following items: |                 |                |
| ○ Tomato juice   | (½ cup fruit)   | [1 fruit item] |
| ○ Apple slices   | (½ cup fruit)   | [1 fruit item] |
| ○ Pineapple chunks   | (½ cup fruit)   | [1 fruit item] |
| ○ Mixed berries  | (½ cup fruit)   | [1 fruit item] |
| • Variety of milk  | (1 cup)         | [1 milk item]  |

### Reimbursable meal examples

- Toast, cereal, tomato juice, apple slices
- Toast, tomato juice, apple slices
- Berries, tomato juice, apple slices



# CHALLENGE ACTIVITY

ARE THESE REIMBURSABLE MEALS UNDER OVS?









# RESOURCES

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# USDA Website

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

[http://www.fns.usda.gov/cnd/Governance/Legislation/nutrition\\_standards.htm](http://www.fns.usda.gov/cnd/Governance/Legislation/nutrition_standards.htm)

The screenshot shows the USDA Food and Nutrition Service website. At the top left is the USDA logo with the text "United States Department of Agriculture" and "Food and Nutrition Service". Below the logo is a horizontal strip of images showing diverse children. A navigation menu includes "Home", "About FNS", "Newsroom", "Help", "Contact Us", and "En Español". A search bar is labeled "Search FNS" with a "Go" button. Below the search bar are options: "Search all USDA", "Search Tips", and "Topics A-Z". There is an "Email Updates" section with a sign-up icon and text: "Sign-up to receive free email updates". A "Browse by Subject" section lists "Applications". The main content area has a breadcrumb trail: "You are here: Home > School Meals > Legislation > Healthy, Hunger-Free Kids > Nutrition Standards". The main heading is "Nutrition Standards for School Meals". The text reads: "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 is a photo of a young girl eating a sandwich. Below this is a "Regulation" section with a bullet point: "Final Rule: Nutrition Standards in the National School Lunch and School Breakfast Programs (1/26/12)".

# Child Nutrition Programs – School Meals Home Page

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## 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)

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## School Meals

Print

### 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>

# 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 41-2015: Offer Versus Serve: Guidance for the National School Lunch and Breakfast Program
- **NEW!** SP 10-2012 (v.9): 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
- <http://www.fns.usda.gov/school-meals/policy/all>

## **Contact MDE School Nutrition Programs**

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