



# **Offer Versus Serve (OVS) in School Meals**

# What is OVS?

- Students can decline ANY food component, EXCEPT part of the fruit/vegetable
- Students must select daily at least:
  - 3 food items at breakfast
  - 3 food components at lunch
  - Must include at least  $\frac{1}{2}$  cup of fruit/vegetable (or a combination) at each meal


# Key OVS Concepts

- **Food components:**
  - **NSLP:** Milk, Fruits, Vegetables, Grains, and Meat/Meat Alternate (M/MA)
  - **SBP:** Milk, Fruits, Grains
- Schools must offer the amounts specified in the meal patterns
- **Food item** is a specific food offered within each food component



# OVS Success

- Offer all food components in the quantities required in the meal patterns
- Show which food combinations the students may choose to select a reimbursable meal
  - Use signage to describe the reimbursable meal(s)



# OVS in School Breakfast Program (SBP)

# OVS in SBP

## School

- **Offer 3 food components daily:**
  - Milk
  - Fruits
  - Grains
- **Offer at least 4 food items** representing the above food components

## Students

- **Must select at least 3 food items** including:
  - ½ cup of fruit (vegetable as substitute)



# SBP Grains Crediting in OVS



- For flexibility, menu planners may choose to count a 2 oz. eq. grain food item as 1 or 2 food items
- A grain item selected under OVS must be at least 1 oz. eq.

# Sample SBP Menu with 5 Food Items

Menu	Crediting	Food Items
Cereal	1 oz. eq. grain	1 grain item
Whole Grain Toast	1 oz. eq. grain	1 grain item
Fruit Cocktail	½ cup fruit	1 fruit item
Apple	1 c fruit	1 fruit item
Variety of Milk	1 cup	1 milk item



# THE OFFER



# MEAL OR NO MEAL?



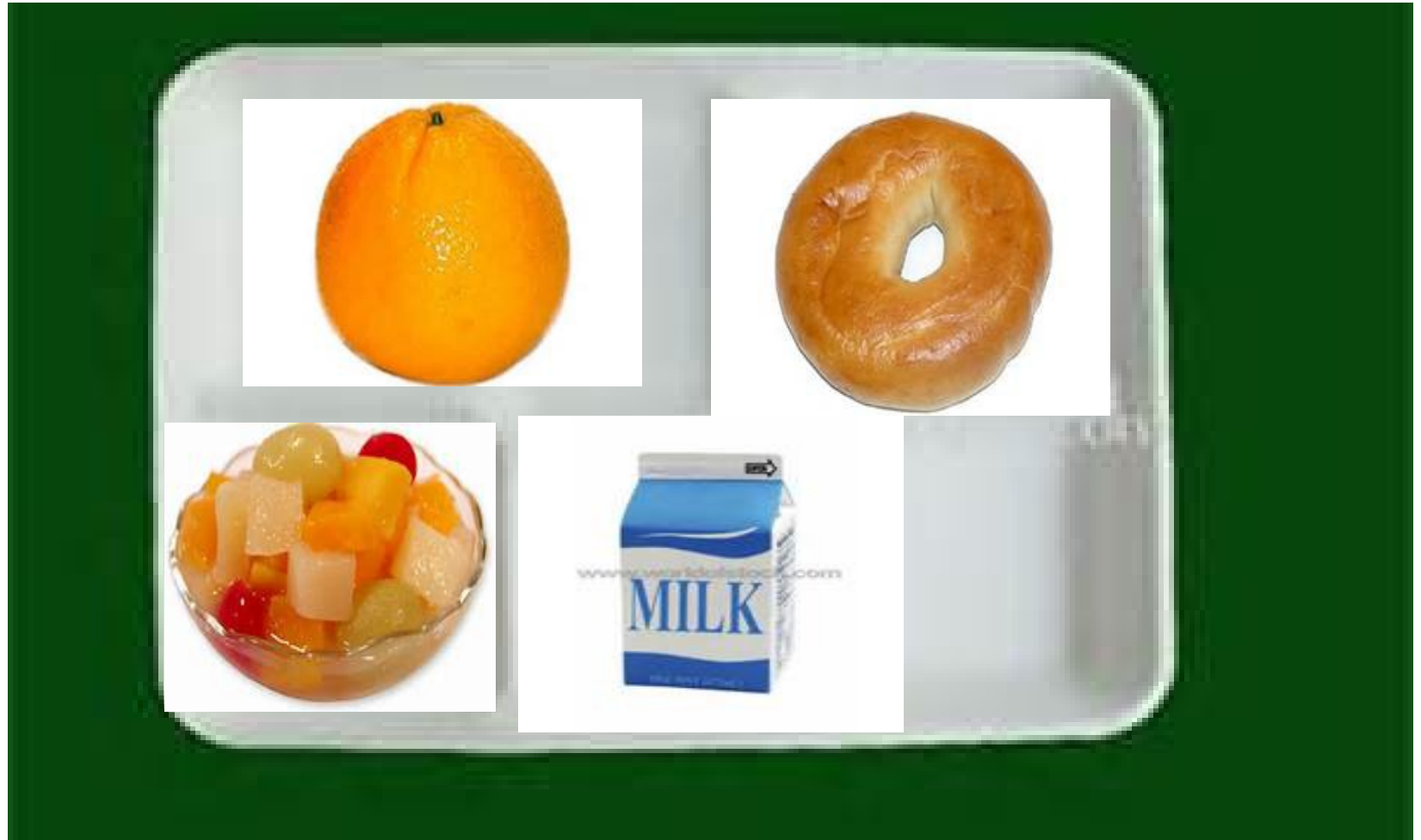
YES! (3 of 5 items selected)



## Sample SBP Menu with 4 Food Items

Menu	Crediting	Food items
Whole Wheat Bagel	2 oz. eq. grain	2 grain items
Orange	½ cup fruit	1 fruit item
Fruit Cocktail	½ cup fruit	1 fruit item
Variety of Milk	1 cup	1 milk item

# THE OFFER



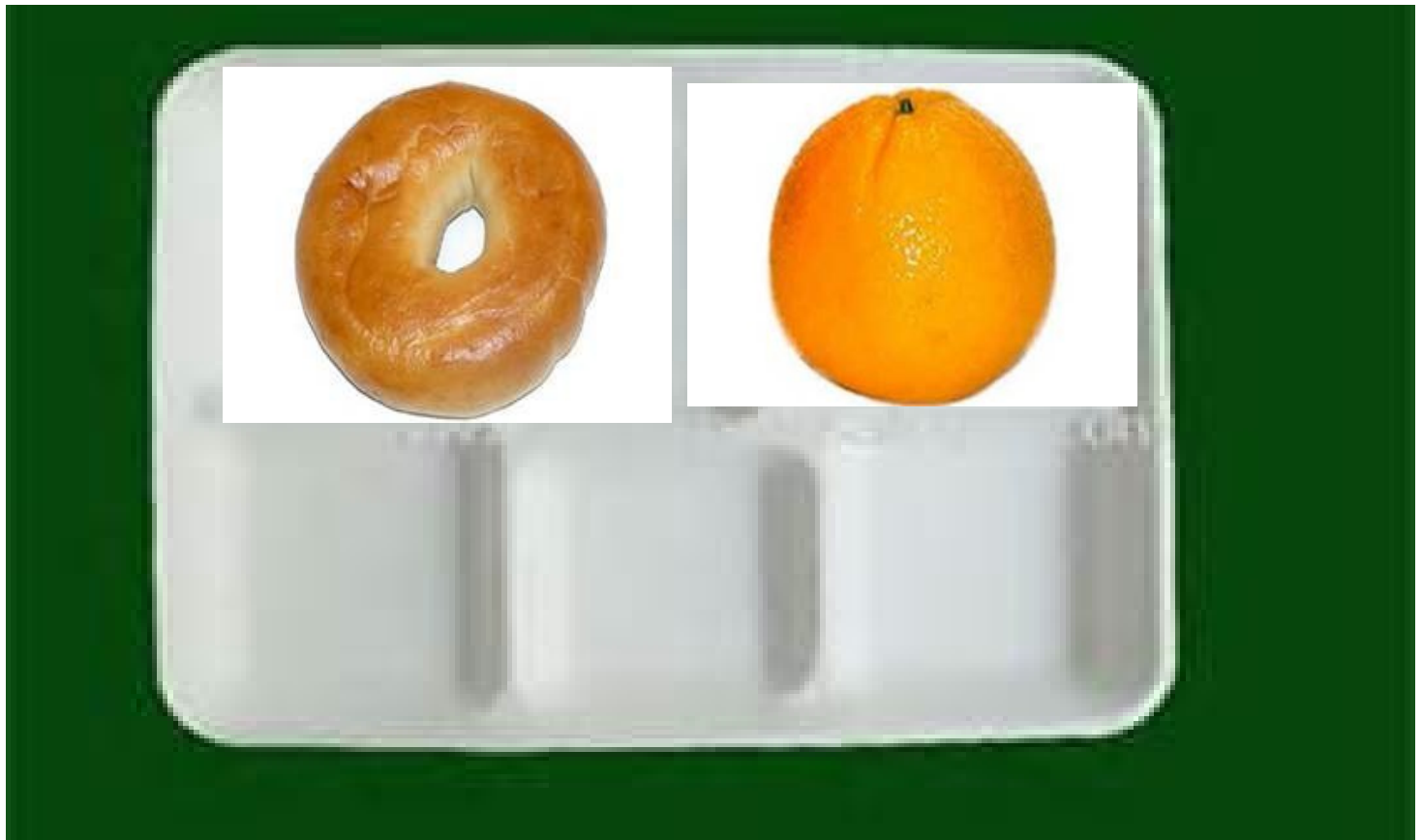
# MEAL OR NO MEAL?



NO! (fruit is missing)

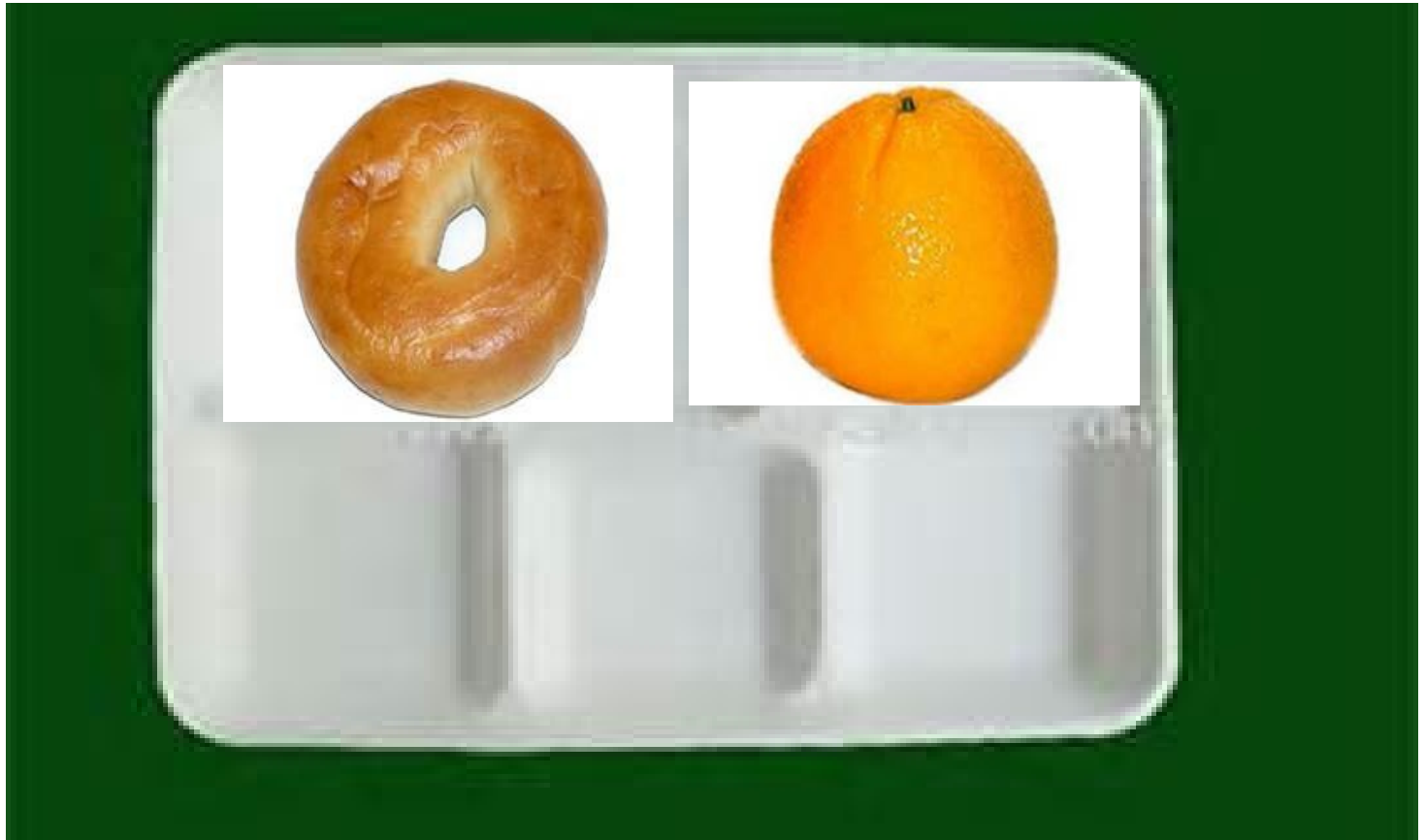


# MEAL OR NO MEAL?





YES! (3 of 4 food items selected)



# Meat/Meat Alternates (M/MA) in Place of Grains at Breakfast

- M/MA may be offered in place of grains and counts as an item for OVS
  - School must also offer 1 oz. eq. grain daily
- M/MA offered as an “extra item” (in addition to the reimbursable meal) does not count as an item for OVS



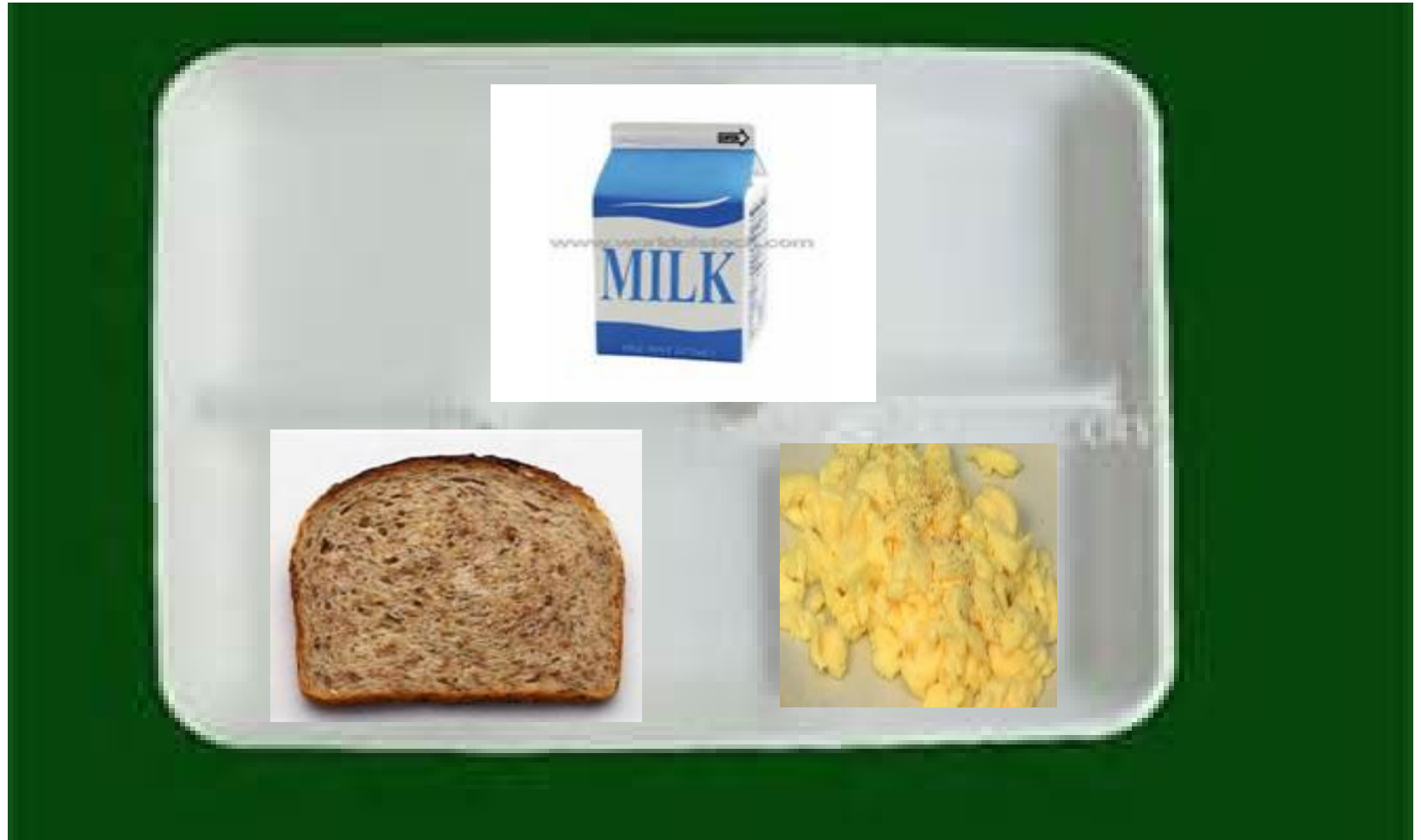
## Sample SBP Menu with 4 Food Items and a M/MA Counted as a Grain Item

Menu	Crediting	Food items
Scrambled Egg	1 oz. eq. meat alternate	1 grain item
Whole Grain Toast	1 oz. eq. grain	1 grain item
Large Apple	1 cup fruit	1 fruit item
Orange Juice	½ cup fruit	1 fruit item
Variety of Milk	1 cup	1 milk item

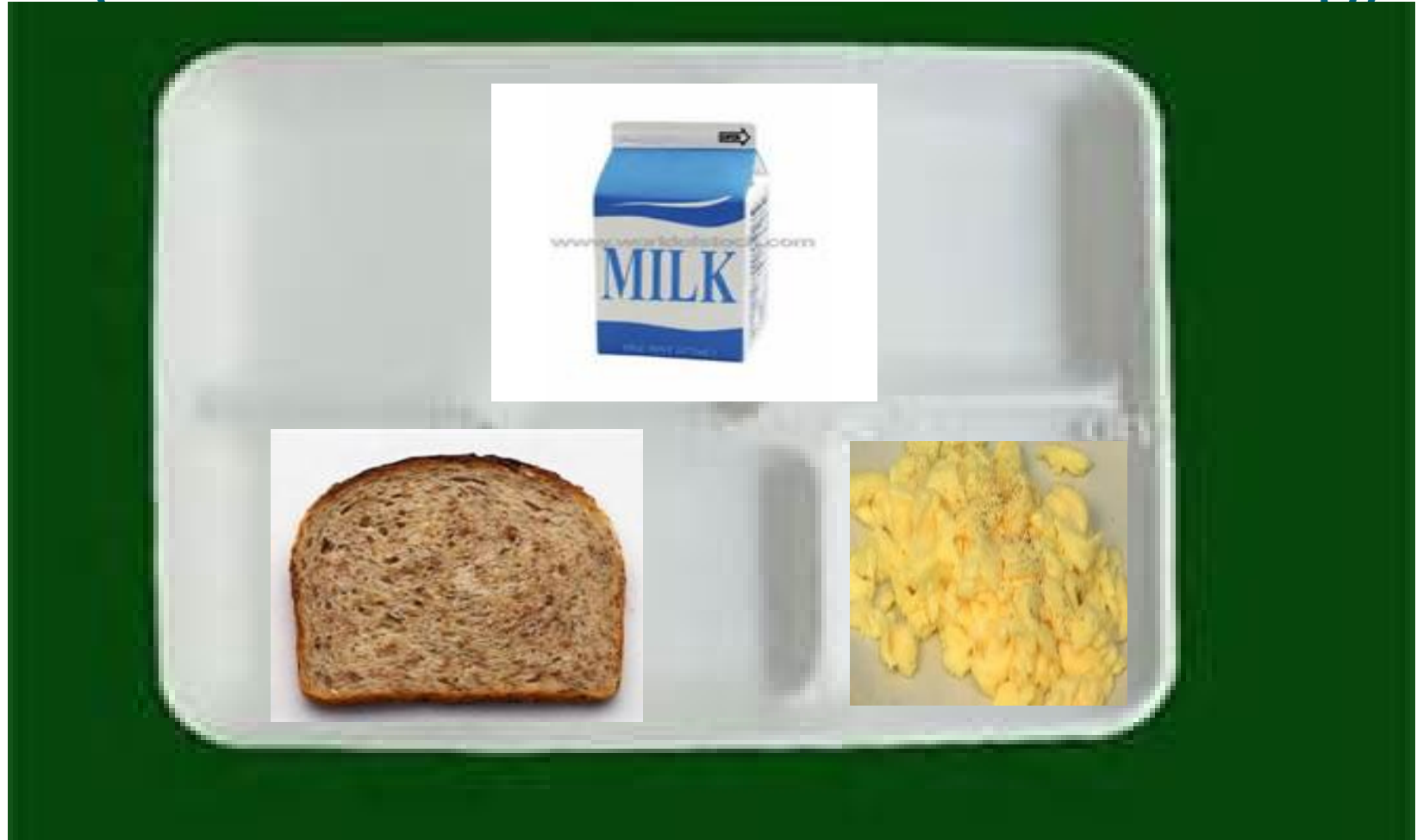
# THE OFFER



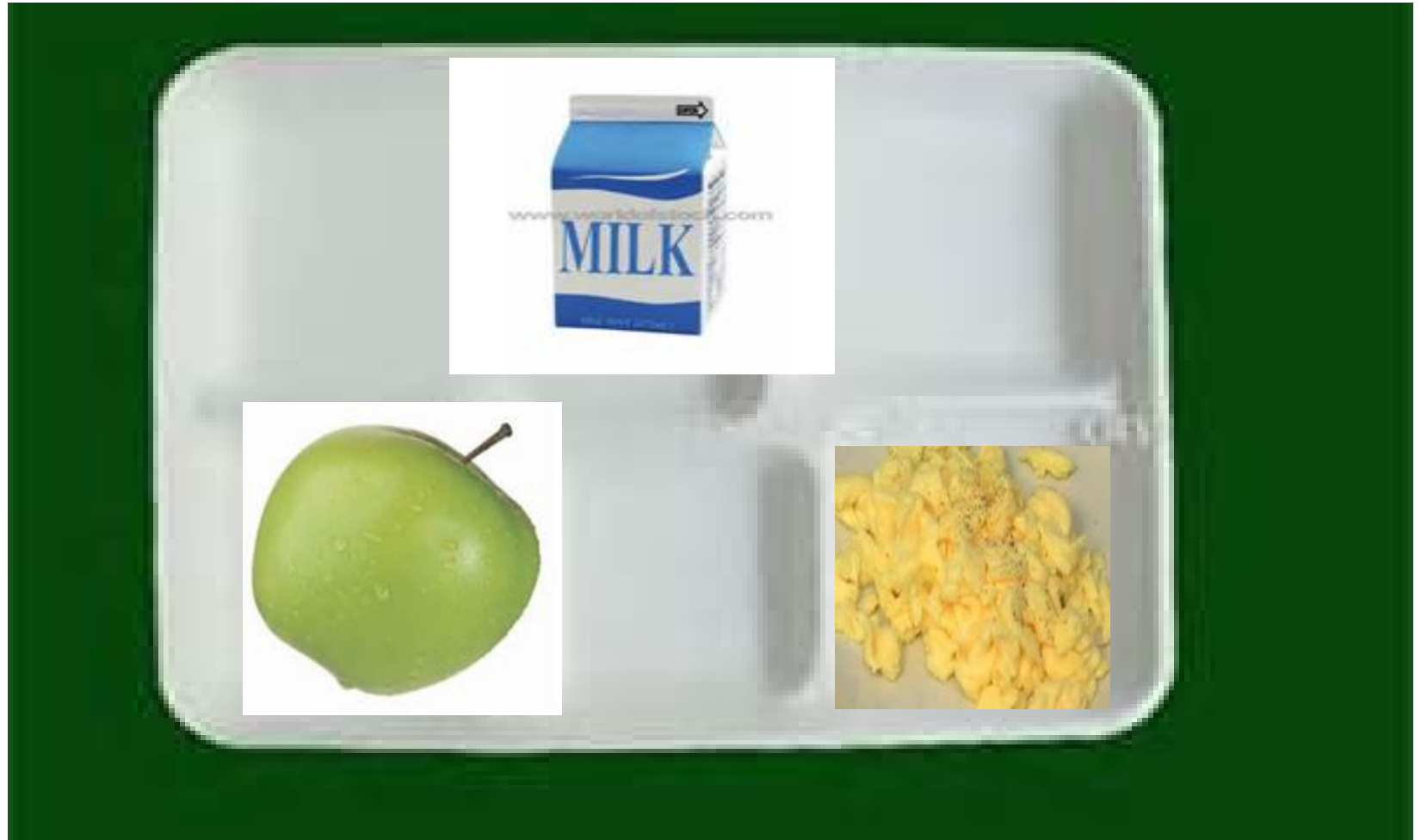
# MEAL OR NO MEAL?



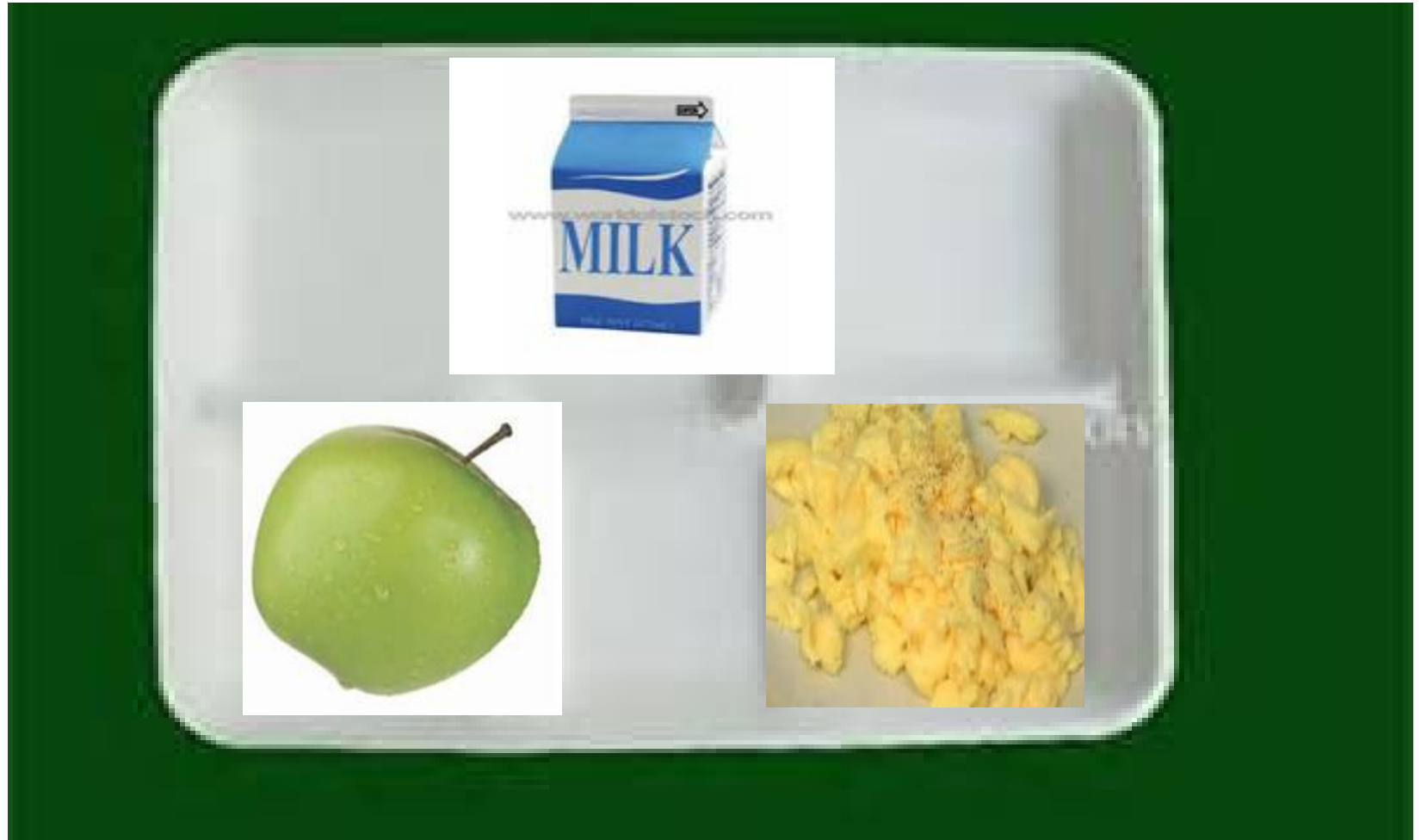
NO! (3 items selected but fruit is missing)



# MEAL OR NO MEAL?

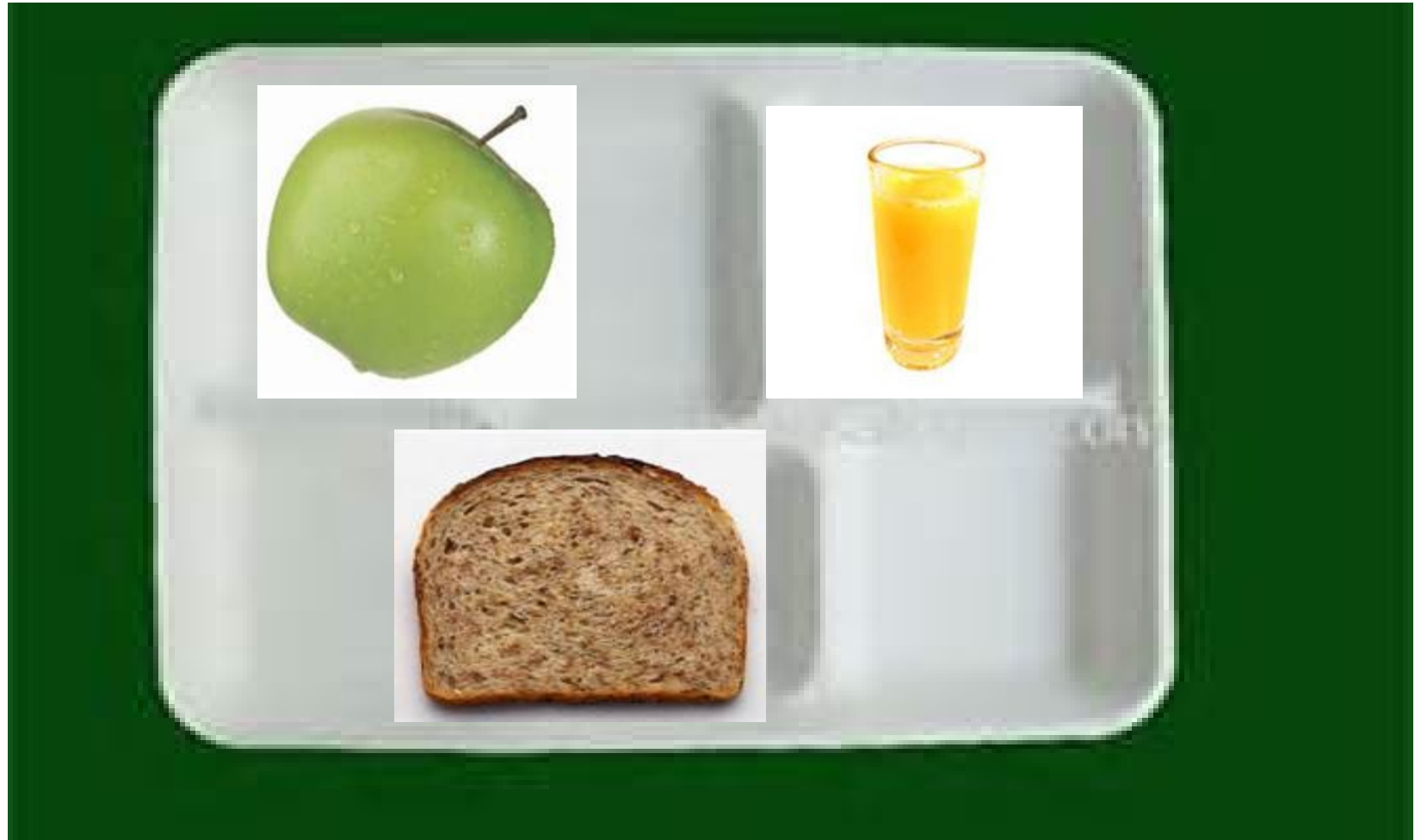


YES! (3 of 4 items selected, including fruit)

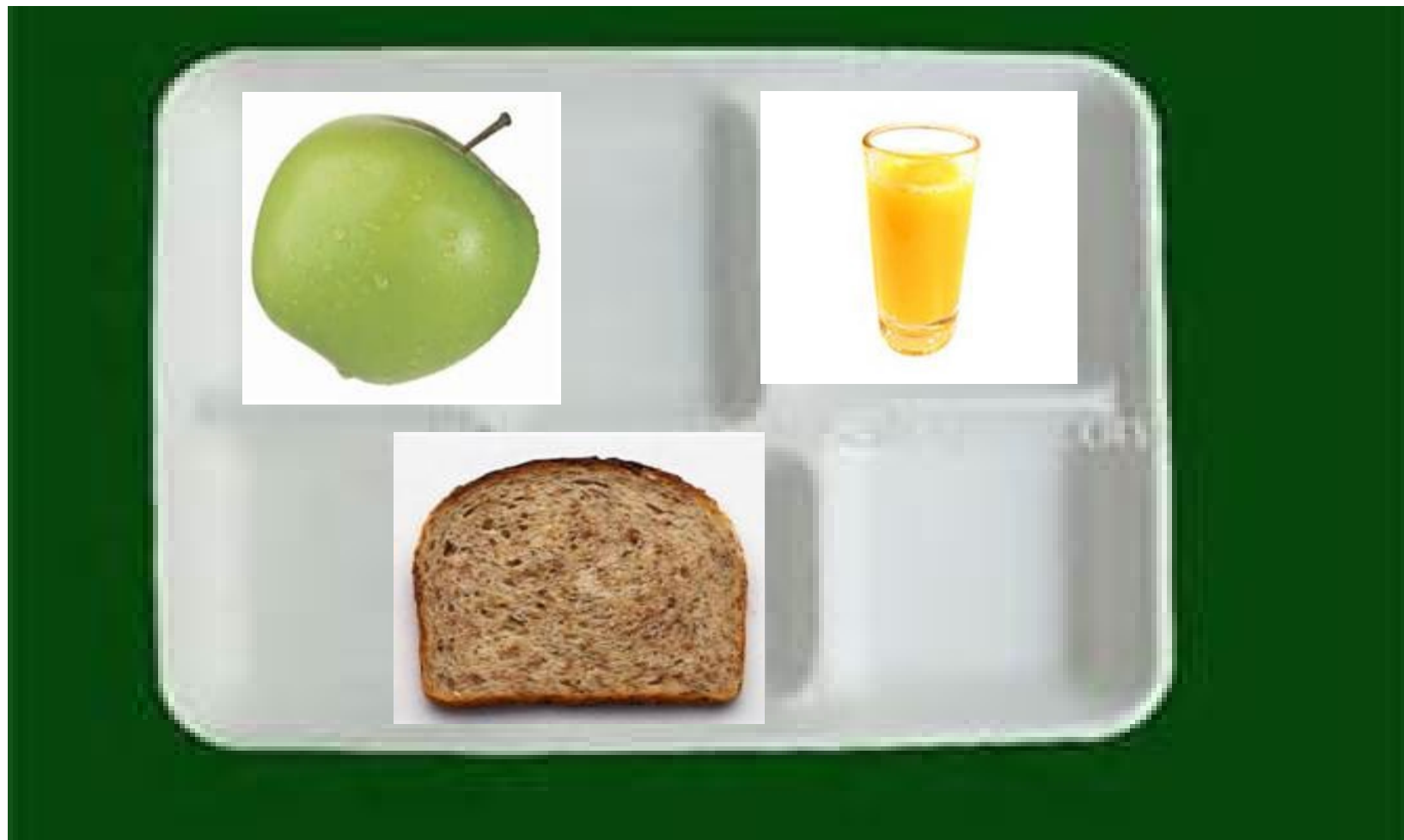




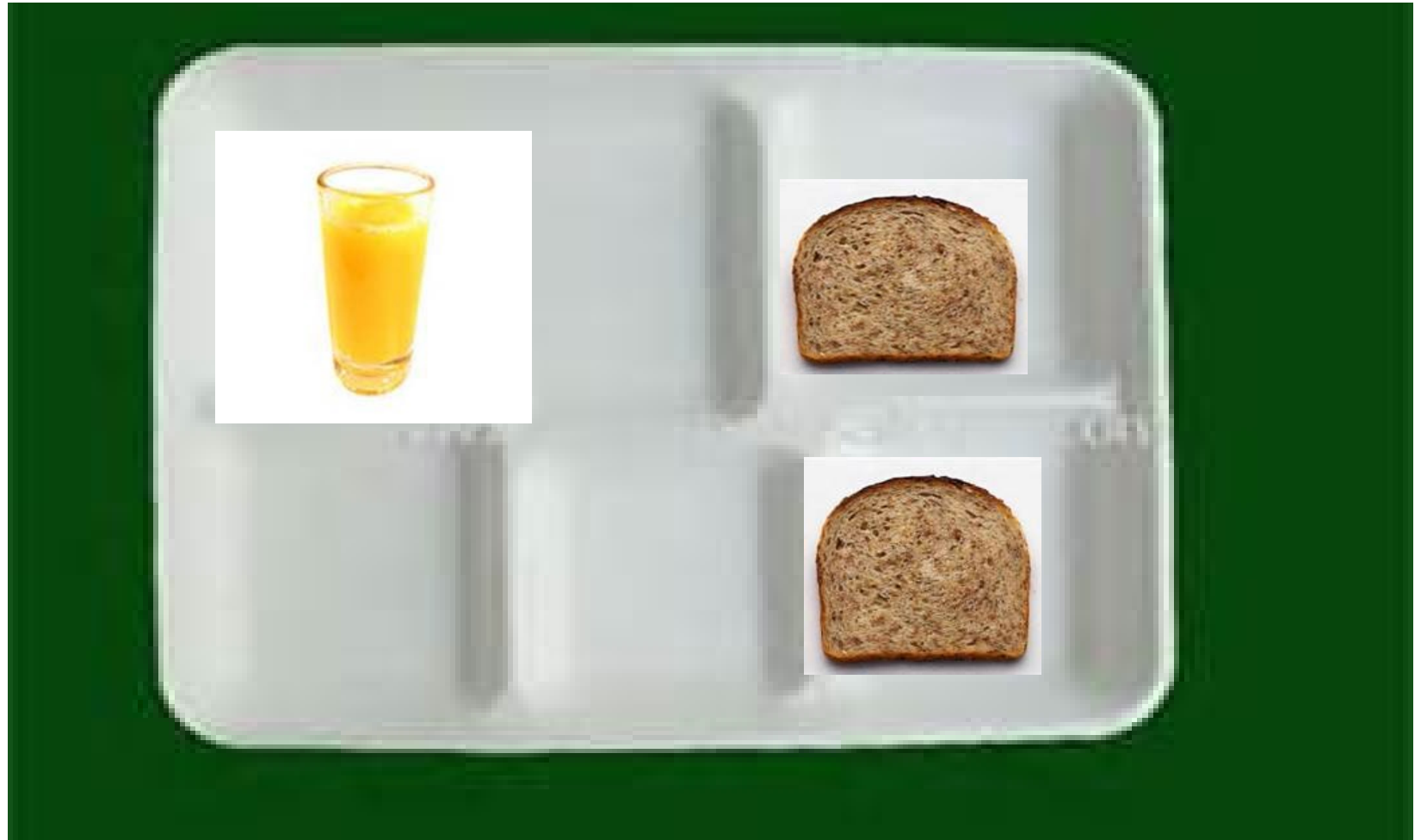
# MEAL OR NO MEAL?



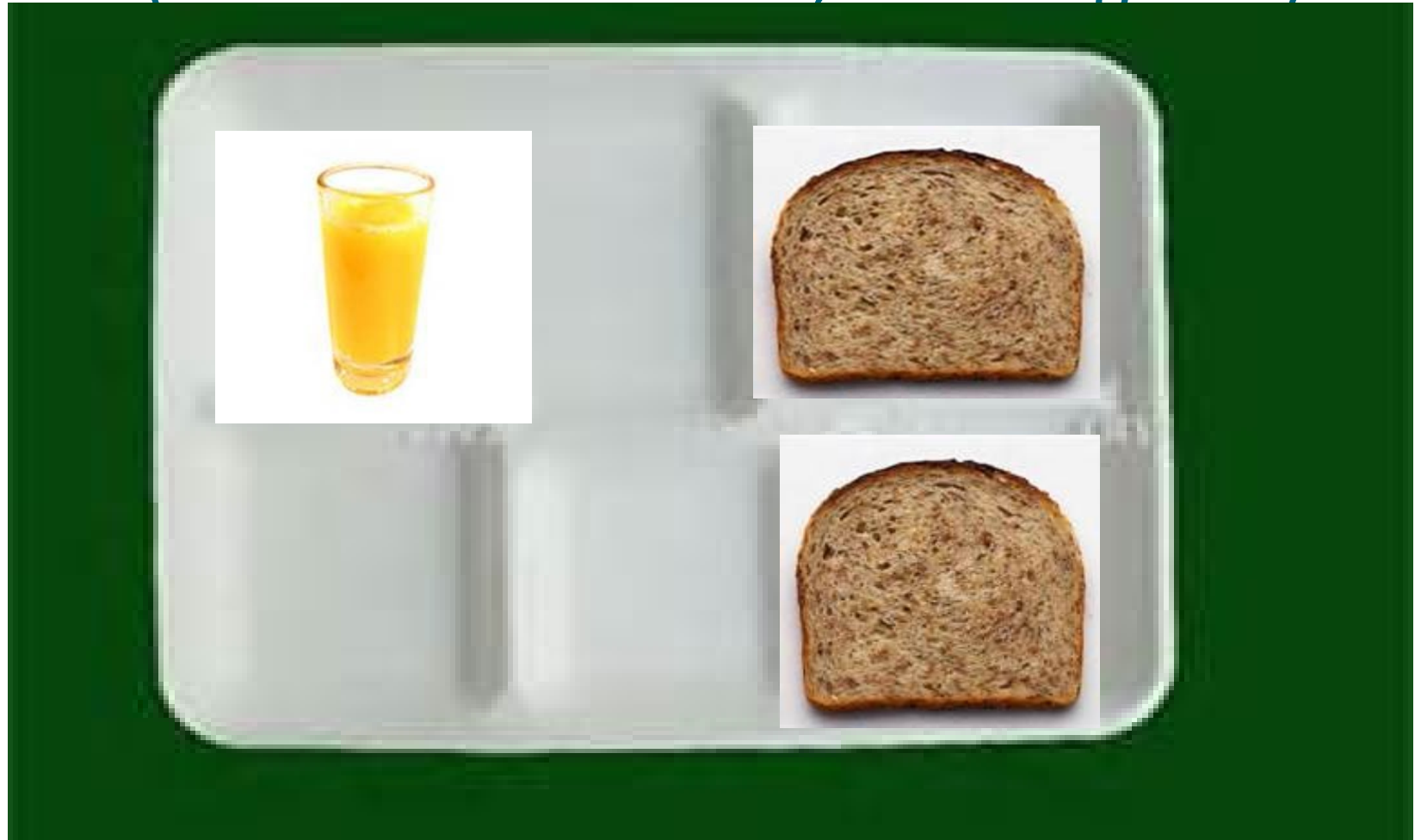
YES! (3 of 4 items selected, including fruit)



# MEAL OR NO MEAL?



YES! (3 of 5 items selected, including fruit)



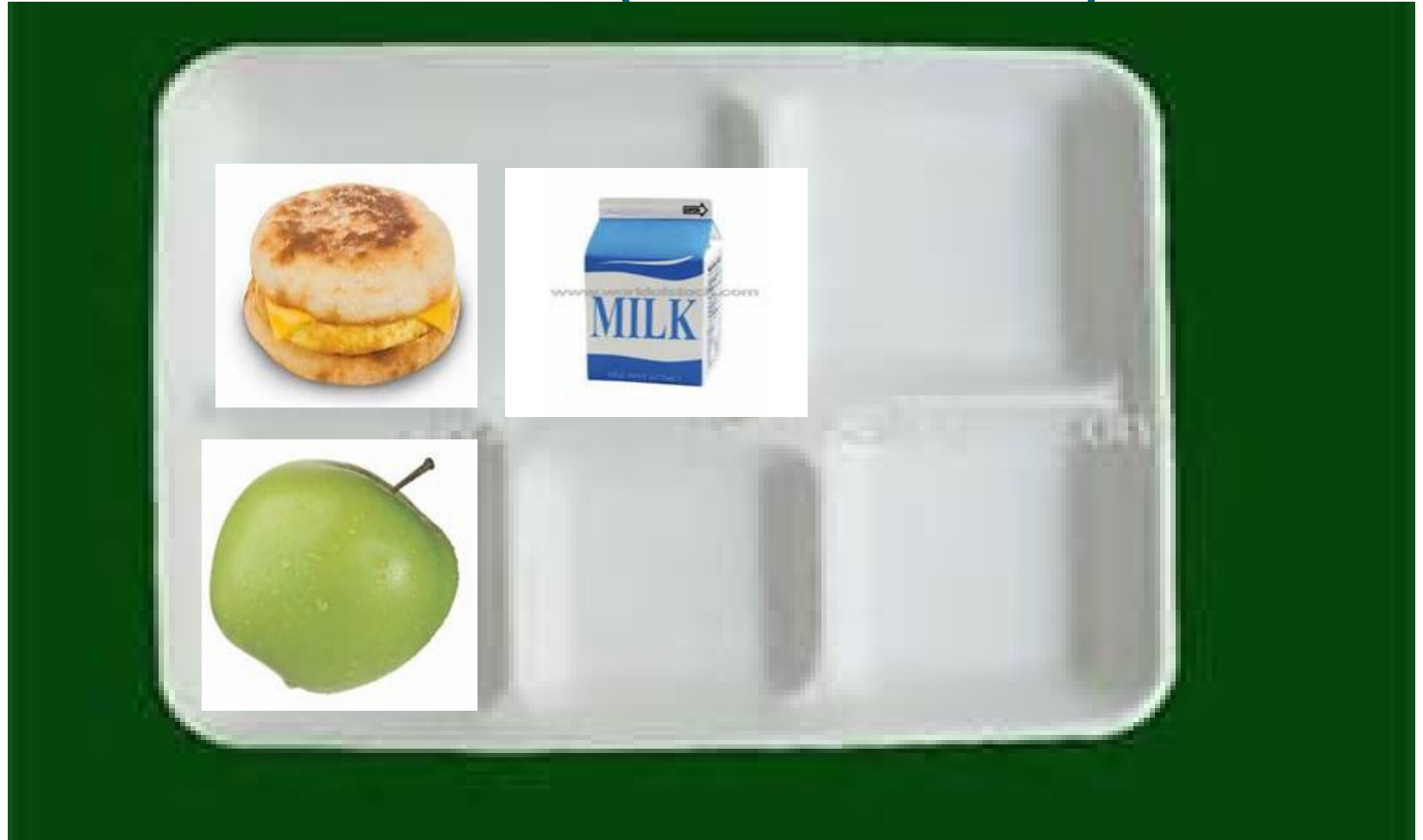
# SBP Grains & M/MA Combination Items in OVS

- If counting the M/MA as grains, the combo may count as two grain items
- If not counting the M/MA, the combo is one grain item
- Milk and fruit must also be offered
- Three additional food items must be offered

# Sample SBP Menu with 4 Food Items including a Grains & M/MA Combination Item

Menu	Crediting	Food Items
Egg Sandwich on an English Muffin	1 oz. eq. grain from bread 1 oz. M/MA from egg	2 grain food items (M/MA counts as grain)
Large Apple	1 cup fruit	1 fruit item
Variety of Milk	1 cup	1 milk item

# THE OFFER (4 food items)



# MEAL OR NO MEAL?





NO!(only 2 food items selected)





# OVS in National School Lunch Program (NSLP)

# OVS in NSLP

## School

- **Offer 5 food components daily:**
  - Milk
  - Fruits
  - Vegetables
  - Grains
  - M/MA

## Students

- **Must select at least 3 food components, including:**
  - **½ cup of fruit or vegetable**

# Sample NSLP Menu with 5 Food Components (Grades K-8)

Menu	Crediting	Food Component
Roll (Whole Grain-Rich)	1 oz. eq. grain	Grain
Breaded Chicken Nuggets	1 oz. eq. meat; 0.25 oz. eq. grain	Meat Grain
Peaches <u>or</u> Grapes	½ cup fruit each	Fruit
Raw Vegetables	¾ cup vegetables	Vegetable
Milk	1 cup	Milk

# THE OFFER



# MEAL OR NO MEAL?



YES! (3 food components)



# MEAL OR NO MEAL?





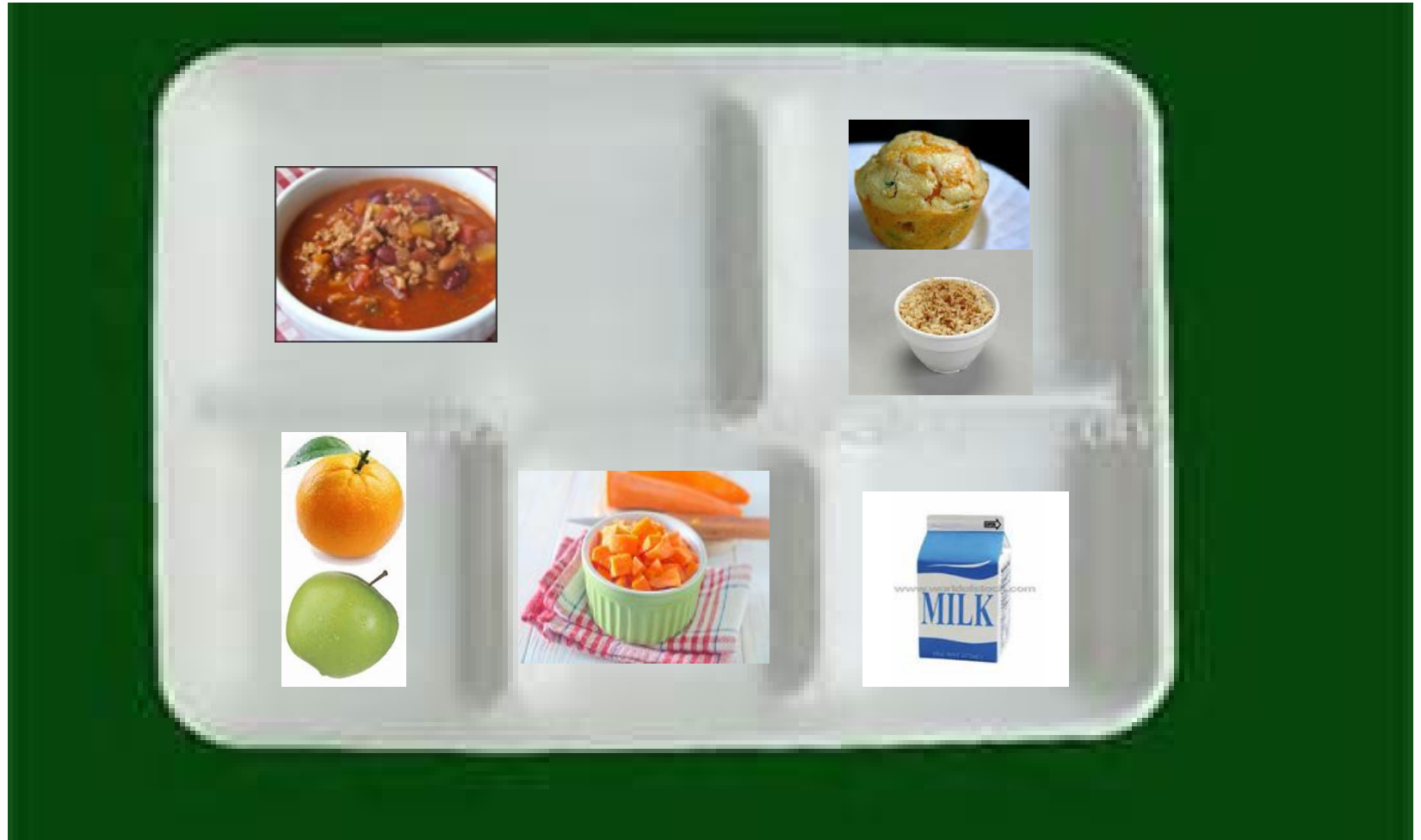
NO! (1/2 cup fruit/vegetable missing)



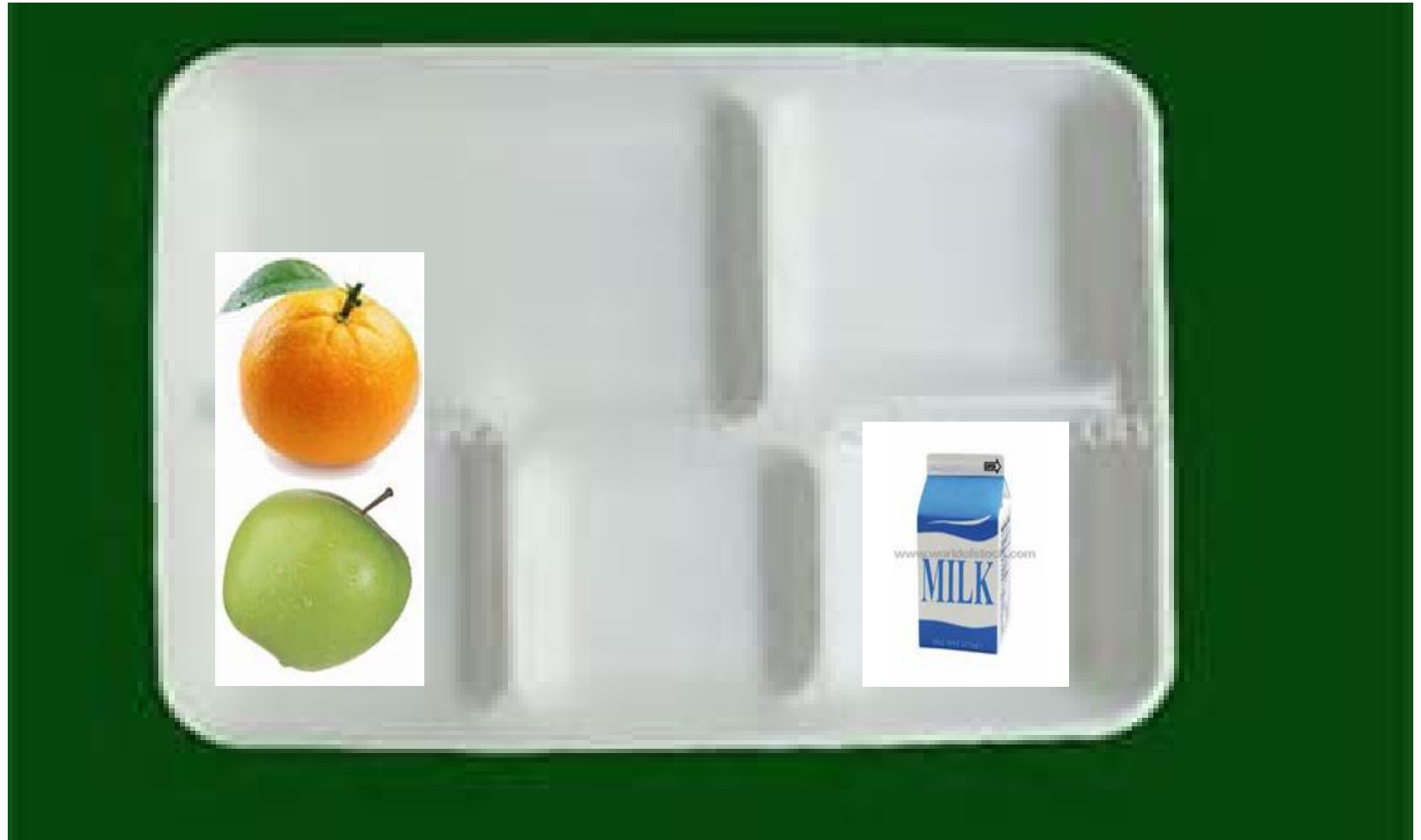
# Sample NSLP Menu with 5 Food Component (Grades K-8)

Menu	Crediting	Food Component
Brown Rice or Cornbread	1 oz. eq. grain	Grain
Orange or Apple	½ cup fruit each	Fruit
Cooked Carrots	¾ cup vegetables	Vegetable
Turkey/Beans Chili	1 oz. meat; ½ cup legumes	Meat Vegetable
Milk	1 cup	Milk

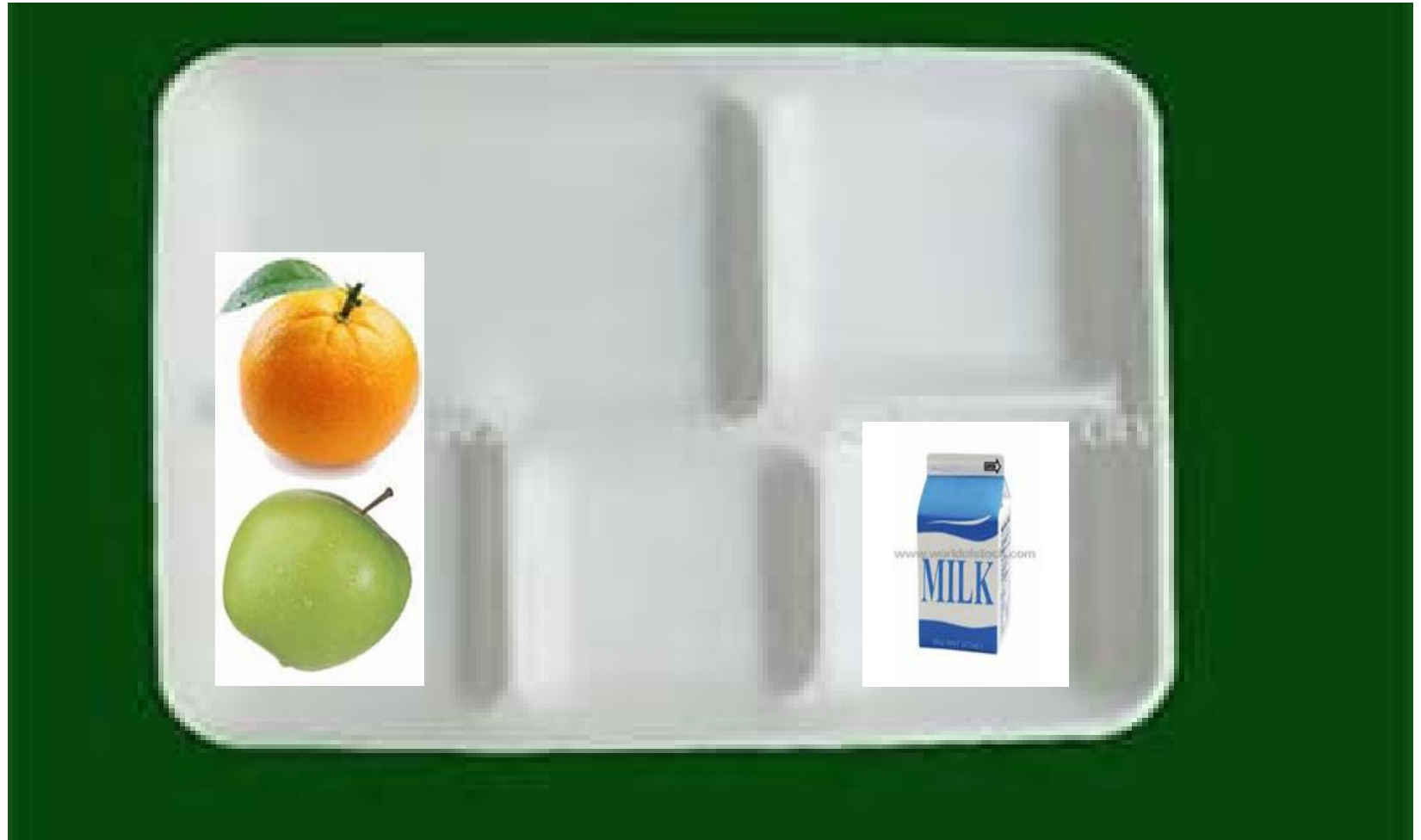
# THE OFFER



# MEAL OR NO MEAL?



NO! (only 2 components)



# MEAL OR NO MEAL?



YES! (1/2 cup vegetables selected)



# MEAL OR NO MEAL?





YES! (3 food components selected)



# Sample NSLP Menu with 5 Food Components (Grades 9-12)

Menu	Crediting	Food Component
Spaghetti with Meat Sauce	2 oz. eq. meat 2 oz. eq. grain	M/MA Grain
Hummus with Raw Veggies & Roll	2 oz. eq. MA 1 cup Vegetable 2 oz. eq. grain	M/MA Vegetable Grain
Slice of Vegetable Pizza	2 oz. eq. grain 1 oz. eq. MA ¼ cup vegetable	Grain M/MA Vegetable
Mixed Salad Bowl	1 cup vegetables	Vegetable
Large Apple	1 cup fruit	Fruit
Orange	½ cup fruit	Fruit
Milk	1 cup	Milk

# THE OFFER



# MEAL OR NO MEAL?



YES! (4 food components selected)



# MEAL OR NO MEAL?



YES! (3 food components)



# MEAL OR NO MEAL?





NO! (needs  $\frac{1}{2}$  c fruit or vegetables)



# MEAL OR NO MEAL?



NO! (needs a 3<sup>rd</sup> food component)



# MEAL OR NO MEAL?



NO! (not FULL component of  
M/MA)




# MEAL OR NO MEAL?



YES! (3 food components)





Please contact the  
LA Department of Education (LDOE)  
School Food Service (SFS) Section  
at (225) 342-9661 or (877) 338-3663  
if you have questions.