OFFER VERSUS SERVE (OVS)

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OVS-Lunch

- Must offer 5 components
- Students allowed to decline 2 of 5
- Must select 1/2 cup fruit or vegetable
- Mandatory for senior high level
  - Optional at junior high/middle and elementary, but if implement must allow option to decline 2 items
OVS – Lunch

- If student selects three components and a fruit and vegetable are selected as part of the three, the student must select ½ cup of either the fruit or vegetable, then must select the full component of the other
Grades K-5 and 6-8

Menu:
- Chicken patty
- Bun
- ½ cup peaches
- ¾ cup broccoli
- Milk

Select:
- ½ cup peaches
- ¾ cup broccoli
- Milk
  or
- ½ cup broccoli
- ½ cup peaches
- Milk
<table>
<thead>
<tr>
<th>Menu:</th>
<th>Select:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chicken patty</td>
<td>½ cup peaches</td>
</tr>
<tr>
<td>Bun</td>
<td>1 cup broccoli</td>
</tr>
<tr>
<td>1 cup peaches</td>
<td>Milk</td>
</tr>
<tr>
<td>1 cup broccoli</td>
<td>Or</td>
</tr>
<tr>
<td>Milk</td>
<td>½ cup broccoli</td>
</tr>
<tr>
<td></td>
<td>1 cup peaches</td>
</tr>
<tr>
<td></td>
<td>Milk</td>
</tr>
</tbody>
</table>
Fruits and Vegetables

- ½ cup fruit, or
- ½ cup vegetable, or
- ¼ cup fruit and ¼ cup vegetable

- If selected ¼ cup fruit and ¼ cup vegetable would not need additional fruit or vegetable if selected two other components in full (ex: bread, milk and ¼ cup fruit and ¼ cup vegetable)

- If selected ¼ cup fruit and ¼ cup vegetable, ¾ cup vegetable and bread (ex: K-8)
Self Serve Salad Bars

- Regardless of the serving utensil used, food service staff must ensure the portions on the tray meet requirements.
- Train the cashiers to visually identify the correct portions, or by pre-portioning the food items.
Salad Bars beyond the Point of Service (POS)

- State Agencies may authorize alternatives

- If beyond POS, food components/food items must be labeled, listed on the menu, or otherwise identified so the students can identify and select proper portion

- System in place to ensure each student selects $\frac{1}{2}$ cup fruit or vegetable
Meat/Meat Alternate or Grain component as two food items

- Must select full components which includes both items (if selected as part of the three of the five items)

- Example:
  - cheese stick and nuts
  - or hot dog bun and cookie
Minimums and Maximums 😊

- Last year a school offered PBJ *Uncrustable* daily
  (PBJ = 1 meat alternate, 1.25 grains)

- If offered daily, would not meet requirement(s) for meat/meat alternate or grains (ex: K-5)
  - Added 1oz cheese stick daily to meet 10oz maximum meat/meat alternate requirement
  - Added different grains daily to meet minimum grain requirement
Example: Grain Requirement

PBJ (1.25 grain) offered daily with:

- Monday: 1.25 + pretzels .75 = 2
- Tuesday: 1.25 + pretzels .75 = 2
- Wednesday: 1.25 + fruit rollup = 1.25
- Thursday: 1.25 + saltines .25 = 1.50
- Friday: 1.25 + granola bar .50 = 1.75

- Total grains for week = 8.5
PBJ - last year (NSMP)
5999 calories; 9.2% sat fat; 645 mg sodium
(1 oz LF ranch dressing included in analysis)
PBJ - This Year on 2 Meat/2 bread day (FBMP)
769 calories; 13% sat fat; 990 mg sodium
(1 oz LF Ranch Dressing included on analysis)
Last year school offered 6 oz yogurt daily with 1 grain item (1.50 oz meat alternate and 1 grain).

If offered daily, would not meet minimum requirement for meat/meat alternate and grain (ex: K-5)
- Serving 4 oz yogurt (1 oz meat alternate) and 1 oz cheese stick to meet 10 oz maximum meat/meat alternate for week
- Added different grains to meet grain requirement
Yogurt - This Year on 2 meat/2 bread day (FBMP)
859 calories; 11% sat fat; 765 mg sodium
(1 oz LF ranch dressing included in analysis)
Pre-plated meals

- Must offer all components and quantities required

- Schools and RCCIs encouraged to modify their service systems to encourage OVS to extent possible
Offer versus Serve (OVS) and the New NSLP Meal Pattern Resources

Roxanne Ramage, M.S., R.D., S.N.S.
Principal Consultant
Illinois State Board of Education
Illinois Developed Resources

• Offer vs Serve Lunch Training Material for Frontline Staff

• Grades K-8 - [http://www.isbe.net/nutrition/ppt/nslp-ovs-k-8-pres.pdf](http://www.isbe.net/nutrition/ppt/nslp-ovs-k-8-pres.pdf)

• Grades 9-12 - [http://www.isbe.net/nutrition/ppt/nslp-ovs-9-12-pres.pdf](http://www.isbe.net/nutrition/ppt/nslp-ovs-9-12-pres.pdf)

Next, I will preview the K-8 Training.
Offer Versus Serve
K-5, 6-8, K-8 Grade Grouping

Frontline Staff Training
Nutrition and Wellness Programs Division
Illinois State Board of Education
www.isbe.net/nutrition
Grade Grouping K-5, 6-8, K-8

- Offer vs Serve is **optional** for all grades K-8

- Five full components must be **offered**:  
  - Meat/Meat Alternate minimum 1 oz.  
  - Grain minimum 1 oz.  
  - Vegetable ¾ cup  
  - Fruit ½ cup  
  - Fluid Milk 1 cup
Grade Grouping K-5, 6-8, K-8

Reimbursable Meal must contain:

Three of Five components which need to be

• 2 full components of the 5 offered
  AND

• A fruit component or a vegetable component
Grade Grouping K-5, 6-8, K-8

Decline options:
Students are allowed to decline up to 2 of 5 food components but must select either a fruit or vegetable.

Reducing portions:
The vegetable \( \frac{3}{4} \) c component may be reduced to \( \frac{1}{2} \) c portion. Students must select other food components in quantities planned.
Activity

1. Begin by looking at a tray with all 5 full components represented.
2. Next look at the following slide series to determine which meals are reimbursable combinations and which meals are not reimbursable and why not.
Grade Grouping

Vegetable

½ cup offered

Fruit

¾ cup offered

Grain

1-2 oz. offered

Meat/

1-2 oz. offered

Meat Alternate

Milk

8 oz. offered
Looking at the following meals a student selects, would these meals be a reimbursable meal under offer vs serve?

Why? Or Why not?
Student selected:
2 full components and reduced vegetable portion:
• Milk
• Meat/Meat Alternate
• \( \frac{1}{2} \) cup Vegetable
Fruit
½ cup

Grain
2 oz.

Milk
8 oz.
• **Student selected:**
  • 3 full components and one was fruit:
    • Milk
    • Grain
    • Fruit
Grade Grouping

Vegetable
½ cup

Fruit
½ cup

Milk
8 oz.
• Student selected:
  • 2 full components and a reduced vegetable:
    • Milk
    • Fruit
    • \(\frac{1}{2}\) c Vegetable
Grade Grouping

Vegetable

½ cup

Grain

2 oz.

Milk

8 oz.

Meat/

Meat Alternate

2 oz.
• **Student selected:**
• 3 full components and a reduced vegetable:
  • Milk
  • Grain
  • Meat/Meat Alternate
  • ½ c Vegetable
Grade Grouping

Vegetable
- 1/2 cup

Grain
- 1 oz.

Meat/Meat Alternate
- 1 oz.
- **Student selected:**
- 2 full components and a reduced vegetable:
  - Grain
  - Meat/Meat Alternate
  - $\frac{1}{2}$ c Vegetable
Grade Grouping

Grain
1 oz.

Milk
8 oz.

Meat/
Meat
Alternate
1 oz.
• **Student selected:**
• 3 full components but no fruit or vegetable:
  • Grain
  • Milk
  • Meat/Meat Alternate
Fruit
¼ cup offered

Grain
1-2 oz.

Vegetable
¼ cup offered
• Student selected:
  • 1 full component but only reduced fruit and vegetable:
    • Grain
    • \( \frac{1}{4} \text{ c Fruit} \)
    • \( \frac{1}{4} \text{ c Vegetable} \)

The vegetable and fruit may be reduced to \( \frac{1}{4} \text{ cup} \) to meet the combined \( \frac{1}{2} \text{ c total} \) (fruit and/or vegetable requirement) but not both if only one additional full component is selected. Selecting one additional full component would make this meal reimbursable. Serving reduced/combined fruit and vegetable is optional not required.
- **Student selected:**
- 2 full components and \( \frac{1}{2} \text{ c} \) combined fruit and vegetable:
  - Milk
  - Grain
- \( \frac{1}{4} \text{ c} \) Fruit + \( \frac{1}{4} \text{ c} \) Vegetable = \( \frac{1}{2} \text{ c} \) requirement
Connecticut Developed Resources


Used with permission from the Connecticut State Department of Education, Offer versus Serve in the National School Lunch Program (2012).
Offer versus Serve in the NSLP, Continued

Examples of OVS at Lunch (Grades K-5 and 6-8)

Students must take at least three of the five food components offered, including at least ½ cup serving of fruits or vegetables and the full portion of two other components. The menus below show examples of OVS for grades K-5 and 6-8.

<table>
<thead>
<tr>
<th>Meal Component and Required Daily Amount</th>
<th>Planned Lunch</th>
<th>Student Selects</th>
<th>Food Items</th>
<th>Food Components (Full Portion) MUST BE AT LEAST 3</th>
<th>½ cup F or V MUST BE</th>
<th>Reimbursable?</th>
</tr>
</thead>
</table>
| Meat/Meat Alternate (M/MA), 1 ounce equivalent | Turkey (1 ounce) and cheese (1 ounce) sandwich on whole-wheat bread (2 slices) | • turkey and cheese sandwich (M/MA, G)  
• milk (M) | 2 | 3 | no | No. The meal contains the full portion of three food components (M/MA, G and M) but is missing ½ cup F or V. |
| Grains (G), 1 ounce equivalent | Carrot sticks, ½ cup  
Whole fresh apple, ½ cup  
Low-fat milk, 1 cup | • carrot sticks (V)  
• apple (F)  
• milk (M) | 3 | 3 | yes | Yes. The meal contains the full portion of three food components (M/MA, G and F) and ½ cup F. |
| Vegetables (V), ¾ cup | | | | | | Yes. The meal contains the full portion of three food components (V, F and M) and at least ½ cup F or V. |
| Fruits (F), ½ cup | | | | | | |
| Milk (M), 1 cup | | | | | | No. The meal contains the full portion of only two food components (M/MA and G) and is missing ½ cup F or V. |
Idaho Developed Resources

- Web Page:
Merry Christmas and Happy, Healthy 2013 from my family to yours!

My Husband, Andy, Jack (age 8), John Michael (Age 6) and Kate (8 Months)