

A background image showing a line of diverse school children in a cafeteria, looking at food options. The image is overlaid with a semi-transparent blue filter.

**MAINE DEPARTMENT
OF EDUCATION**
Child Nutrition Programs

Offer versus Serve In the NSLP and SBP

Agenda

- Define Offer versus Serve (OVS)
- Implementing OVS at Lunch
- Implementing OVS at Breakfast
- Practice identifying OVS
- Resources

What is Offer Versus Serve? (OVS)

- The planned meal must offer all the required components in the required serving sizes,
- OVS is a meal service approach that allows students to either take everything offered *OR* decline some of the food.

Is OVS Required?

Required

- Lunch grades 9-12

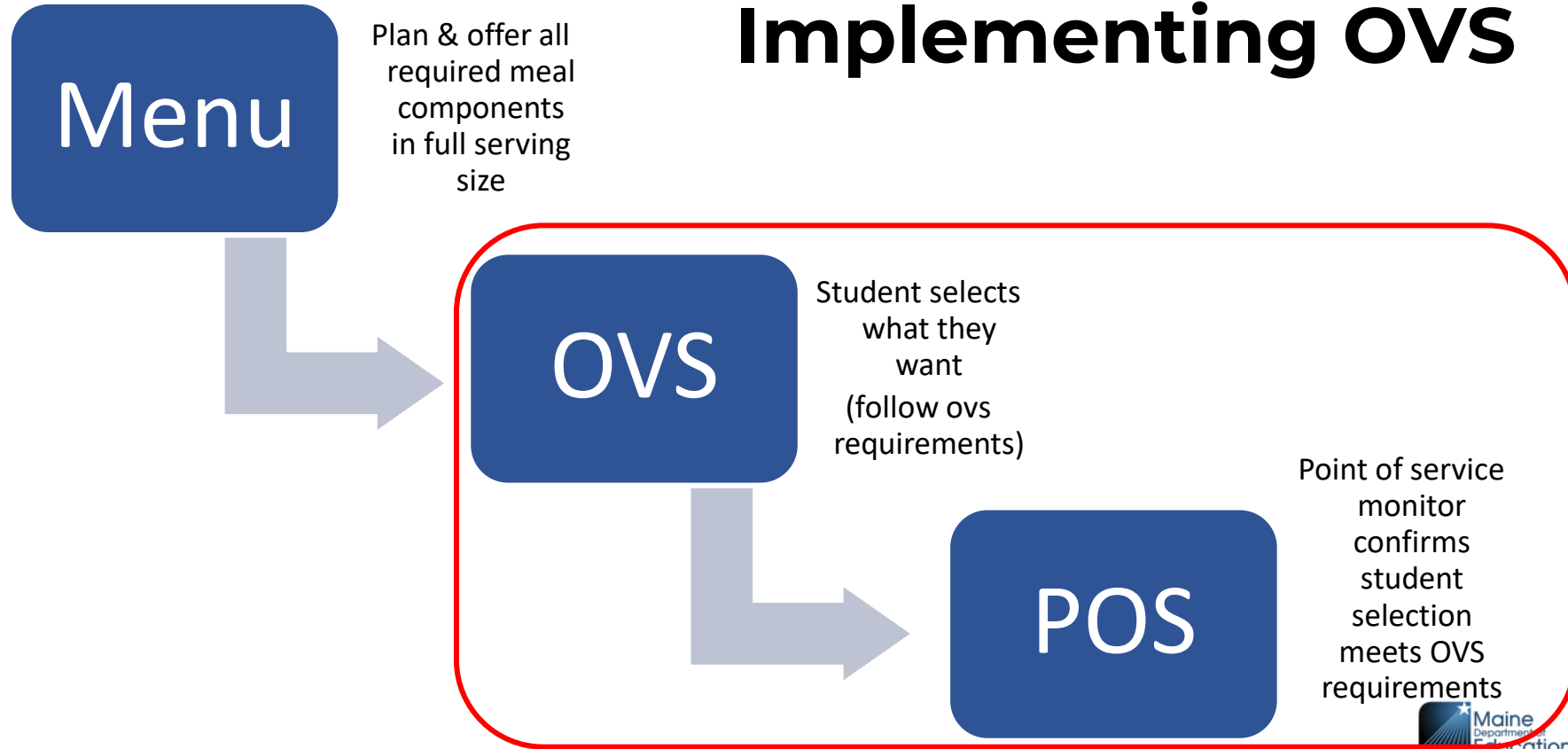
Optional

- Breakfast K-12
- Lunch K-8

Not Allowed

- NSLP
Afterschool
Snack
- Preschool if
not
co-mingled

Implementing OVS



Advantages of OVS

- Reduce food waste
- Student choice
- Help control food costs
 - Modify based on production records



NSLP – Must Offer 5 Components

Fruits

Vegetables

Milk



Meat/Meat Alternates

Grains

Important:
When offering different
menu choices, each menu
option must offer:

- ✓ all 5 components
- ✓ Daily requirements
- ✓ Weekly requirements

OVS at Lunch

The meal pattern defines what must be *offered*

- Five (5) meal components must be offered in the required serving sizes



OVS defines what students must *select* (minimum)

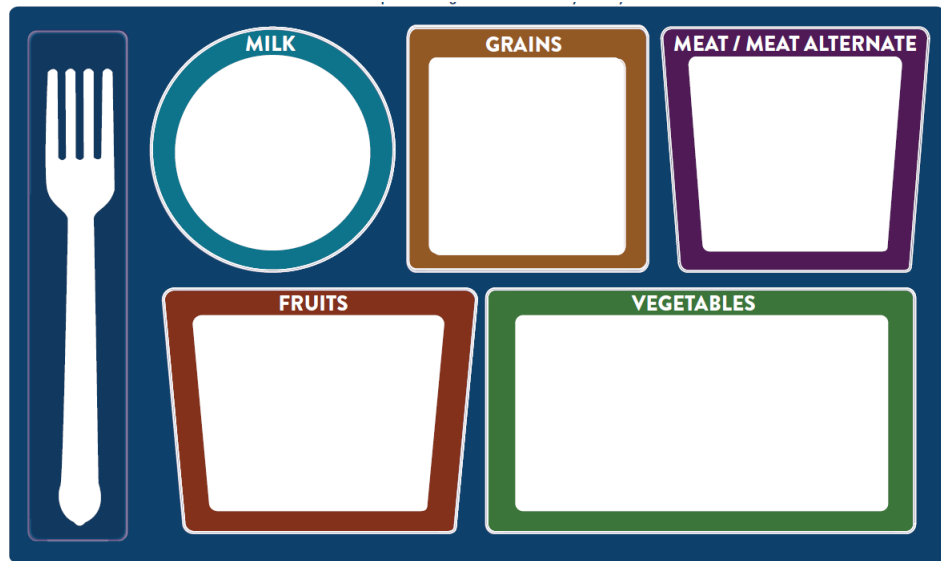
- Three (3) components, one must be $\frac{1}{2}$ cup of fruit and/or vegetable



OVS at Lunch

Students must **select** *at least* 3 components:

- ½ cup fruit and/or vegetable and
- Two other components in the full minimum portion size



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Maine
Department of
Education

$\frac{1}{2}$ Cup Fruit and/or Vegetable

- *At least $\frac{1}{2}$ cup* must be selected for all grades
- Students may select a combination of fruits and/or vegetables to meet the $\frac{1}{2}$ cup requirement
- In addition to the $\frac{1}{2}$ cup fruit/vegetable, the student must select two different full components

Two Other Full Components

- Must select the minimum daily portion size to count as a full component

Grains

	K-5	6-8	9-12
Daily	1	1	2
Weekly	8-9	8-10	10-12

Amounts listed in ounce equivalents. 80% of the grains served per menu line per week must meet whole grain-rich (WGR) criteria (at least 50% whole grain by weight, the rest enriched grain). Items that are not WGR must be enriched.

[Grains Crediting Tip Sheet](https://fns.usda.gov/tn/cn/crediting-tipsheets/grains)
fns.usda.gov/tn/cn/crediting-tipsheets/grains

Meats/Meat Alternates

	K-5	6-8	9-12
Daily	1	1	2
Weekly	8-10	9-10	10-12

Amounts listed in ounce equivalents.

[Meats/Meat Alternates Crediting Tip Sheet](https://fns.usda.gov/tn/cn/crediting-tipsheets/nma)
fns.usda.gov/tn/cn/crediting-tipsheets/nma

Fruits

	K-5	6-8	9-12
Daily	1/2	1/2	1
Weekly	2 1/2	2 1/2	5

Amounts listed in cups. No more than half of the weekly fruit served may be in the form of 100% juice.

[Fruit Crediting Tip Sheet](https://fns.usda.gov/tn/cn/crediting-tipsheets/fruits)
fns.usda.gov/tn/cn/crediting-tipsheets/fruits

Nutrient Standards

Daily Amount Based on Average 5-Day Week			
	K-5	6-8	9-12
Min-Max Calories	550-650	600-700	750-850
Sodium (mg)	≤ 1110	≤ 1225	≤ 1280
Saturated Fats (% of total cal)	< 10		
Added Sugars	Product-Based Limits ¹		

Vegetables

	K-5	6-8	9-12
Daily	3/4	3/4	1
Weekly	3 3/4	3 3/4	5

Amounts listed in cups. See vegetable subgroup requirements on page two.

[Vegetable Crediting Tip Sheet](https://fns.usda.gov/tn/cn/crediting-tipsheets/vegetables)
fns.usda.gov/tn/cn/crediting-tipsheets/vegetables

Milk

1 cup per day

5 cups per week

Fat-free, low-fat (1%), reduced-fat (2%), and whole milk; lactose-free milk; and approved fluid milk substitutes.

May be unflavored or flavored.

Must offer two varieties, one must be unflavored.

¹Product-based added sugar limits: Breakfast Cereals: no more than 6 grams of added sugar per dry ounce. Yogurt: No more than 12 grams of added sugar per 6 ounces. Flavored Milk: No more than 10 grams of added sugar per 8 fluid ounces (1 cup).

OVS with Fruits & Vegetables

If a student selects both a fruit & a vegetable, one will count as the $\frac{1}{2}$ cup requirement and the other must be in the full portion size

K-8 Daily Portion Size	9-12 Daily Portion Size
Fruit: $\frac{1}{2}$ cup	Fruit: 1 cup
Vegetable: $\frac{3}{4}$ cup	Vegetable: 1 cup

K-8 OVS with Fruits & Vegetables



K-8 student chooses:

- ½ cup vegetable
- ½ cup fruit
- Need 1 other full component
 - ✓ 1 cup milk
 - ✓ 1 oz eq MMA
 - ✓ 1 oz eq Grain

K-8 Daily Portion Size	9-12 Daily Portion Size
Fruit: ½ cup	Fruit: 1 cup
Vegetable: ¾ cup	Vegetable: 1 cup

9-12 OVS with Fruits & Vegetables



9-12 student chooses:

- 1 cup vegetable
- ½ cup fruit
- Need 1 other full component:
 - ✓ 1 cup milk
 - ✓ 2 oz eq MMA
 - ✓ 2 oz eq Grain

K-8 Daily Portion Size	9-12 Daily Portion Size
Fruit: ½ cup	Fruit: 1 cup
Vegetable: ¾ cup	Vegetable: 1 cup

Beans, Peas & Lentils



- Menu planner decides if crediting as a vegetable OR MMA
- If crediting as MMA, need additional vegetables for fulfill the vegetable requirement
 - Offer $\frac{3}{4}$ cup veg k-8
 - Offer 1 cup veg 9-12

www.jtmfoodgroup.com/recipes/chili-and-corn-bread-bowl

OVS Examples

k-8

9-12



K-8 Lunch: Offered



K-8 Lunch: OVS reimbursable?

Student #1 Chooses

YES

½ cup fruit or veg &
2 other components
in full portion size
(MMA & Grain)



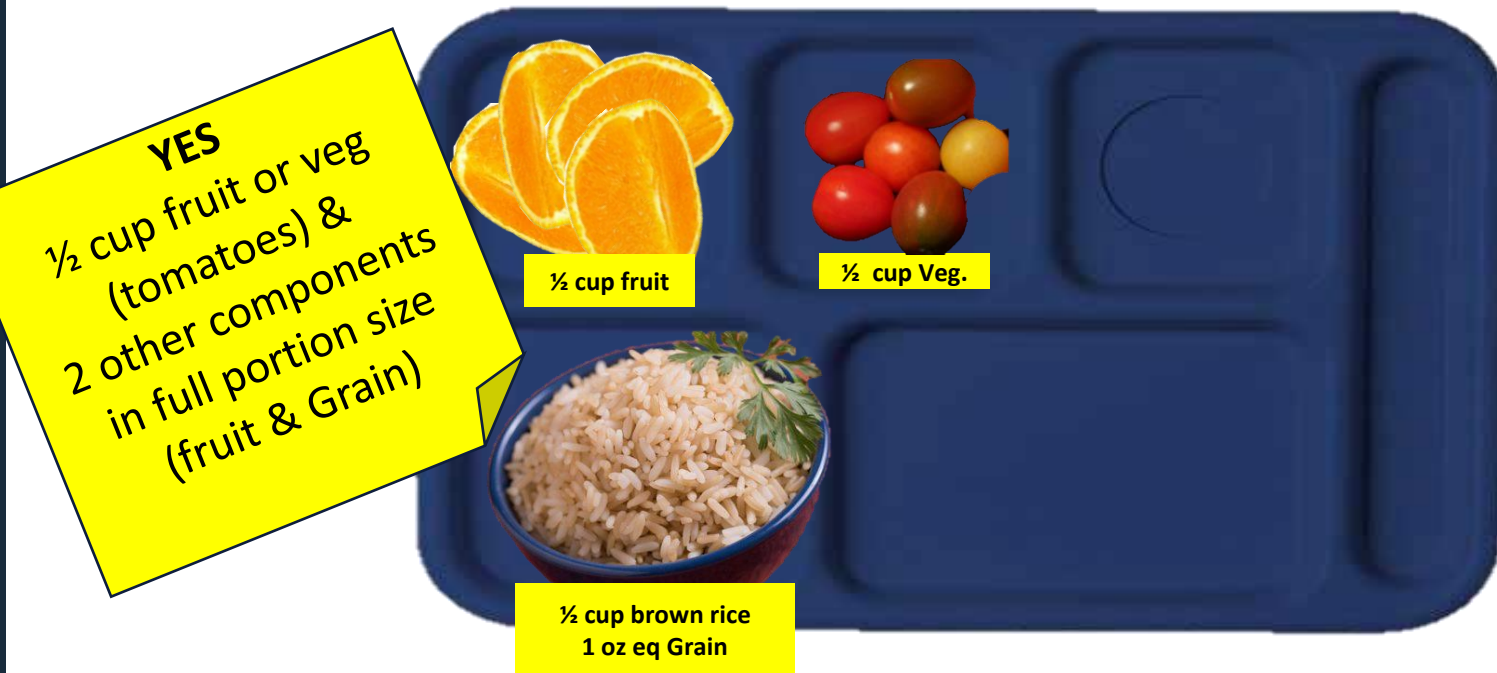
½ cup brown rice
1 oz eq Grain



Chicken & Vegetable Stir Fry
2 oz eq MMA
½ cup Veg

K-8 Lunch: OVS reimbursable?

Student #2 Chooses



K-8 Lunch: OVS reimbursable?

Student #3 Chooses

No
½ cup veg (tomatoes
and stir fry) &
Only 1 other
components in full
portion size (MMA)



½ cup Veg.



Chicken & Vegetable Stir Fry
2 oz eq MMA
½ cup Veg

K-8 Lunch: OVS reimbursable?

Student #4 Chooses



YES

½ cup fruit or veg (veg stir fry) &
2 other components
in full portion size
(MMA & fruit)

½ cup fruit

Chicken & Vegetable Stir Fry
2 oz eq MMA
½ cup Veg

9-12 Lunch: Offered



9-12 Lunch: OVS reimbursable?

Student #1 Chooses

No
½ cup veg (stir fry) &
Only 1 other
components in full
portion size (MMA).
9-12 need 2 oz eq
grain.



½ cup brown rice
1 oz eq Grain



Chicken & Vegetable Stir Fry
2 oz eq MMA
½ cup Veg

9-12 Lunch: OVS reimbursable?

Student #2 Chooses

YES
½ cup fruit or veg
(apple) &
2 other components
in full portion size
(milk & 2 oz eq Grain)

125-138
count apple
= 1 cup fruit



1 oz WG dinner roll
1 oz eq Grain



½ cup brown rice
1 oz eq Grain

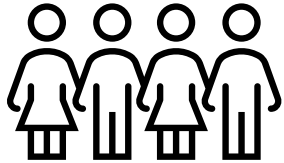


1 cup milk

9-12 Lunch: Offered Different Entrees

Milk Cooler – 1 cup milk

1% white
Fat-free chocolate
1% lactose free



Grill

2 oz eq MMA & 2 oz eq Grain

Hamburger on WG bun
Cheeseburger on WG bun
Chicken burger on WG bun
Veggie burger (CN labeled) on WG bun

Self-serve Salad Bar

Planned portion size for each is ½ cup



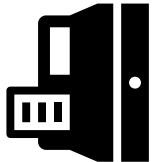
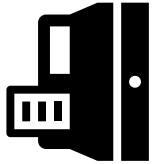
Milk Cooler – 1 cup milk

1% white
Fat-free chocolate
1% lactose free

Deli Bar

standardized recipes for all choices:
2 oz eq MMA & 2 oz eq Grain

MMA: ham, turkey, cheddar, American cheese
WG Choices: wrap, bun, bread
Vegetables: lettuce & tomato (1/8 cup)



9-12 Lunch: OVS reimbursable?

Student #1 Chooses

No
2+ other components
in full portion size
(milk & 2 oz eq MMA
& 2 oz eq Grain) but
no ½ cup fruit or
vegetable



1.22 oz Ham & 1 oz cheese
sandwich on 2 oz WG roll w/ 1/8
cup lettuce & tomato
2 oz eq MMA/2 oz eq Grain

9-12 Lunch: OVS reimbursable?

Student #2 Chooses

YES
½ cup fruit or veg
(strawberries) &
2+ other components
in full portion size
(milk & 2 oz eq MMA
& 2 oz eq Grain)

½ cup
strawberries
= ½ cup fruit



1 cup milk



Cheeseburger on WG Bun
2 oz eq MMA/2 oz eq Grain

9-12 Lunch: OVS reimbursable?

Student #3 Chooses

$\frac{1}{2}$ cup lettuce
= $\frac{1}{4}$ cup vegetable



1 cup milk

$\frac{1}{2}$ cup
grapes
= $\frac{1}{2}$ cup fruit



No
 $\frac{1}{2}$ cup of fruit or
vegetable (grapes)
but only 1
other components in
full portion size.
*leafy greens credit as
half volume

9-12 Lunch: OVS reimbursable?

But what if Student #3 Chooses

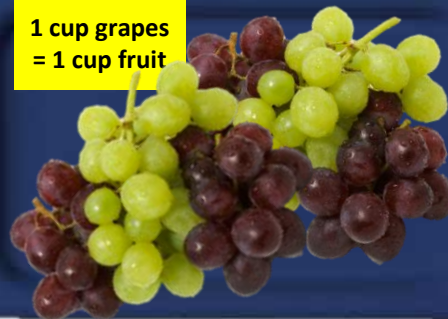
No
 $\frac{1}{2}$ cup of fruit or
vegetable (grapes)
but still only 1
other components in
full portion size.
*leafy greens credit as
half volume

$\frac{1}{2}$ cup lettuce
= $\frac{1}{4}$ cup vegetable



1 cup milk

1 cup grapes
= 1 cup fruit



OVS at Breakfast

OVS at SBP

The meal pattern defines what must be *offered*

- Four food items from the three meal components must be offered in the required serving sizes



OVS defines what students must *select*

- Three items including at least $\frac{1}{2}$ cup fruit



SBP: Food Item vs Food Component

Food Component

One of the three food groups that must be offered at breakfast

1. Milk
2. Fruit
3. Grain and/or MMA

Food Item

A specific food offered from one of the three food components

1. 1 cup 1% milk or fat free milk
2. ½ cup Grapes & 4 oz Orange Juice or apple juice.
3. 1 oz Cereal & ½ cup yogurt

OVS at Breakfast

- Four items from the three meal components must be offered in the required serving sizes
- A student only has to take at least 3 food items, one must be $\frac{1}{2}$ cup of fruit and/or vegetable for the meal to be reimbursable

If a school chooses NOT to implement OVS, a student must take all 5 components in the full serving size



Food Items

- Food items must be in the required daily portion size
 - Grains/MMA 1 oz eq
 - Milk 8 oz
- Exception - Fruits (vegetables) may be at least ½ cup

Food items vs Food Components

- Unlike at Lunch, at breakfast, the food items selected do *not* need to be from different components



Grains/MMA and Combination Items

- Remember, food items must be in the required daily portion size
- Larger items can count as more than 1 food item
- Combination items can count as more than 1 food item

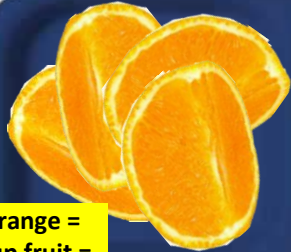


3 ounce WG bagel =
3 oz eq Grain =
3 items



Pancake & Sausage Stick
= 1 oz M/MA & 1 oz
Grain = 2 items

Breakfast Menu Offered



1 Orange =
½ cup fruit =
1 item



½ cup potatoes =
½ cup veg = 1 item



1 cup milk =
1 item



2 oz English Muffin = 2 oz eq Grain
1 egg = 2 oz eq MMA
.5 oz slice cheese = ½ oz eq MMA
1 oz CN Sausage patty = ½ oz eq MMA
5 items

Breakfast: OVS reimbursable?

Student #1 Chooses

YES

½ cup fruit or veg
(potatoes) &
2+ other items



½ cup potatoes =
½ cup veg



1 cup milk



2 oz English Muffin = 2 oz eq Grain

1 egg = 2 oz eq MMA

.5 oz slice cheese = ½ oz eq MMA

1 oz CN Sausage patty = ½ oz eq MMA

5 items

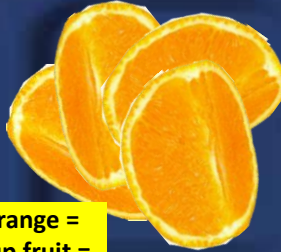
Breakfast: OVS reimbursable?

Student #2 Chooses

YES

$\frac{1}{2}$ cup fruit or veg
(orange) &
2+ other items

1 Orange =
 $\frac{1}{2}$ cup fruit =
1 item



2 oz English Muffin = 2 oz eq Grain
1 egg = 2 oz eq MMA
.5 oz slice cheese = $\frac{1}{2}$ oz eq MMA
1 oz CN Sausage patty = $\frac{1}{2}$ oz eq MMA
5 items

Breakfast: OVS reimbursable?

Student #3 Chooses

No.
3+ items but missing
 $\frac{1}{2}$ cup fruit or veg



Breakfast: OVS reimbursable?

Student #4 Chooses

YES

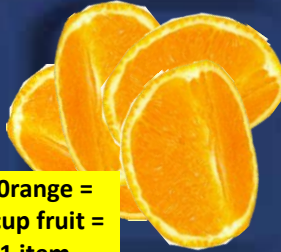
$\frac{1}{2}$ cup fruit or veg and
2 other items

* At breakfast, items can
be from the same
component

1 Orange =
 $\frac{1}{2}$ cup fruit =
1 item

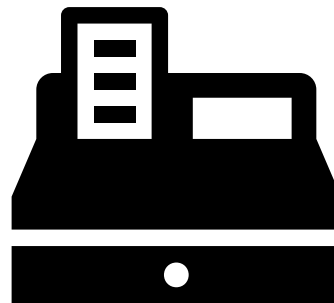
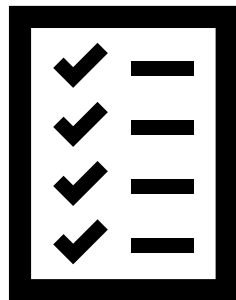


$\frac{1}{2}$ cup potatoes =
 $\frac{1}{2}$ cup veg



1 cup milk

Identifying Reimbursable Meals at the Point of Service (POS)



Identifying Reimbursable Meals at the Point of Service (POS)

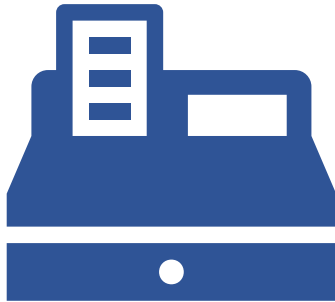
- How do each of the meal choices credit?
- Does the student have the required components/items including $\frac{1}{2}$ cup fruit or vegetable?
- What does a $\frac{1}{2}$ cup fruit/vegetable look like?
- Keep fruits & vegetables near the POS

Communication is key!



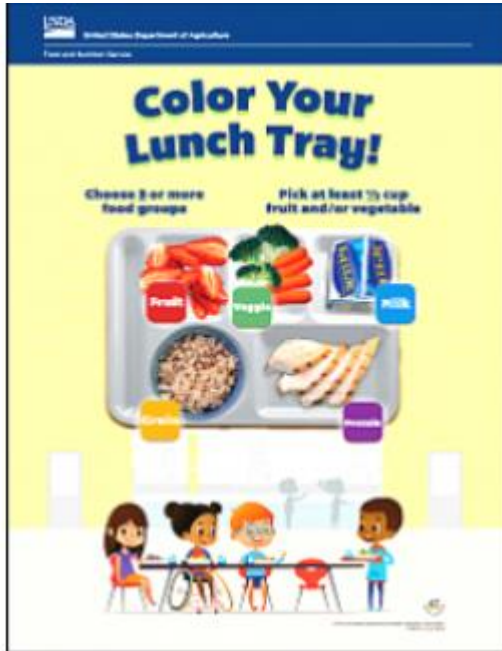
What Would You Do?

- Students are coming through the line with out the required $\frac{1}{2}$ cup fruit or vegetable and it is slowing things down.



- Keep fruits/vegetables at the POS
- Add more options & make them appealing
- Packaging (pre-cut, portioned)
- Combination items
 - Yogurt parfait
 - Boat with entrée & fruit/veg
- Add variety
- Improve signage

OVS Signage



www.fns.usda.gov/tn/nsfp/offer-versus-serve-posters

OVS Menu Signage

- Helps prevent unintentional purchases
- Identify what items go together
- Identify if there are any limits

Please choose
only one!

Help
yourself!

Today's Breakfast Choices
Build a complete meal by selecting at least 3 items, including 1/2 cup of fruit and/or vegetable.

 Fruit/Vegetable/Juice May Select ___ Item(s)	 Milk May Select ___ Item(s)	
 FARM TO SCHOOL Local Foods Served Today	 Grains/Breakfast Entrees May Select ___ Item(s)	

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<https://dpi.wi.gov/school-nutrition/program-requirements/menu-planning/signage>

Resources

USDA
Department of Agriculture
Food and Nutrition Assistance

OFFER VERSUS SERVE (OVS)

Tip Sheet for School Food Service Managers

School Breakfast Program

What is OVS?

The goal of OVS is to reduce food waste while allowing students to choose the foods they want to eat. When possible, serve a variety of whole grains and OVS breakfast foods more frequently, allowing students to make the most of what is served and enjoy the wholesome and appealing foods they are served. It also helps reduce overall food costs.

Under OVS, at breakfast, schools may offer at least four food components from the three required food components: Fruit, grains, and milk. For example:

- A **breakfast cereal** (one of three required food components) is a whole-grain cereal. These are whole grains, and not refined.
- A **fruit smoothie** is a specific food offered with the three food components. For example, 2 slices of whole-grain bread, 1 cup of grapes, and 1 cup of milk. This meal meets OVS breakfast requirements because these food components are four food items, and all are whole.

Students must eat at least three of the four offered food components. OVS allows food including at least 1 cup of fruit and/or vegetable. Please note, OVS is optional at all schools for all grade levels.

Required Components at Breakfast

Sample OVS breakfast meal:

1 cup of milk (1 cup of milk)
1 slice of whole-grain bread (1 slice of bread)
1 whole-grain roll (1 slice of bread)
1 orange (1 cup of fruit)

Optional Components at Breakfast

Vegetables

- Vegetables may be offered as a side dish for fruit.

Whole-Grain Alternatives

- A food item that is made from whole grains and is a whole-grain product, including whole-grain bread, whole-grain cereal, and whole-grain flour.
- A food item that is made from whole grains and is a whole-grain product, including whole-grain bread, whole-grain cereal, and whole-grain flour.

Whole-grain products may be offered as a "junk" food item instead of a required component. However, if a school chooses to offer a "junk" food item, it must be offered as a side dish for fruit.

USDA
Department of Agriculture
Food and Nutrition Assistance

OFFER VERSUS SERVE (OVS)

Tip Sheet for School Food Service Managers

National School Lunch Program

What is OVS?

The goal of OVS is to reduce food waste while allowing students to choose the foods they want to eat. When possible, serve a variety of whole grains and OVS lunch foods more frequently, allowing students to make the most of what is served and enjoy the wholesome and appealing foods they are served. It also helps reduce overall food costs.

Under OVS, at lunch, schools may offer at least four food components from the three required food components: Fruit, grains, and milk. For example:

- A **breakfast cereal** (one of three required food components) is a whole-grain cereal. These are whole grains, and not refined.
- A **fruit smoothie** is a specific food offered with the three food components. For example, 2 slices of whole-grain bread, 1 cup of grapes, and 1 cup of milk. This meal meets OVS breakfast requirements because these food components are four food items, and all are whole.

Students must eat at least three of the four offered food components. OVS allows food including at least 1 cup of fruit and/or vegetable. Please note, OVS is optional at all schools for all grade levels.

Required Components at Lunch

Sample OVS lunch meal:

1 cup of milk (1 cup of milk)
1 slice of whole-grain bread (1 slice of bread)
1 whole-grain roll (1 slice of bread)
1 orange (1 cup of fruit)

Optional Components at Lunch

Vegetables

- Vegetables may be offered as a side dish for fruit.

Whole-Grain Alternatives

- A food item that is made from whole grains and is a whole-grain product, including whole-grain bread, whole-grain cereal, and whole-grain flour.
- A food item that is made from whole grains and is a whole-grain product, including whole-grain bread, whole-grain cereal, and whole-grain flour.

Whole-grain products may be offered as a "junk" food item instead of a required component. However, if a school chooses to offer a "junk" food item, it must be offered as a side dish for fruit.

Is it reimbursable?

Under OVS, schools may offer at least four food components from the three required food components: Fruit, grains, and milk. For example:

- A **breakfast cereal** (one of three required food components) is a whole-grain cereal. These are whole grains, and not refined.
- A **fruit smoothie** is a specific food offered with the three food components. For example, 2 slices of whole-grain bread, 1 cup of grapes, and 1 cup of milk. This meal meets OVS breakfast requirements because these food components are four food items, and all are whole.

Students must eat at least three of the four offered food components. OVS allows food including at least 1 cup of fruit and/or vegetable. Please note, OVS is optional at all schools for all grade levels.

Required Food Components

Food Component	Daily Minimum Requirements for Each Grade Level			
	PK-2	3-5	6-8	9-12
Vegetables	1 cup	1 cup	1 cup	1 cup
Fruit	1 cup	1 cup	1 cup	1 cup
Grains	1 ounce	1 ounce	1 ounce	1 ounce
Milk or milk products	1 cup	1 cup	1 cup	1 cup
Food Item	1 cup	1 cup	1 cup	1 cup

www.fns.usda.gov/tn/nsip/offer-versus-serve-posters

Resources

Visual portion guide
(MN Dept of Education)



¼ cup



¼ cup



¼ cup



¼ cup



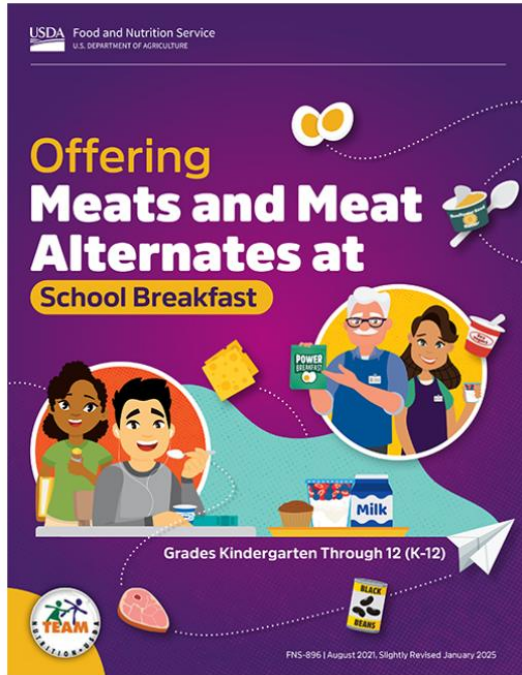
¼ cup



¼ cup

<https://education.mn.gov/MDE/dse/FNS/SNP/qual/cred/>

Resources



Meal Component	Day 1	Day 2	Day 3	Day 4	Day 5
 Grains and/or Meats/Meat Alternates	Hard-Boiled Egg (1 large egg = 2 oz eq meat alternates)	Granola (WG) (¼ cup = 1 oz eq grains) Yogurt (½ cup = 1 oz eq meat alternates)	Graham Cracker Seed Butter Sandwich (WG) (2 graham crackers = 1 oz eq grains) (2 tablespoons of sunflower seed butter = 1 oz eq meat alternates)	Ready-To-Eat Cereal (WG) (1 cup = 1 oz eq grains) Cheese Stick (1 oz eq meat alternates)	Chicken Slider (WG) (1 bun and breading on chicken = 1½ oz eq grains) (1 baked and breaded chicken patty* = 1 oz eq meats)
 Fruits and/or Vegetables	100% Fruit Juice (½ cup) Apple Slices (½ cup)	Mixed Berries (1 cup)	Pear (½ cup) Peaches (½ cup)	Mandarin Oranges (½ cup) Fruit Cocktail (½ cup)	Grapes (½ cup) 100% Fruit Juice (½ cup)
 Milk	Choice of Milk (1 cup)	Choice of Milk (1 cup)	Choice of Milk (1 cup)	Choice of Milk (1 cup)	Choice of Milk (1 cup)
 Choice of Milk: • low-fat (1%) milk • fat-free (skim) milk  WG = whole grain-rich  oz eq = ounce equivalent					

www.fns.usda.gov/tn/offering-meats-and-meat-alternates-school-breakfast



Questions



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