

## Implementing OVS at Breakfast

Function	Requirement
Implementation of OVS	Optional at all grade levels
Number of Food Components/Food Items for Reimbursable Meals under OVS	Four food items from three components
Required number of selections for OVS	Student must select at least three items  One selection must be at least ½ cup of fruit (or vegetable or a combination of both)
OVS and the fruit food component  OVS and food items for the fruit component	Vegetables may be offered to meet all or part of the fruit requirement  The 1 cup required quantity may be offered as more than one food item  One selection must be at least ½ cup of fruit (or vegetable or a combination of both)
“Extra “ foods offered	Not credited for OVS
Double servings of components/food items	Allowed for fruit (or vegetable) and grains (or meat/meat alternates) components

### Definitions

A food component is one of three food groups that comprise reimbursable breakfasts. These are: fruit (or vegetables as substitute); grains (with optional meat/meat alternate); and fluid milk. Schools must always offer all three food components in at least the minimum daily required quantities.

A food item is a specific food offered within the three food components. For the purposes of OVS, a school must offer at least four food items from the three required food components (fruit, grains, milk). Under OVS, the student must select three food items, including at least ½ cup of fruits (or vegetable or a combination of both), to have a reimbursable breakfast.

The menu planner may offer the fruit component as more than one item in order to meet the required number of food items needed for OVS. The minimum quantity that may be credited towards this component is 1/8 cup. In the example below, the menu planner offers the fruit component in a variety of different fruit and vegetables, and indicates that at least ½ cup must be selected but does allow students to select all four.

### Sample Menu

Menu with seven food items:

- Slice of toast (1 oz eq grain) [1 grain item]
- Whole grain cereal (1 oz eq grain) [1 grain item]
- Choose at least one (and up to all four) of the following items:
  - Tomato juice (1/2 cup fruit) [1 fruit item]
  - Apple Slices (1/2 cup fruit) [1 fruit item]
  - Pineapple chunks (1/2 cup fruit) [1 fruit item]
  - Mixed berries (1/2 cup fruit) [1 fruit item]
- Variety of milk

In the sample menu above, there are four fruit items offered since the student may select up to all four and a student could select the tomato juice and any two of the other items. Therefore, a breakfast containing:

- \* Toast
- \* Cereal
- \* Tomato juice
- \* Apple slices

would be reimbursable (four items selected)

OR

A breakfast containing:

- \* Toast
- \* Cereal
- \* Apples slices

Would also be reimbursable (three items selected)

## Implementing OVS at Lunch

Function	Requirement
Implementation of OVS	Mandatory at the senior high level Optional below senior high level
Reimbursable Meals Number of Food Components/Food Items offered	Offer five food components Five food components/number of food items offered varies
Required number of selections for OVS	At all grade levels, student must select at least 3 items, one of which must be at least ½ cup of fruit (or vegetable or a combination of both)
OVS and fruit and vegetable food components/food items	Fruits and vegetables are two separate components. Student must select at least ½ cup of fruits or vegetables or a combined total of ½ cup of both
“Extra “ foods offered	Not credited for OVS but must be included in dietary specifications

### Definitions

A food component is one of three food groups that comprise reimbursable breakfasts. These are: fruit (or vegetables as substitute); grains (with optional meat/meat alternate); and fluid milk. Schools must always offer all three food components in at least the minimum daily required quantities.

A food item is a specific food offered within the three food components. For the purposes of OVS, a school must offer at least four food items from the three required food components (fruit, grains, milk). Under OVS, the student must select three food items, including at least ½ cup of fruits (or vegetable or a combination of both), to have a reimbursable breakfast.