OFFER VS SERVE
Healthy School Meals & New Manager’s Orientation
July 21, 2016
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Iowa Department of Education

What is Offer versus Serve, OVS?
A system that allows flexibility for children to decline some foods
• Programs that can participate are
  • NSLP
  • SBP
  • SFSP
• Programs that CANNOT participate are
  • ASP
  • CACFP

Benefits of Offer versus Serve
• Permits student choice
  • Increase meal participation
  • Increase revenue
  • Decline part of the meal
• Reduces food waste
  • Reduced disposal costs
  • May increase fruit and vegetable consumption
  • More meals credit as reimbursable

Important Note: Number of servings prepared may not be the total number of meals served.

Unit Pricing
• A Unit Price is set for meals served. Each student pays the same amount. (like a buffet)
• OVS does not affect the unit price.
• Student selection of three components/items does not affect unit price.

OVS: Required or Optional

<table>
<thead>
<tr>
<th>Type of School</th>
<th>National School Lunch (NSLP)</th>
<th>School Breakfast (SBP) and Summer Food Service Program (SFSP)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Senior High</td>
<td>Mandatory</td>
<td>Optional</td>
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<td>Middle or Elementary</td>
<td>Optional</td>
<td>Optional</td>
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Meal Components

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<tbody>
<tr>
<td>Breakfast</td>
<td>1. Fruit</td>
<td>2. May substitute vegetable</td>
<td>3. To credit starchy, must serve 2 cups of any other sub-group during week</td>
<td>2. Grain</td>
<td>1. Serve one ‘real’ grain then M/MA may be substituted for grain</td>
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</tbody>
</table>
Component vs Item

**Food Component** -- a food group that is part of a reimbursable meal
- 5 components - lunch
  - Fruit, vegetable, meat/MA, grain, milk
- 3 components - breakfast
  - Fruit, grain, milk

**Food Item** -- a specific food offered within the components
- minimum of five items - lunch
- minimum of three items - serve only breakfast
- minimum of four items - OVS breakfast
- no maximum on number of items offered

Example: orange juice, sliced peaches, and an apple equals one component

Crediting Components in OVS

- Based on minimum *daily* quantities
  - Grains = 1 for K-8; 2 for 9-12
  - Meat/Meat Alt = 1 for K-8; 2 for 9-12
  - *Vegetables = ¼ cup for K-8; 1 cup for 9-12
  - *Fruit = 1/2 cup for K-8; 1 cup for 9-12
  - *Exception: For OVS, a student may select ½ cup of fruit or vegetable for a reimbursable meal even if that isn’t the minimum daily quantity. The second fruit or vegetable must be the full amount.

Is This Creditable?

M/MA choices at lunch:
-the student already has 1 cup milk and ½ cup of fruit or vegetable
- Beef stew (3 oz)
- Roast pork (1 oz) over rice (1/2 cup)
- Peanut butter sandwich (1.5 oz equiv) and cheese stick (0.75 oz)
- Entree salad w/chickpeas (1 oz equiv)

Is This Creditable?

Grain choices at lunch:
-the student already has 1 cup milk and ½ cup of fruit or vegetable
- Burrito with chicken and brown rice (2.5 oz equiv total)
- Spaghetti w/marinara sauce K-8 (1.5 oz equiv) and whole wheat roll (0.75 oz equiv) (2.25 oz equiv total)
- Rice pilaf (1 oz equiv)
- Oatmeal raisin cookie (.75 oz equiv)

And the Answer Is...

Grain choices at lunch:
- Burrito with chicken and brown rice K-12 (2.5 total)
- Spaghetti w/marinara sauce K-8 (1.5) and whole wheat roll No grades (0.75)
- Spaghetti & Roll K-12 (2.25 total)
- Rice pilaf K-8 (1)
- Oatmeal raisin cookie K-8 (.75)
  - Spaghetti & Cookie or Rice Pilaf K-12 (2.25 or 2.5 total)
  - Rice & Cookie K-8 (1.75 total)
  - Roll & Rice Pilaf K-8 (1.5 total)
Offer Versus Serve-Lunch

• For a reimbursable meal:
  • ½ cup of fruit or vegetable
  • or ¼ cup of each
  • Two other components: milk, meat/MA, grain, and remaining fruit or vegetable
  • To count as a component, the second fruit or vegetable must be the full serving size

Reimbursable or Not?

• peaches, ½ cup
• Breadstick, 1.5 oz. eq.
• Skim milk, 1 cup

Reimbursable or Not?

• 2 cups romaine salad
• ½ cup fries
• 1 cup milk

OVS – Multiple Lines & Items

• Self-contained salad bar
• Fruit and vegetable bars
• Food bars
• Multiple serving lines
• Multiple choice menus

SIGNS, SIGNS, SIGNS!

Multiple Serving Line Configurations

• Multiple lines may be self-contained
  • Students may only select items from that line
  or

• Multiple lines may use the ‘scatter’ system
  • Students select entrees from scattered stations then select other components from a central point(s) that are available to all students

Salad, Food, & Fruit/Veg Bars

• Identifying serving sizes of items from the bar
  • Provide full serving-size utensils
  • Pre-portion or pre-package
  • Responsible staff must be able to identify a full serving of an item
  • Posters were provided that show examples of quantities for food bars
Choices within one component—fruit
Sign says 'select one'

apples
oranges
bananas

Signage to Identify a Reimbursable Meal

• Signage or posters
• Must name all items students can select for the unit meal price
• Helps students identify all food that does not cost extra
• Schools decide how to inform students
• Signage must be near, or at, the beginning of each serving line.

Today's Menu

Build a Healthy Lunch!

• Get into small groups of about five people.
• You should have the handout with 5 meals on it.
• Determine all reimbursable meal combinations for grades K-8 for each meal.
• Indicate way(s) to make a reimbursable meal for 9-12
• How many non-reimbursable meal combinations can you make?

Results

Walk Taco (2M,2G, ¼ C veg) Mex Beans (1/2 C) Pineapple (1/2 C) Milk (1C)

• Taco and beans (K-12) or Taco and pineapple (K-12)
• Beans, pineapple, milk K-8 (fruit or veg must be 1 cup for 9-12)
• Taco, pineapple and milk (K-12) or Taco, beans and milk (K-12)
• Taco, beans, pineapple, and milk (K-12)

Not reimbursable: Taco and milk
Turkey Burger (2M), WG Bun (1.5G), Kiwi (1/2 C), SP Fries (1/2 C) Milk (1C)
- Burger, bun, and kiwi or Burger, bun, and fries (Need ½ grain for 9-12)
- Kiwi, fries, and milk K-8 (fruit or veg must be 1 cup for 9-12)
- Burger, kiwi, and milk or Burger, fries, and milk (K-12)
- Bun, kiwi, and milk or Bun, fries, and milk K-8 (Need ½ grain for 9-12)
- Burger, bun, kiwi, fries, and milk (K-12)

Not reimbursable: Burger and/or bun and milk

Veggie Pizza (2M, 2G, ¼ C veg) Carrot/Celery (1/2 C), Apple (1 C), Milk (1C)
- Pizza, carrots/celery, and milk or Pizza, apple, and milk (K-12)
- Pizza and carrots/celery or Pizza and apple (K-12)
- Carrots/celery, apple, and milk (K-12)
- Pizza, carrots/celery, apple, and milk (K-12)

Not reimbursable: Pizza and milk

Spaghetti (2M, 1G, ¼ C veg) 3-Bean Salad (1/2 C) Mandarin Oranges (1/2 C)
- Spaghetti and salad or Spaghetti and oranges (K-12)
- Spaghetti, salad, and milk or Spaghetti, oranges, and milk (K-12)
- Salad, oranges, and milk K-8 (9-12 needs ½ cup more of fruit or vegetable)
- Spaghetti, salad, oranges, and milk (K-12)
  - Pasta without the sauce would only meet K-8

Not reimbursable: Spaghetti and milk

Turkey (1.5 M), WG bread (2G), Banana (1/2 C), Salad (1 C portion), Milk (1 C)
- Turkey, banana, and milk or Turkey, salad, and milk K-8 (½ oz turkey, 9-12)
- Bread, banana, and milk or Bread, salad, and milk (K-12)
- Turkey, bread, banana, and milk or Turkey, bread, salad, and milk (K-12)
- Banana, salad, and milk K-8 (9-12 add ½ cup more fruit or vegetable)
- Turkey, bread, banana, salad, and milk (K-12)

Not reimbursable: Turkey and milk or Bread and milk

Meal Component-reminder!

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<tr>
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Component vs Item-reminder!

Food Component--
a food group that is part of a reimbursable meal
- 5 components-lunch
  - Fruit, vegetable, meat/MA, grain, milk
- 3 components-breakfast
  - Fruit, grain, milk

Example: orange juice, sliced peaches, and an apple equals one component

Food Item--
a specific food offered within the components
- minimum of five items-lunch
- minimum of three items-serve only breakfast
- minimum of four items-OVS breakfast
- no maximum on number of items offered

Example: orange juice, sliced peaches, and an apple equals three items
**BREAKFAST**

**Breakfast OVS Requirements**
- Offer three food components – fruit, grain, milk
- Offer four food items
- Students must take at least three food items
- One of the food items must be ½ cup of fruit

**Reimbursable or Not?**

**Menu:**
- 1 oz WG cereal
- 2 slices toast
- 8 oz milk
- 4 oz 100% juice
- ½ cup banana

**Reimbursable or Not?**

**Menu:**
- 1 oz WG cereal
- 2 slices toast
- 2 oz pancakes
- 1 oz sausage
- 8 oz milk
- 4 oz 100% juice
- ½ cup banana

**Be Careful When...**
- Crediting a meat/meat alternate as extra instead of a grain
- Crediting a starchy vegetable as extra instead of a fruit
  - Calories, saturated fat, and sodium still count towards weekly maximums
  - Does not count as one of the four items
  - Does not count towards an item for OVS

**Activity!**
- Find the breakfast activity in packet
- Select one day and see how many reimbursable meals you can create
- Can the hash browns on Wednesday credit as a fruit? Why/why not?
• Ask Your Consultant
• Iowa Breakfast Checklist
• OVS Manual and Q & A
  • SP45-2013, manual
  • SP28-2013, breakfast Q & A

QUESTIONS?