

Top Administrative Review (AR) Findings: Offer versus Serve (OVS) and Shortages

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Objective of Training

- By the end of this session, participants will be able to:
 - Identify common AR findings pertaining to shortages and OVS
 - Plan menus that meet daily and weekly requirements
 - Understand the requirements of OVS
 - Develop clear signage for OVS
 - Recognize a reimbursable lunch meal with OVS



Common AR Findings

- Meal Pattern
 - Shortage of components as offered weekly—related to vegetable subgroups, whole grains, and offering a variety of milk
- OVS
 - Missing ½ cup fruit/vegetable
 - Lack of proper signage



- Five food components in school lunches
- Three Grade Groups: K–5, 6–8, and 9–12



Lunch Meals Contain:
Fruit
Vegetable
Grain
Meat/Meat Alternate (M/MA)
Milk

Vegetable Subgroups

	K-5	6–8	9–12
Dark Green	½ C	½ C	½ C
Red/Orange	³⁄₄ C	3∕4 C	1 ¼ c
Beans/Peas	½ C	½ C	½ C
Starchy	½ C	½ C	½ C
Other	½ C	½ C	¾ C
Additional	1 c	1 c	1 ½ C
Lunch	K-5	6-8	9-12
Daily Totals	³⁄4 C	³⁄4 C	1 c
Weekly Totals	3 ¾ c	3 ¾ c	5 c



Vegetable Subgroups

- Must be able to choose all subgroups each week
 - No daily subgroup requirement
- Serving less than ½ cup cannot be counted
- If two subgroups are offered on one day and students can only select one choice, both subgroups need to be offered again in the same week



Grains

- All grains must be whole grain-rich (WGR)
 - Must contain at least 50 percent whole grain, remaining grain, if any, must be enriched
- Daily minimums and weekly minimum and maximum ranges
 - Must meet minimums, maximums should be kept in mind

Grains

- Minimum creditable serving is 0.25 ounce (oz.) equivalent (eq.)
- Grain-based desserts
 - Maximum of 2 oz. grains/week

Lunch	K–5	6–8	9–12
Daily Minimum	1 oz.	1 oz.	2 oz.
Weekly Minimum	8 oz.	8 oz.	10 oz.

Milk

- One cup daily for all grade groups
- At least two choices must be offered
- Fluid milk must be:
 - One percent milk fat, unflavored
 - Fat-free, unflavored or flavored
 - Lactose-free, one percent unflavored; fat-free unflavored or flavored





Shortages at Breakfast

- Food components for a reimbursable breakfast
 - Fruits (or vegetable substitution)
 - Grains (or optional credited M/MA)
 - Fluid milk





 With your neighbor, discuss issues you face with shortages at your district and share strategies for overcoming these obstacles.





What is OVS?

- Applies to menu planning and the determination of reimbursable meals
- Allows students to decline a certain number of food components at lunch and food items at breakfast
- Helps reduce waste and increase consumption of healthy foods
- Can reduce food cost



OVS

Lunch

- Students must be offered five components
- Students need to take at least three components
 - One must be ½ cup fruit and/or vegetable
- Optional for K-8
- Required in high school for lunch

Breakfast

- Students must be offered four food items from three food components
- Students need to take at least three items
 - One must be ½ cup fruit and/or vegetable
- Optional for all grade levels for breakfast



OVS at Breakfast: Definitions

- Food component: 1 of 3 food groups comprising the reimbursable breakfast. These are:
 - Grains (with optional M/MA allowed)
 - Fruit/Vegetable
 - Milk
- Food item: A specific food offered within the 3 food components. Remember: You must offer at least 4 food items and students must select at least 3 items (one item must be ½ cup fruit/vegetable).

OVS at Breakfast



Items

Grains

- Cold cereal variety (1 oz. eq) = one food item
- String Cheese (1 oz. eq) = one food item

Fruit

- Pear (1/2 cup) = one food item
- 100 percent fruit juice (1/2 cup) = one food item

Milk

 Variety (one cup fat free chocolate and one cup 1 percent white milk) = one food item

OVS at Breakfast

Q. Does a large grain food item (4 oz. muffin = 2 oz. eq.) count as more than one item at breakfast?

A. It is up to the menu planner's discretion:

- 1. Count the muffin as 2 food items and offer 2 other items, fruit and milk (to meet the requirement of offering 4 food items).
- 2. Can choose to count the muffin as 1 food item and offer 3 additional food items (to meet the requirement of offering 4 food items).

OVS at Breakfast

- Duplicates
 - Determined in advance by menu planner
 - Communicated to staff and students



OVS at Lunch

- When a student selects only three components at lunch and two
 are fruit and vegetables, the student may select ½ cup of one but
 the other must be selected in the full required minimum
 portion size to credit as two separate components.
 - Examples:
 - K–8 ½ cup vegetable + ½ cup fruit + milk
 - 9–12 ½ cup fruit + 1 cup vegetable + grain
 - 9–12 ½ cup vegetable + 1 cup fruit + meat

Discussion

 With your neighbor, discuss challenges you face ensuring that students take at least ½ cup fruit/vegetable with meals and strategies to overcome these issues.





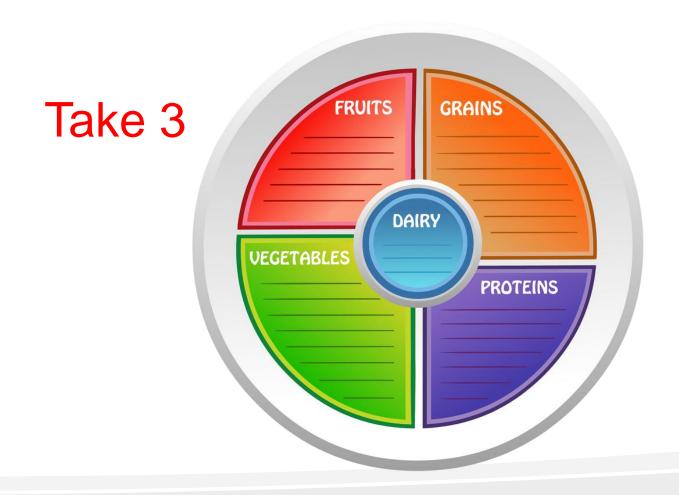
OVS Signage Requirement

- National School Lunch Program (NSLP) regulations require schools to:
 - Post clear signage near or at the beginning of serving lines that identifies what a student must select for a reimbursable meal

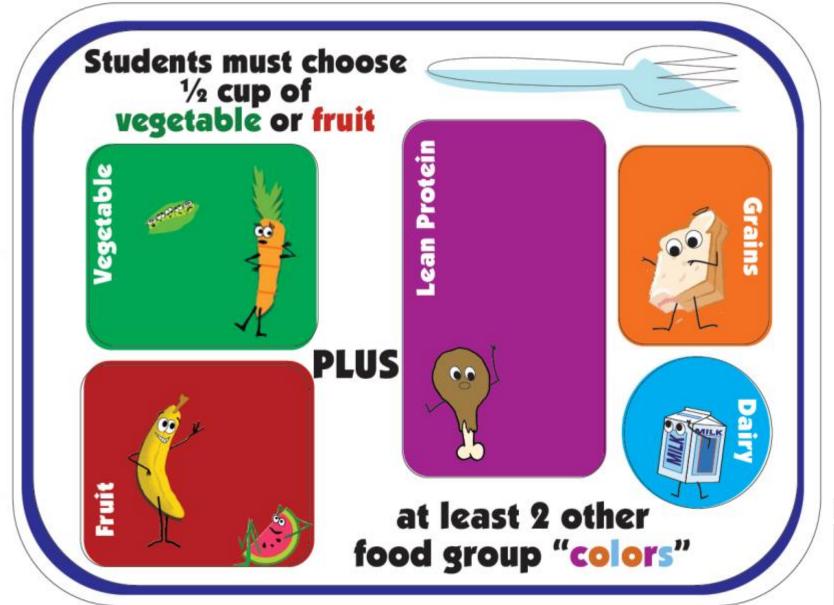




OVS Signage Lunch

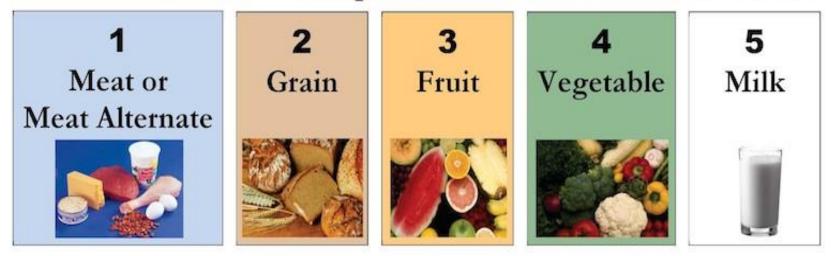


My Healthy Lunch



Offer versus Serve

The 5 Meal Components for School Lunch

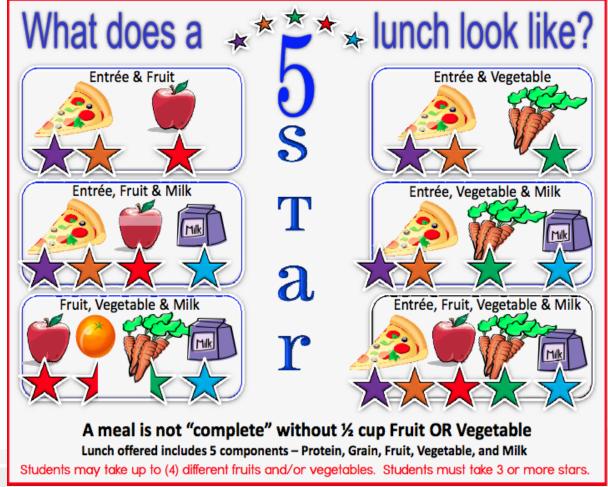


You choose at least 3 including

- ½ cup of fruit or vegetable
- at least two other full components

For best nutrition, choose all 5!





LUNCH

2 Easy Steps to a Healthy Plate

- 1.Take 3, 4 or 5 different colors for a full lunch
- 2. At least one must be



or





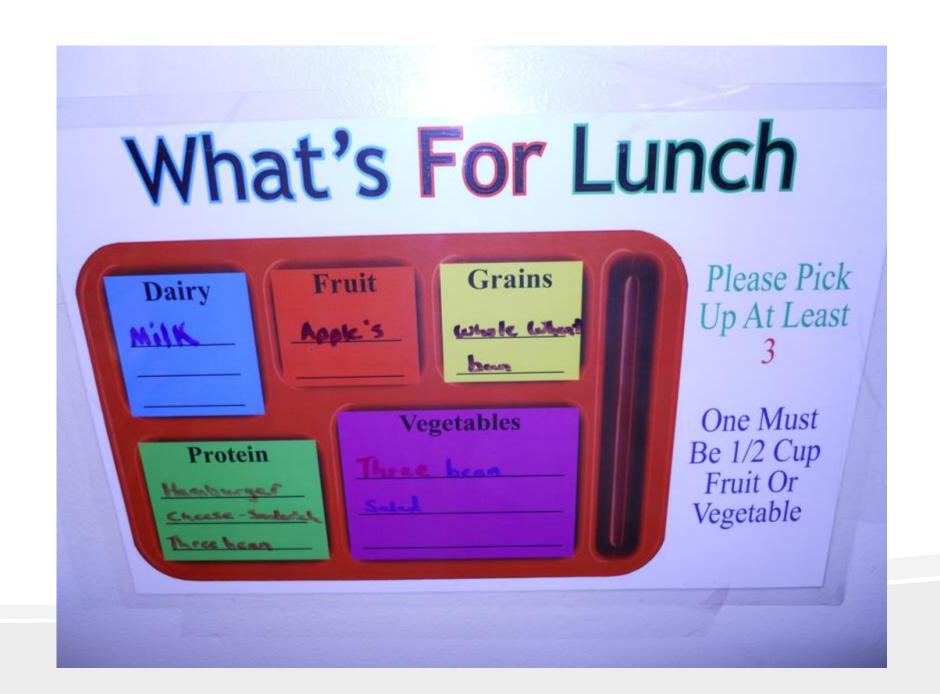
















Build a Healthy Breakfast!

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

Entrée Choices

WG 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

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Breakfast Signage



Build a Healthy Breakfast

Must select at least 3 Items!

¼ cup apple juice ¼ cup sliced strawberrie	item (s) item (s) 1% white 1 item	
May Select 2	item (s) May Select 1 item (s)	T
Notes: Students must take a ½ cup fruit/juice for a reimbursable meal	Grains/Breakfast Entrees Large Muffin 2 Item (s)	ı
	Cereal1_item (s)	
	Yogurt 1 item (s)	
	Breakfast sandwich 2 Item (s)	
	May Select 2 item (s)	

http://dpi.wi.gov/school-nutrition/national-school-lunch-program/menu-planning/signage



Meal or No Meal?



Question and Answer

Time to Test Your Understanding





Question

 Can a student take three apples (½ cup each), or three slices of toast (1 oz. eq. grains each) at breakfast if the menu planner offers this choice at breakfast?





Answer

- If the student takes three—½ cup apples, then the breakfast is reimbursable.
- If the student takes three slices of toast (1 oz. eq. grains each), the meal is not reimbursable unless the student also takes the required ½ cup fruit/vegetable.



 Can a student take three apples (½ cup each), or three toasts (1 oz. eq. grains each) at lunch if the menu planner offers this choice at breakfast?





Answer

 No, at lunch, the student has taken only one component, the fruit or the grain.

 A minimum of three food components must be selected at lunch.



A tenth grade student selects only three components and two of these are a fruit and a vegetable. Is the following reimbursable?

- ½ cup of fruit and ½ cup of vegetables and milk





Answer

No, ½ cup of fruit and ½ cup of vegetables and milk is not reimbursable for tenth grade.

 The full required serving size for grades 9–12 is one cup for fruit and one cup for vegetables to have both credited as two separate components.

Question

 Can a 2 oz. equivalent bagel count as more than one item at breakfast?





 Yes, a 2 oz. equivalent bagel can count as one or two food items.

 The minimum to count as a grain item is 1 oz. equivalent grain or 1 oz. equivalent M/MA as a grain substitute.

Question

 During lunch meal service a school runs out of components but still have three of the five components including the ½ cup fruit or vegetable. Can they continue to count or record lunches?





Answer

 No, all five components need to be offered to students during meal service to continue to count or record lunches.

Question

 A school provides a grab and go breakfast. The bag includes a muffin, milk, and ½ cup fruit. No other items are offered. Is this a reimbursable meal?





Answer

- No. At breakfast, at least 1 cup of fruit must be offered for all grade groups although students may select a ½ cup of fruit for a reimbursable meal.
- To make the meal reimbursable the menu planner could have a bowl of fruit before the POS to offer the students. This way the student has the option to take the full amount of fruit.

E-mail your questions to: <a href="https://example.com/html//example.com/html//example.com/htm



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Professional Standards Crediting Information

Instructional Hours – 1

Key area: 1000 Nutrition

Key Topic: 1100 Menu Planning

Learning Objective: 1110 Nutrition Requirements

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