

Offer Versus Serve K-12 Lunch & Breakfast

Why Offer vs. Serve?

- Allows the student to select foods they want to eat
- Reduces waste
- Fiscally responsible by preparing meals based on student preferences
- Students learn healthy eating in the lunchroom and classroom

Offer vs. Serve: Mandatory or Optional?

- Senior High*: Mandatory
- Middle and Elementary School*: Optional
- Breakfast for all grades: Optional
- Snacks: Not allowed
- Summer meals (seamless summer option): Optional

*as defined by the state educational agency

Offer vs. Serve Lunch Basics

The meal pattern for lunches consists of five food components:

1. Fruits
2. Vegetables
3. Grains
4. Meats/meat alternates (m/ma)
5. Milk

Age/Grade Groups for Lunches

- K-5
- 6-8
- K-8
- 9-12

Full Components... What Must be Offered Daily?

K-5 & 6-8 (K-8)

- 1 oz. Meat/ma
- $\frac{3}{4}$ c. Vegetable
- $\frac{1}{2}$ c. Fruit
- 1 oz. Whole Grain-Rich Grain
- 8 oz. Milk

Grades 9-12

- 2 oz Meat/ma
- 1 c. Vegetable
- 1 c. Fruit
- 2 oz. Whole Grain-Rich Grains
- 8 oz. Milk

What Must Each Student (Any Age) Select for the Meal to be Reimbursable?

- 3 of the 5 food components

AND

- 1 of the 3 components **MUST** be ½ cup serving of the fruits or vegetable component or ½ cup total serving of both fruit and vegetable
- 2 of the 5 components may be declined

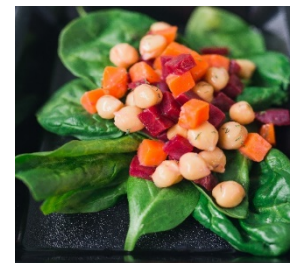
Fruit/Vegetable ½ cup Requirement

Each student must select:



½ cup fruit

OR



½ cup vegetable

OR

½ cup combination of fruit and vegetable

What if 2 of 3 Components are Fruit and Vegetable?

- If a student selects only 3 components and 2 of the 3 are fruit and vegetable, one of those must be $\frac{1}{2}$ cup and the other must be full component
- Example: Student selects a banana for $\frac{1}{2}$ c. requirement and selects carrots for the second component - the carrots must be the full component. K-8 vegetable requirement is $\frac{3}{4}$ c. and grades 9-12 is 1 c. If this student is in 5 grade, they would have to select $\frac{3}{4}$ c. of carrots for these two items to be considered 2 components.

Reimbursable Meal Example

K-8 Menu

- Pineapple Chicken Breast
- Rice Pilaf ½ c.
- Fresh Broccoli ¾ c.
- Sliced Oranges (1 whole)
- Milk

Student Selects:



Is this a reimbursable meal?

No, because the required ½ c. fruit or vegetable was not selected.

Reimbursable Meal Example

K-8 Menu

- Pizza
- Fresh Carrots $\frac{3}{4}$ c.
- Applesauce $\frac{1}{2}$ c.
- Milk

Student Selects:



Is this a reimbursable meal?

Yes! The student chose $\frac{1}{2}$ c. vegetable or fruit plus 2 other meal components. The pizza contributes 2 oz. meat/ma and 2 oz. whole grain-rich grains.

Reimbursable Meal Example

9-12 Menu

- Pizza
- Fresh Carrots 1 c.
- Applesauce 1 c.
- Milk

Student Selects:



Is this a reimbursable meal?

Yes! The student selected ½ c. fruit or vegetable and the pizza met the 2 oz. minimum for grain and meat/ma.

Reimbursable Meal Example

K-8 Menu

- Spinach Salad 1 c.
- Fresh Carrots ¼ c.
- Dinner Roll 1 oz.
- Chicken Breast 2 oz.
- Fresh Apple
- Milk

Student Selects:



Is this a reimbursable meal?

Yes! 1 c. salad greens = ½ c. contribution, meeting the ½ c. fruit or vegetable requirement. Apple = ½ c., which is a full fruit component for K-8. Dinner roll satisfies the daily minimum amount grains.

Reimbursable Meal Example

9-12 Menu

- Spinach Salad 2 c.
- 2 Dinner Rolls 1 oz. each
- Chicken Breast 2 oz.
- Fresh Apple
- Pineapple Tidbits ½ c.
- Milk

Student Selects:



Is this a reimbursable meal?

No. Salad greens (1 c. = ½ c. contribution) meets the ½ c. fruit or vegetable requirement. The apple only meets ½ c., which does not meet the daily requirement of 1 c. Dinner roll does not meet the minimum of 2 oz. equivalents of grains.

Identifying Meal Components

- All serving lines must have a method to identify reimbursable meal components near or at the beginning of serving lines. (NSLP regulation: 7 CFR 210.10(a)(2))
- Students, cashiers, and meal servers must be able to clearly identify what constitutes a reimbursable meal. Daily training is encouraged.
- Place signage before the service line to give students ample time to decide prior to the point of service.

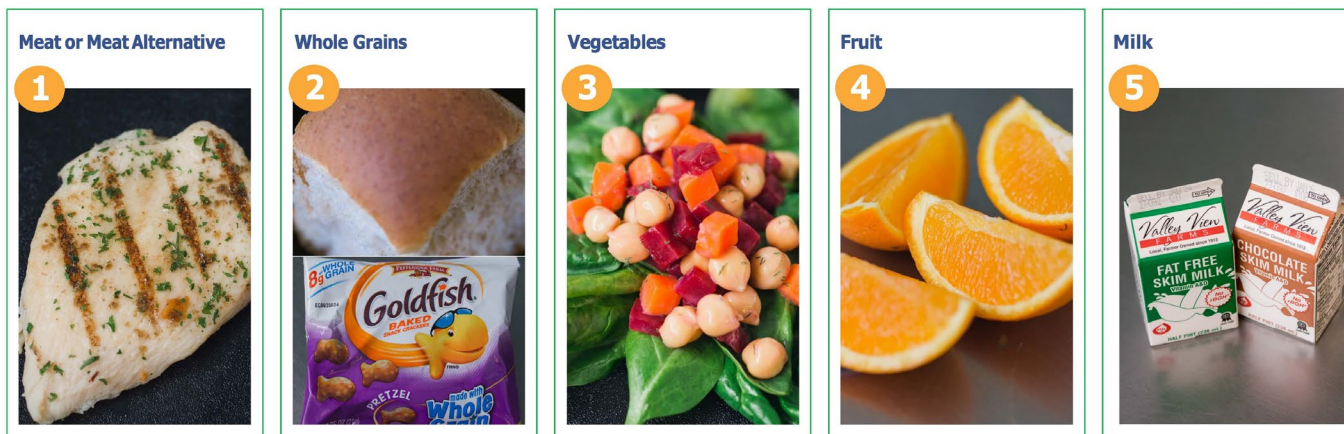
Example Signage

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Offer Versus Serve

The 5 Meal Components for School Lunch



You must choose **at least 3 components**

One must be 1/2 cup fruit or vegetable or both, **and** at least two other full components

This institution is an equal opportunity provider and employer.

**This poster is available for download in the client portal
“Training & Resources” section.**

Example Signage

Each daily meal needs to be broken down into meal components so students understand what constitutes a reimbursable meal

Pick 3 components

One must be ½ c. fruit or vegetable or both



**Grilled Chicken Breast 2 oz.
1 Component**



**Cowboy Salad ½ c.
1 Component**



**Salad Greens 1 c.
1 Component**



**Apple or Sauce
1 Component**



**Cilantro Rice ½ c.
1 Component**



**Milk Variety
1 Component**

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Offer vs. Serve At Breakfast

- Optional for all grade levels
- Meal pattern consists of 3 food components:
 1. Fruits (or vegetables substitution)
 2. Grains (or optional credited meat/meat alternates)
 3. Milk

Grade groups for breakfast:

- K-5
- 6-8
- K-8
- 9-12

Breakfast OVS Menu Planning

- At least 4 food items must be offered
- All students, any grade, must select at least 3 food items
- If a grain or meat/ma is selected, it must be the daily minimum required amount

*Daily grain or meat/ma minimum requirement for all age groups is 1 oz. equivalent. Meat/ma is optional in place of grains after 1 oz. equivalent of grain has been offered

What's the Difference: Food Component vs. Food Item?

Food Component:

- 1 of 3 food groups comprising reimbursable breakfast
- Schools must always offer 3 food components in at least the minimum daily required quantities
- Fruits (or vegetables)
- Grains (optional meat/ma)
- Milk

Food Item Definition

Food Item:

- A specific food offered within the 3 food components
- For OVS, at least 4 food items from the 3 required food components must be offered
- Students must select 3 food items, including at least ½ c. fruit or vegetables for meal to be reimbursable

Breakfast Offerings Change Daily Students Must Be Aware of Offerings

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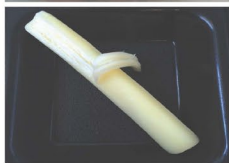
Today's Offerings

Whole Grains / Meat or Meat Alternative

1



2



Fruit or Vegetables

3



4



Milk

5



**Pictures
Provide
Excellent
Examples!**

You must choose
at least 3 items

- One must be 1/2 cup fruit, juice or vegetable
- And at least two other items

Go to <http://www.fns.usda.gov> for more Offer versus Serve guidance.

Reimbursable Breakfast Example

Menu

- Nutri-Grain Bar (1 oz. grain equivalent)
- Cereal (1 oz. grain equivalent)
- 100% Fruit Juice (½ c.)
- Raisins (1/2 c. equivalent)
- Milk 8 oz.

Student Selects:



Is this reimbursable?

Yes! 3 items were selected one of which is a fruit.

Reimbursable Breakfast Example

Menu

- Poppy Seed Muffin (1 oz. grain equivalent)
- Yogurt (1 oz. meat/ma equivalent)
- 100% Fruit Juice (½ c.)
- Raisins (1/2 c. equivalent)
- Milk 8 oz.

Student Selects:



Is this reimbursable?

No. Even though 3 items were selected, a fruit item was not. Student must select at least 1 fruit item that is ½ c. equivalent.

Additional Information

- For information regarding Offer Versus Serve, visit http://www.fns.usda.gov/sites/default/files/cn/SP41_2015a.pdf