

Offer vs. Serve The Game Show



Anna Apoian, MPA, RD, SNS

Speaker/Trainer

Director, Nutrition Services, Hawthorne School District





objectives

- Participant will be able to name the five food groups on MyPlate.
- Participant will be able to name the food groups (components) for the National School Lunch Program.
- Participant will be able to give examples of each food group.
- Participant will be able to define menu item.
- Participant will be able to define food item.
- Participant will be able to recognize a reimbursable meal.
- Participant will be able to state what food components must be taken for an offer vs. serve breakfast and lunch.



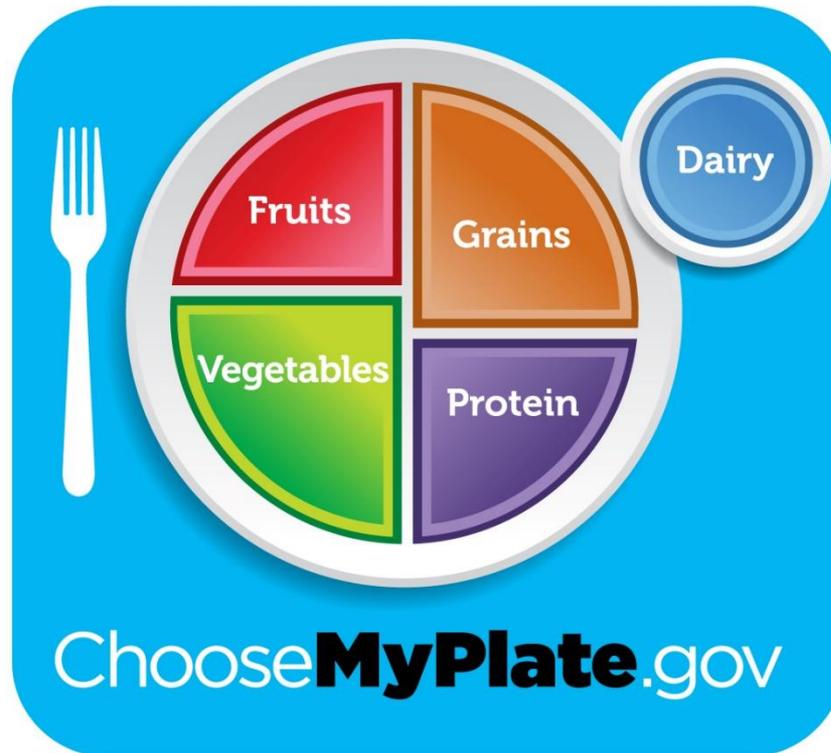


Let's Name the Food Groups Together...





What do you know about school meals?

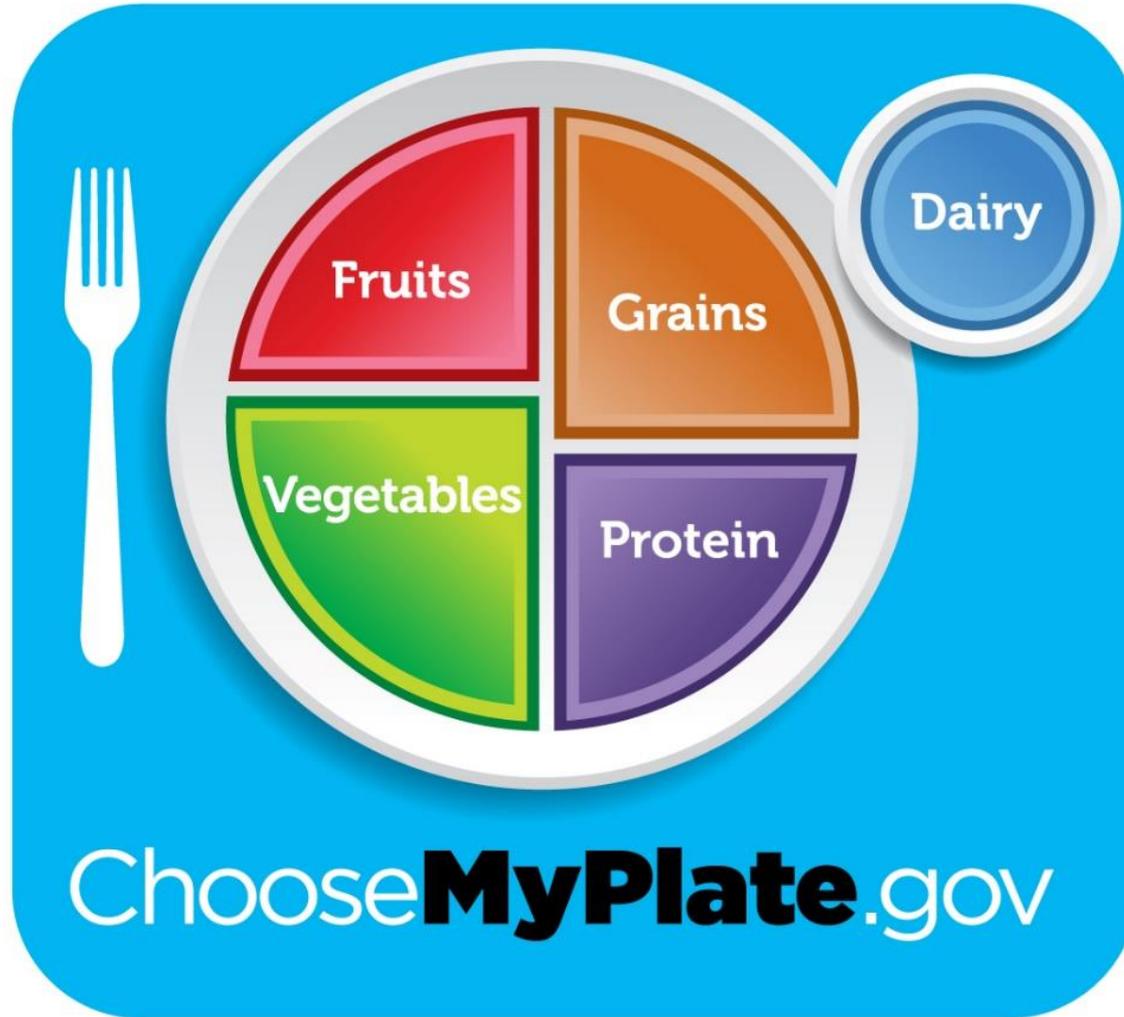




Definitions

- Food group
- Food component
- Menu item
- Food item
- Reimbursable meal
- Offer versus Serve (OVS)







Food Components

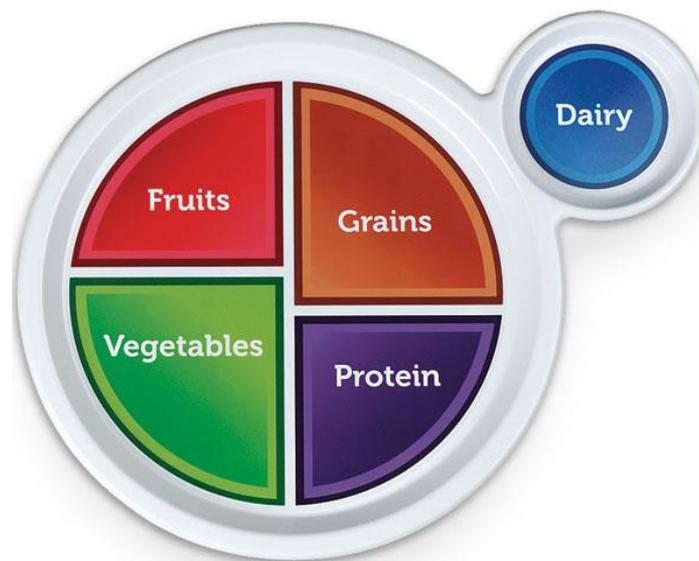
- A food component must meet a specific serving size
 - There is a serving size that we must **OFFER**
 - There is a serving size that the student must be **SERVED**





Food Components at lunch

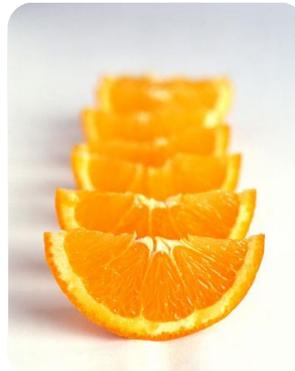
- One of the five food groups that comprise reimbursable lunches, in a specified serving size
 - Meat/Meat Alternates (M/MA)
 - Grains (G)
 - Vegetables (V)
 - Fruits (F)
 - Fluid Milk (Dairy)





Menu Item at Lunch

- Specific food offered
 - Pizza = **1 Menu Item with 2 food components**, M/MA & Grain
 - ½ cup each of orange wedges, sliced apples and a petite banana = **3 Menu Items of 1 food component**





A Menu Item at Lunch

- A lunch burrito is a menu item. It has more than one food group (component).
- A juice is a menu item. It is one food group (component).





Menu Item

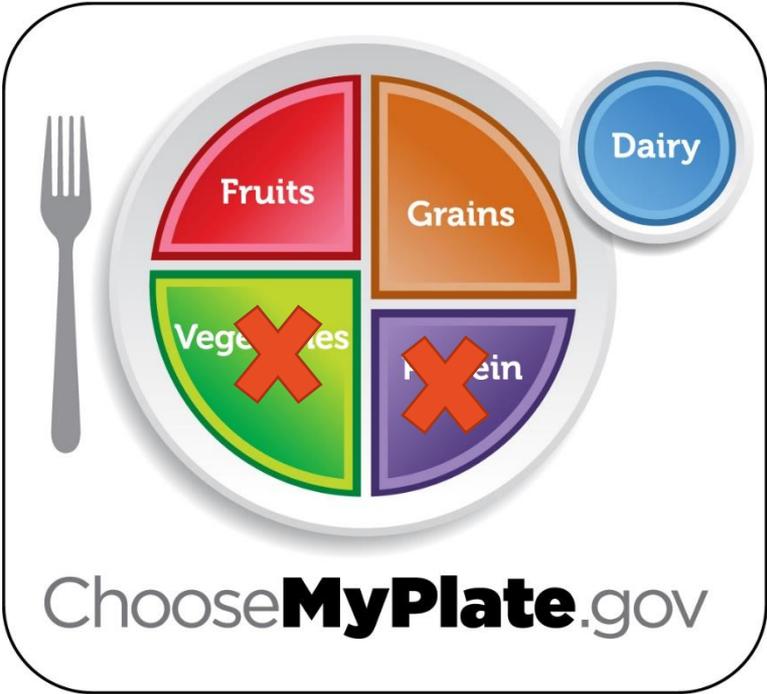
- Students must take menu items that provide at least three components total, in the proper portions, to meet the minimum daily quantity set by the USDA.
 - Exception: $\frac{1}{2}$ cup of F or V or combination = full quantity of either the F or V component once in a meal





Food Components at breakfast

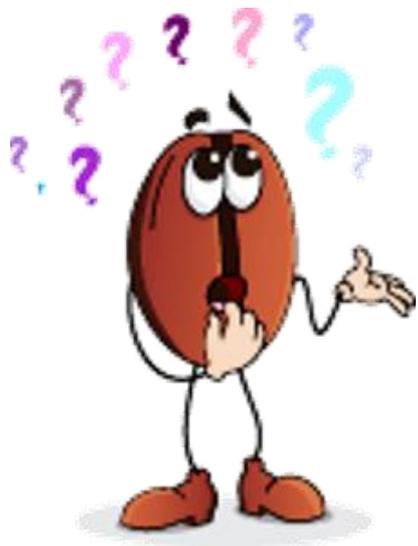
- Three Food Groups
 - Grains (G)
 - Fruits (F)
 - Fluid Milk
- Component = Food Item





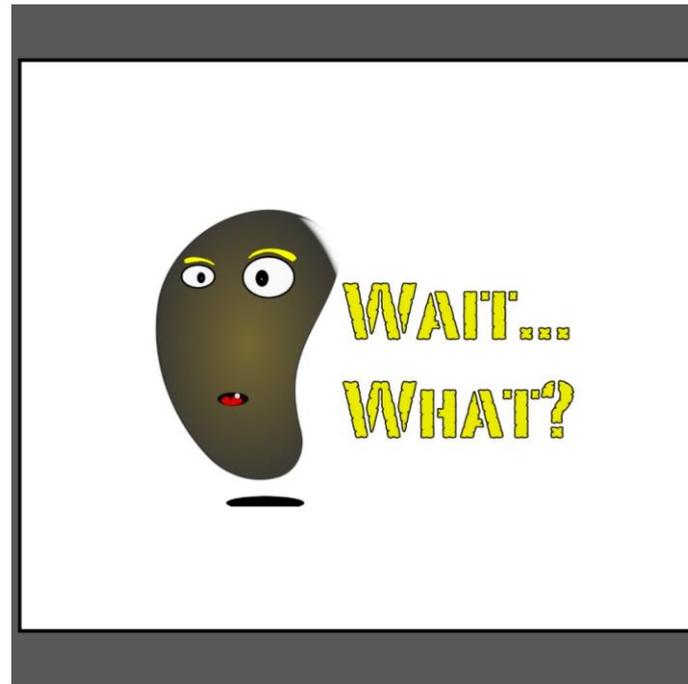
Except....

- A vegetable can substitute for a fruit
- A protein can sometimes substitute for a grain
- A legume (bean) can substitute for a protein or a vegetable but that little bean cannot be both at the same time





Am I Bean Confusing?



Bean Confused by OpenKase

Zazzle



6/4/2016



Food Item at Breakfast

- A specific food offered within a food component that is required in the meal pattern
- The food item(s) must be in the required minimum serving size
 - A 2 oz. Muffin = 1 oz eq Grains = 1 Food Item
 - A 2.25 oz Muffin = 2 oz Grains = 2 Food Items
 - An orange or 4 fl. oz. juice or ½ cup of diced peaches= ½ cup Fruit = 1 Food Item
- For breakfast a food item = component





Menu Item VS Food Item

- Lunch = Menu Item (LM)
 - The burrito is one menu item with three components
 - Grain, Meat/Meat Alt, Vegetable
- Breakfast – Food Item
 - The burrito is 3 food items
 - Grain, Meat/Meat Alt, Vegetable
- For Lunch or Breakfast
 - The burrito has 3 food components





Summary



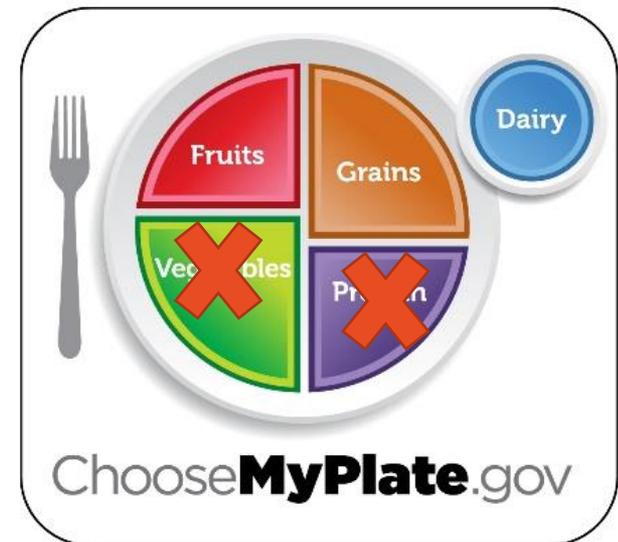
- Lunch – 5 food groups
- Breakfast – 3 food groups
- Lunch – student must take 3 components
 - One component must be a ½ cup fruit or vegetable or combination
 - UNLESS
 - Student takes fruit, vegetable and one other component, then one of the fruits or vegetables must be in the full serving offered for 9-12th graders.





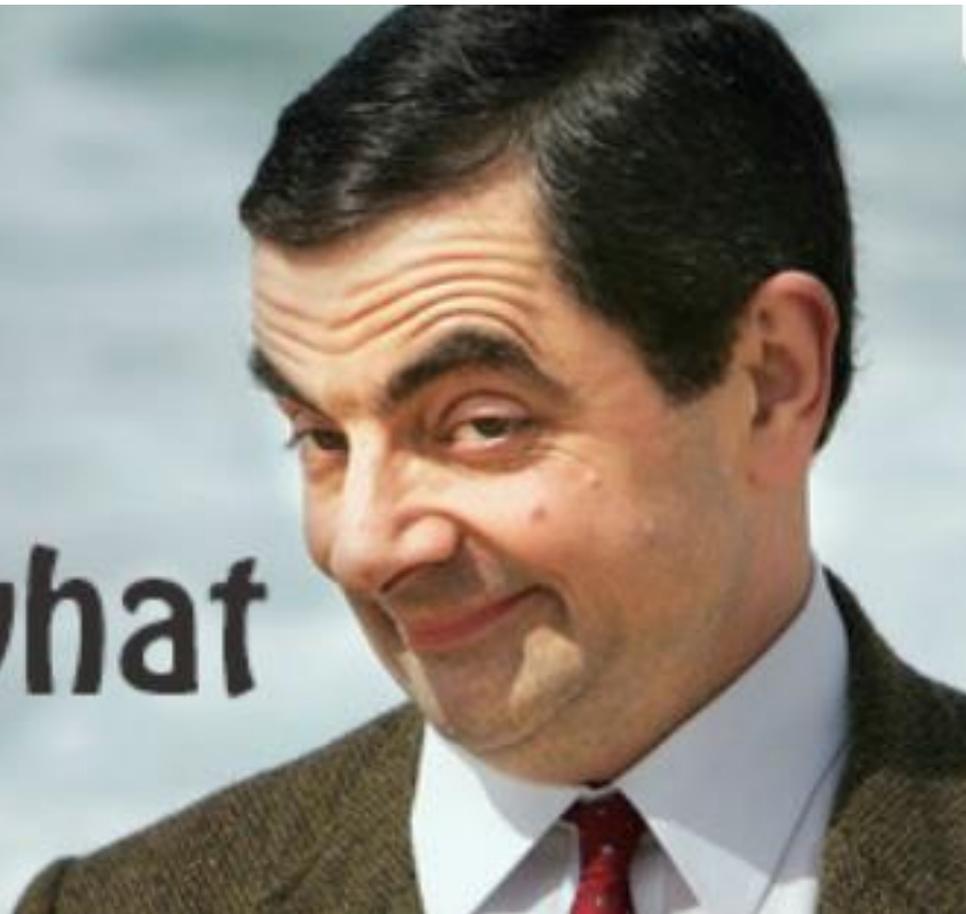
Summary

- Breakfast
 - Must offer four items (components)
 - Student must take 3 items (components)
 - Duplicate components are allowed.
 - One must be a ½ cup fruit or vegetable





If u Know what
i mean



6/4/2016



Offer versus Serve

- Students may decline some of the food offered
- Requires students to make selections
- May reduce food waste
- Pre-plated or bagged foods have different rules





Review

- Food Groups = Components in required serving size
- Menu Item = An Item served at lunch that has one or more components.
- Food Item = A component in the required serving size served at breakfast.





Reimbursable OVS Lunch

- Students must take three of the five food components (groups)
- Must offer food components (groups) in required daily quantities for grade group
 - All components must be available to all students
- Weekly menu must meet the weekly minimums
 - If substitutions must be made for vegetables, use the same subgroup as a substitute





Reimbursable OVS Lunch

- The menu item(s) selected must be of an adequate amount to credit as a full component
- Students must take ½ cup of F or V or combination of F and V
- Students may decline any of the other food components
 - Milk not required
 - M/MA
 - G not required

Production Records must accurately show that enough food was prepared and served to match the number of meals claimed that day.





K-8: OVS and the $\frac{1}{2}$ cup F/V Rule

- Daily fruit/vegetable offer requirements
 - $\frac{1}{2}$ cup fruits
 - $\frac{3}{4}$ cup vegetables
- The student takes $\frac{1}{2}$ cup vegetable = full V component.
- The student takes $\frac{1}{2}$ cup fruit = full F component.
- Therefore $\frac{1}{2}$ cup F + $\frac{1}{2}$ cup V = 2 full components





9-12: OVS and the $\frac{1}{2}$ cup F/V Rule

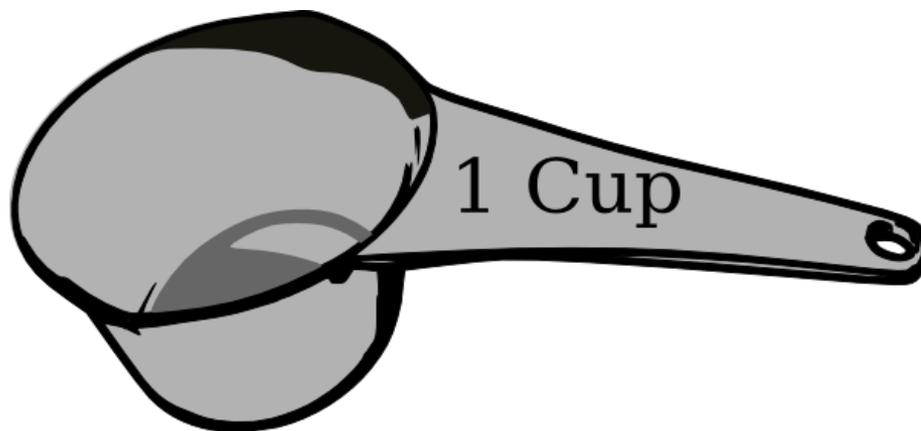
- Daily fruit/vegetable requirements to offer
 - 1 cup fruit
 - 1 cup vegetable
- The student must take $\frac{1}{2}$ cup vegetable and/or fruit = full V or F component.
- The student takes 1 cup of the other (F or V) = a second full component.
- Therefore $\frac{1}{2}$ cup F or V + 1 cup F or V = 2 full components





Grades 9-12

- The first fruit or vegetable may count as $\frac{1}{2}$ cup = full component, but the second fruit or vegetable must be the full 1 cup.





Main Changes for Lunch

1. Five components
2. (F & V are separate food groups)
3. Students must select at least three components, one of which must be $\frac{1}{2}$ cup V or F or combination of both





General Rules for OVS

- Offering choices ≠ OVS
- Allowing student to only decline milk & salad bar ≠ OVS
- Unit pricing
- Signage





Choices ≠ OVS

- If there are choices of entrée but the student must select one, it is not OVS
- If there are choices of vegetables and fruits, but the student must take the full meal pattern quantity of both, it is not OVS
- If the student has choices, but must take every food component, it is not OVS





Decline Milk or Salad Bar Only ≠ OVS

- If three components must be taken by the student and only milk or the salad bar are optional, it is not OVS
 - Allowable only if logistics prevent full OVS
- The student may not be required to take any particular component except the ½ cup F or V or combination of both





Signage

- Students, servers and cashiers must be able to identify a reimbursable lunch
- Schools must identify near or at the beginning of serving lines, what foods constitute unit priced meals





Meal Service Systems

- Pre-Plated
 - Used by schools and RCCIs with logistical limitations
 - May be used at a senior high school only if there are other areas of service that allow OVS
 - Encouraged to offer some level of choice/OVS





Meal Service Systems

- Family Style
 - Offered meals must meet daily/weekly requirements
 - Adult supervising should initially offer full serving
 - Students must take ½ cup F/V for reimbursable lunch





Meal Service Systems

○ Food Bars

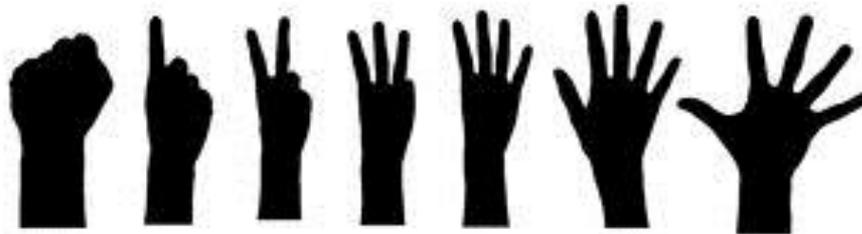
- Identify food components in the menu items
- Identify the minimum serving size for each food component or menu item
- Identify combinations of foods to select for a reimbursable lunch
- Train cashiers on what the reimbursable meal is each day
- Locate before POS or use dedicated monitor





Rules & Regulations: Lunch OVS

- All five components in the required *daily and weekly* amounts for each grade group must be offered.
 - Meat/Meat Alternate
 - K-5 and grades 6-8 daily minimum is 1 oz eq
 - Grades 9-12 minimum is 2 oz eq





Rules & Regulations: Lunch OVS

- Meat/Meat Alternate (Protein)
 - May be offered in one or two menu items only





Rules & Regulations: Lunch OVS

- Grains
 - K-5 and grades 6-8 daily minimum is 1 oz eq
 - Grades 9-12 daily minimum is 2 oz eq





Rules & Regulations: Lunch OVS

- Grains
 - May be offered in one or more menu items
 - $\frac{1}{4}$ oz. is the minimum amount in a menu item that can credit toward the grain
 - Desserts are restricted to a maximum of 2 oz eq grains per week





Rules & Regulations: Lunch OVS

- Fruit
 - K-5 and grades 6-8 daily minimum offered is $\frac{1}{2}$ cup
 - Grades 9-12 daily minimum offered is 1 cup
 - Fruit may be offered in one or more menu items





Rules & Regulations: Lunch OVS

- **Fruit**

- No matter the quantity selected, the fruit component may only be counted once
 - $\frac{1}{2}$ cup F + $\frac{1}{2}$ cup F \neq two components for K-8
 - $\frac{1}{2}$ cup F + 1 cup F \neq two components for 9-12
- Students may select more than the daily minimum





Fruit

- Students may take two or more servings of the same or a different fruit to meet the quantity requirement





Rules & Regulations: Lunch OVS

- Vegetables
 - K-5 and grades 6-8 daily minimum offered is $\frac{3}{4}$ cup
 - Grades 9-12 daily minimum offered is 1 cup
 - Vegetables may be offered in one or more menu items





Rules & Regulations: Lunch OVS

- **Vegetables**

- No matter the quantity selected, the vegetable component may only be counted once
 - $\frac{1}{2}$ cup V + $\frac{3}{4}$ cup V \neq two food components K-8
 - $\frac{1}{2}$ cup V + 1 cup V \neq two food components 9-12





Vegetables

- Students are not required to select each subgroup, but they must have the opportunity to select them over a week.
- Menu planner may allow students to select more than daily minimum.





Rules & Regulations: Lunch OVS

- **Milk (M)**

- Grades K-12 minimum offered is 8 fluid oz.
- Daily requirement is to offer at least two varieties within the required types
- Flavored milks must be nonfat





9-12th Grade

- For 9-12, the required daily amount is 2 M/MA and 2 G
- The student must take at least a ½ cup of fruit or vegetable.
- If lettuce, 1 cup equals a ½ cup.
- The student must take, more fruits and/or vegetables to count the second fruit or vegetable as a component.
- Remember that the first fruit or vegetable may count as ½ cup = full component, but the second fruit or vegetable must be the full 1 cup.





Lettuce

- One cup lettuce = ½ cup vegetable





Example

- If a salad has:
 - Croutons (1 grain)
 - Lettuce (1 cup)
 - Fruit on the side (1/2 cup)
 - Is the meal reimbursable for K-8?
 - Is the meal reimbursable for 9-12?





Example

- If a 9-12th grade student's salad has:
 - Croutons (2 grain)
 - Lettuce (2 cup)
 - Fruit on the side (1/2 cup)
 - Is the meal reimbursable for 9-12?





Salads

- Taco Salad with Baked Tortilla Chips & Juice
- 1 ounce of cheese
- 2 cups of shredded lettuce
- ¼ cup pico de gallo
- ¼ cup guacamole
- On the Side
 - 1 oz shredded chicken
 - 2 grain chips
 - ½ cup 100% Juice





Activity





What do you know?





Are all five Food Components (Groups) Offered in the correct portions for K-8? How many Lunch menu items?



2 G, 2 M,
 $\frac{1}{4}$ c V



1 c Milk



$\frac{1}{2}$ c V

$\frac{1}{2}$ c F

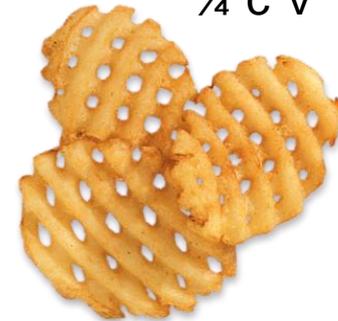




Is this “served” meal reimbursable for K-8?
Assume all food groups in the proper portion size have been offered.



2 G, 2 M,
1/4 c V



1/2 c V





IS THIS 'SERVED' MEAL REIMBURSABLE FOR K-8?

Assume all food groups in
the proper portion size have
been offered.



2 G, 2 M,
 $\frac{1}{4}$ c V



1 c Milk



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IS THIS MEALS REIMBURSABLE FOR K-8?



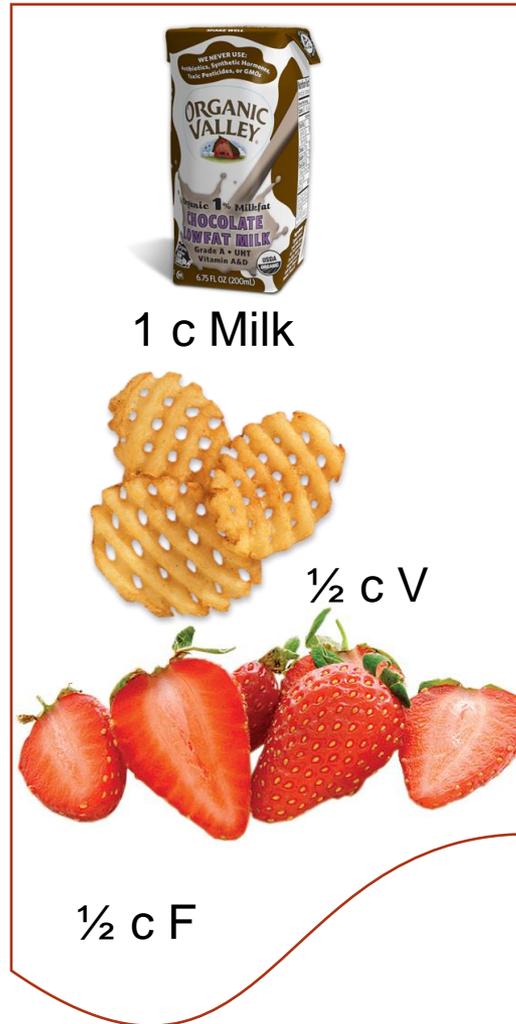
2 G, 2 M,
 $\frac{1}{4}$ c V



$\frac{1}{2}$ c F

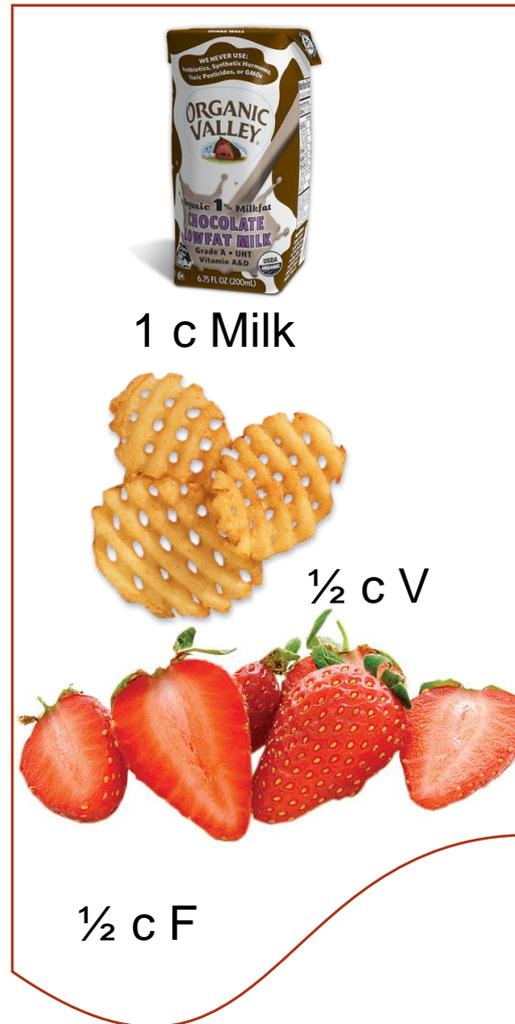


IS THIS MEALS REIMBURSABLE FOR K-8?





IS THIS MEALS REIMBURSABLE FOR 9-12?





Menu Offered

2 grains + 2 meat/meat alt + ¼ cup vegetable



8 oz. milk

½ cup fruit



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2 grains + 2 meat/meat
alt + ¼ cup vegetable



½ cup vegetable

**Is this
selected meal
reimbursable
for 9-12
graders?**



Is this served meal reimbursable for a 10th grader?



2 grains + 2 meat/meat alt + ¼ cup vegetable



¼ cup vegetable





IS THIS SERVED MEAL REIMBURSABLE FOR A 2ND GRADER?



2 grains + 2 meat/meat
alt + ¼ cup vegetable





½ cup vegetable



8 ounces



½ cup fruit

**Is this served meal
reimbursable for
a 12th grader?**





½ cup vegetable



½ cup vegetable



½ cup fruit

**Is this served meal
reimbursable for a
5th grade student?**



**Is this served
meal
reimbursable
for a 4th
grader?**



½ cup vegetable

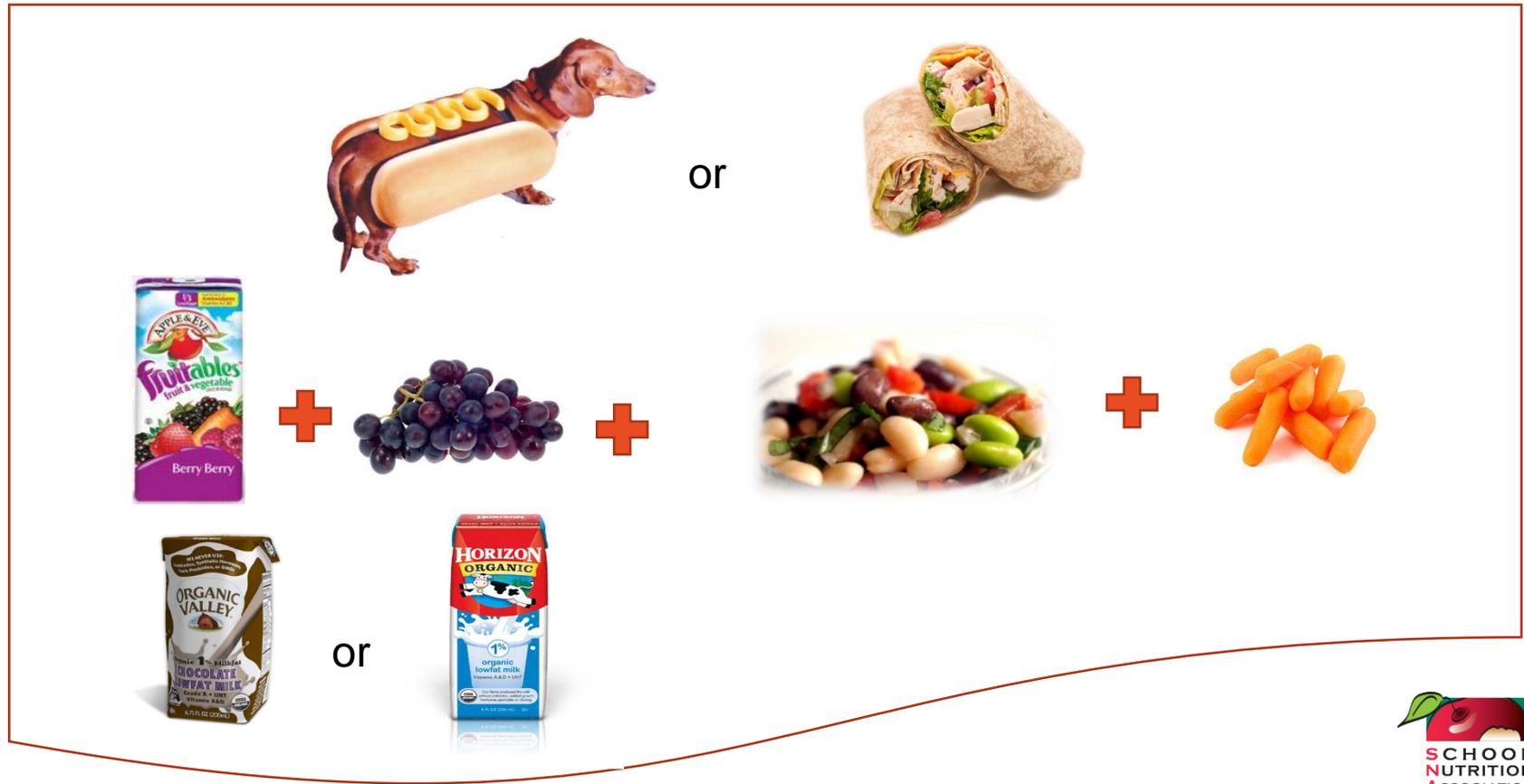


2 grain/2
meat/meat alt





Is this meal that we OFFER reimbursable?





Is this **served** meal reimbursable for K-5, 6-8?



½ cup fruit



½ cup fruit



8 oz milk





1/2 cup vegetable



1/2 cup fruit



8 oz milk

**Is this served meal
that reimbursable for
K-5, 6-8?**





Is this served meal reimbursable for K-5, 6-8?



¼ cup fruit



½ cup vegetable



8 oz milk





**Is this meal
served,
reimbursable for
Grades 9-12?**



1 M/MA
1 G
¼ c V



1 M/MA
1 G



¼ c V





1 M/MA
1 G
¼ c V



1 M/MA
1 G

**Is this meal
reimbursable for
Grades 9-12?**





Is this meal reimbursable for Grades 9-12?



1 M/MA
1 G
¼ c V

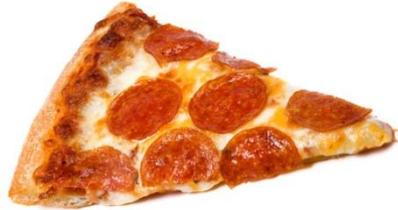


½ c
FRUIT



1/4 c V





2 M/MA
2 G
1/8 c V



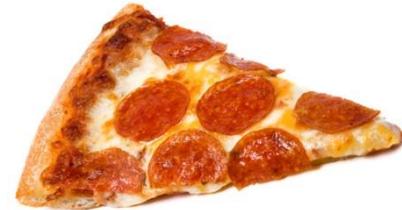
1/2 cup
lettuce =
1/4 c V

Is this meal reimbursable for Grades 9-12?





Is this meal reimbursable for Grades 9-12?



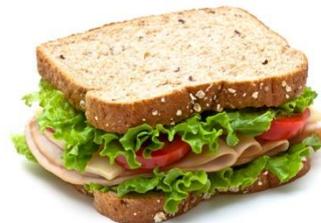
2 M/MA
2 G
1/8 c V



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Is this meal reimbursable for Grades 9-12?



2 M/MA
2.25 G
 $\frac{1}{4}$ c V

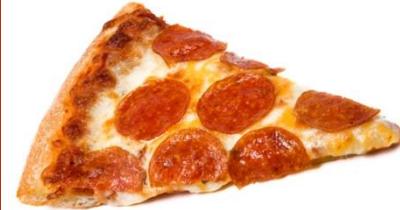


$\frac{1}{2}$ cup
lettuce =
 $\frac{1}{4}$ c V





Is this meal reimbursable for Grades 9-12?



2 M/MA
2 G
1/8 c V



1/2 c
FRUIT



Group Activity

- Recall Time: 15 minutes
 - Get in groups of 5-7
 - Each team has ten minutes to list as many facts or skills they can remember from this training.
 - A representative from each team will read the list.
 - All other teams can challenge any point.





Thank you!!!



Anna Apoian, RD, MPA, SNS

Speaker/Trainer

annaapoian@gmail.com

annaapoian.com

