

OFFER VS SERVE
 Healthy School Meals &
 New Manager's Orientation
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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

Type of School	National School Lunch (NSLP)	School Breakfast (SBP) and Summer Food Service Program (SFSP)
Senior High	Mandatory	Optional
Middle or Elementary	Optional	Optional

OUT TO LUNCH

Meal Components

breakfast time

Lunch

1. Fruit
2. Vegetable
3. Meat/meat alternate
4. Grain
5. Fluid Milk

Breakfast

1. Fruit
 1. May substitute vegetable
 2. To credit starchy, must serve 2 cups of any other sub-group during week
2. Grain
 1. Serve one 'real' grain then M/MA may be substituted for grain
3. Fluid Milk

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

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

LUNCH



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 = $\frac{3}{4}$ cup for K-8; 1 cup for 9-12
 - *Fruit = $\frac{1}{2}$ cup for K-8; 1 cup for 9-12
- *Exception: For OVS, a student may select $\frac{1}{2}$ 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 $\frac{1}{2}$ 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 $\frac{1}{2}$ cup of fruit or vegetable)

- Burrito with chicken and brown rice (2.5 oz equiv total)
- Spaghetti w/marinara sauce (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

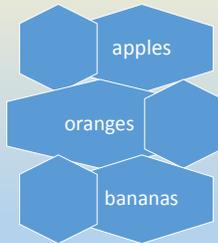


Salad, Food, & Fruit/Veg Bars

- *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’



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

Choose at least 3 colors, make sure to take a fruit or vegetable to make a school lunch!

Build a Healthy Lunch!

Build a Healthy Lunch

Meat or Meat Alternates, Fluid Milk, Grains, Fruits, Vegetables

ESTIMATING QUANTITIES FROM SELF-SERVICE BARS

Build a Healthy Breakfast!

Choose at least 3 items, make sure to take a fruit or vegetable!

Entrée Choices	W/G Pancake = 2 items
	Egg Sandwich = 3 items
	Bagel = 2 items
	Cereal = 1 item
Fruit & Vegetable Choices	Applesauce = 1 item
	Orange Juice = 1 item
	Banana = 1 item
Milk Choices	Skim White = 1 item
	1% White = 1 item
	Skim Chocolate = 1 item
Other Choices that are Part of the Meal	Tri-Tator = 0 items

USDA is an equal opportunity provider.

Activity!



- 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

Results

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 K-8 (Need ½ grain for 9-12)
- Burger, bun, kiwi, and milk *or* Burger, bun, fries, and milk (K-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

Results

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

Results

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

Results

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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Component vs Item-reminder!

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BREAKFAST



Breakfast OVS Requirements

Offer three food components –fruit, grain, milk

Offer four food items

Students must take at least three food items

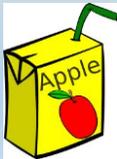
One of the food items must be ½ cup of fruit



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?

Resources

- Ask Your Consultant
- Iowa Breakfast Checklist
- OVS Manual and Q & A
 - <http://www.fns.usda.gov/cnd/Governance/legislation/nutritionstandards.htm>
 - SP45-2013, manual
 - SP28-2013, breakfast Q & A



QUESTIONS?