Offer vs Serve (OVS) Training
SY 2020-2021

USDA Nationwide Waiver to allow OVS flexibility for senior high schools

Offer vs Serve (OVS)

- Allows students to decline some food items
- Allows students to choose what they want to eat
- Decreases food waste
OVS Rules

- not required for grades K-8
- required for grades 9-12 (lunch only)
- not an option for Pre-K (unless co-mingled with older grades)
- not required for field trips.*

*SP 57-2014 p. 7 (Prepackaged Meals – if these meals are offered as part of field trips, OVS is not required, even at the senior high level.)

Offer vs Serve Basics...

- Full component portions must be offered at each meal
  
  - Production records to back it up

- May prepare less of the least popular choice, and more of the more popular choice

- Must choose at least ½ cup either fruit or vegetable, or fruit/vegetable combined

Offering Choices within Components is NOT OVS

- 4 different cereals offered, student told to “choose 1” is NOT OVS

- Offer ½ cup portions of 3 different fruits, student instructed to “choose up to 2”
  
  - This is considered OVS

- May offer more than the minimum requirement (do not exceed dietary specifications)
Offer vs Serve – Breakfast

Offer vs Serve -- Breakfast Meal Components

- Fruit
- Grains
- Milk

Offer vs Serve - Breakfast

- K-12 grade levels – OPTIONAL
- Pre-K – NO OVS
- Must offer all 3 Breakfast meal components
- Must offer 4 food items
  - Foods that credit as more than the minimum daily requirement may be counted as more than one item
  - ex: 2 oz eq bagel may credit as two food items
  - Minimum weekly requirement must still be met
- Must select 3 out of the 4 food items
- Must take at least ½ cup either fruit or vegetable, or fruit/vegetable combined
Offer vs Serve - Breakfast

Vegetable substitution for fruit

- First 2 cups per week must be from the Dark Green, Red Orange, Legume, or "Other" vegetables sub groups
- Full strength fruit or vegetable juice may be offered to meet up to ⅓ of the weekly fruit requirement

Counting MMA towards the grain component.

- MMA can count towards grains, only after the daily minimum grain requirement is met.

Please view Part 2 of the Offer vs Serve Training

Go to: https://hcnp.hawaii.gov/training-resources/
Breakfast OVS Exercises

Your Planned Menu...
Is this an acceptable breakfast menu under OVS?

- Whole grain muffin: 1 oz eq grain
- Orange wedges: ½ cup fruit
- Milk (FF or 1%): 1 cup

**NO!**
Fruit does not meet minimum daily requirement and must offer at least 4 food items

Your Planned Menu...
Is this an acceptable breakfast menu under OVS?

- Yogurt: 1 oz eq M/MA
- Pineapple: ½ cup fruit
- Apple slices: ½ cup fruit
- Milk (FF or 1%): 1 cup

**NO**
Missing grain component
Your Planned Menu...

Is this an acceptable breakfast menu under OVS?

- Whole grain waffle: 1 oz eq grain
- Yogurt: 1 oz eq M/MA
- Orange wedges: ½ cup fruit
- Banana: ½ cup fruit
- Milk (FF or 1%): 1 cup

YES!

OVS

Reimbursable Breakfast?

Scrambled Egg
2 oz eq M/MA

Portuguese Sausage
1 oz eq M/MA

Fat Free Milk
1 cup Milk

NOT REIMBURSABLE
Missing ½ cup Fruit

OVS

Reimbursable Breakfast?

Scrambled Egg
2 oz eq M/MA

Toast
1 oz eq Grain

100% Orange Juice
1/2 cup Fruit

REIMBURSABLE!!!
**OVS Reimbursable Breakfast?**

- **Breakfast Smoothie**
  - 1 oz M/MA (yogurt)
  - 3/8 cup Fruit

- **WG Toast**
  - 1 oz eq Grain

**NOT REIMBURSABLE**

**Fat Free Milk**
- 1 cup

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**Offer vs Serve – Lunch**

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**Review: Lunch Meal Components**

- Meat / Meat Alternates
- Grains
- Fruit
- Milk
- Vegetables
  - Dark Green
  - Red/Orange
  - Legumes
  - Starchy
  - Other

**Food Item:** a specific food offered within the five food components
Offer vs Serve – Lunch

- Not required for K-8
- NOT an option for Preschool (unless comingled)
- REQUIRED for 9-12

Offer vs Serve – Lunch

- Must offer all 5 components, 2 may be declined
- Must choose at least ½ cup fruit or vegetable, or a combination of both
- If 3 components selected, and one is ½ cup fruit or vegetable, the other 2 components must be full portions
- No requirement on vegetable subgroups in OVS
  - But must have the opportunity to select throughout the week

If a K-8 Student Selects...

- ½ cup Vegetable (partial portion)
- ¼ cup Fruit (full portion)
- 1 cup Milk (full portion)
If a 9 - 12 Student Selects…

- ½ cup Vegetable (partial portion)
- ½ cup Fruit (partial portion)
- 1 cup Milk (full portion)

Full portion = 1 cup

Offer vs Serve Training
SY 20 - 21

Part 3

Bundling and OVS

SERVE:
- Hamburger
- 2 oz eq M/MA
- 2 oz Grain
- Carrot & Celery Sticks
- ½ cup Vegetable
- Apple Slices
- ½ cup Fruit

OFFER:
- ½ cup Starchy Vegetable
- ½ cup milk

This is not true OVS
Reimbursable Lunch? Quick Checklist

1) Is there a fruit and/or vegetable?
2) If Yes, is it at least ½ cup?
3) Are there 2 other meal components?
4) If Yes, are they full portions?

If you can answer “Yes” to all of these questions, then the meal is reimbursable!

Let’s Practice Lunch OVS!!!

PICK 3!
Choose 1/2 cup of fruit or vegetables PLUS at least 2 other food groups.

Reimbursable Lunch? K – 8
Beef Hot Dog in WW Bun
2 oz M/MA
1.5 oz Grains

Potato Tater Tots
½ cup Starchy Vegetable

Mixed Fruit
½ cup Fruit

REIMBURSABLE!
Reimbursable Lunch? K – 8

**Grilled Chicken Wrap**
- 2 oz eq M/MA
- WG Tortilla
- 2 oz Grains
- Tomatoes & Beans (in wrap)
  - 1/4 cup Red/Orange Vegetables
  - 1/4 cup Legumes Vegetables

**Cheese Pizza**
- 1 oz M/MA
- 1 oz eq Grain
- 1/8 cup Red/Orange Vegetable

**Garden Salad**
- 1/4 cup (creditable) Dark Green Vegetable
- 1% Milk
  - 1 cup fluid milk

**Hummus**
- 1 oz M/MA
- WW Pita Bread
- 2 oz eq Grain
- Black Bean Salsa
  - 1/4 cup Legumes Vegetable
  - 1/4 cup Red/Orange Vegetable
  - 1/4 cup Other Vegetable
Reimbursable Lunch? 9 – 12

Fish Taco
2 oz MMA
1/4 cup Red/Orange Vegetables
1/4 cup Legumes Vegetable
1/4 cup Dark Green Vegetable

Fresh Apple
1/2 cup Fruit

Milk
1 cup Milk

Reimbursable Lunch? 9 – 12

WG Rich Spaghetti w/Tomato Sauce
2 oz Meat
1 oz eq Grain
3/8 cup Red/Orange Vegetable

Whole Grain Roll
1 oz eq Grain

Fat Free / 1% Milk
1 cup fl oz Milk

Offer vs Serve Training
SY 20 - 21
Part 4
Reimbursable Lunch? 9 – 12

WG Rich Spaghetti
1 oz eq Grain
Broccoli
1 cup Dark Green Vegetable
Fresh Pineapple
½ cup Fruit

NOT REIMBURSABLE

Reimbursable Lunch? 9 – 12

WG Rich Spaghetti w/Tomato Sauce
1 oz eq Grain
2 oz eq M/MA
3/8 cup Red/Orange Vegetables
Broccoli
½ cup Dark Green Vegetable
Fresh Orange
½ cup Fruit
Fat Free / 1% Milk
1 cup fl oz Milk

REIMBURSABLE!

Reimbursable Lunch? 9 – 12

Baked Chicken
2 oz M/MA
Mashed Potatoes w/Gravy
¼ cup Starchy Vegetable
Steamed Broccoli
½ cup Dark Green Vegetable

NOT REIMBURSABLE
What We're Looking For...

- Offering enough food on all reimbursable meal serving lines
- Signage posted
- Students selecting enough components/items to make a reimbursable meal

Food service staff & meal clerks are trained on OVS requirements
- Food service staff accurately judge quantities & portion sizes
- Food service staff/Meal clerks at the POS are trained and can recognize a reimbursable meal

Signage
- Signage and menus should provide clear information about allowable choices

Today's Lunch Choices

- Vegetarian
- Salad
- Pasta
- Grilled Chicken
- Fish
- Soup
- Granola

Balance your day with food & play!
It's breakfast...

Choose 1 fruit or veggie. 1 cup of fruit or veggie.
OvS Quiz

Link to the Google Form Quiz

https://forms.gle/aEcd6U5Ef8DLvYgt7

QUESTIONS?

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