National School Lunch Program

Offer Versus Serve
K-5, 6-8, K-8 Grade Grouping

Frontline Staff Training
Nutrition and Wellness Programs Division
Illinois State Board of Education
www.isbe.net/nutrition
Grade Grouping K-5, 6-8, K-8

- Offer vs Serve is optional for all grades K-8

- Five full components must be offered:
  - Meat/Meat Alternate minimum 1 oz.
  - Grain minimum 1 oz.
  - Vegetable ¾ cup
  - Fruit ½ cup
  - Fluid Milk 1 cup
Reimbursable Meal must contain:

Three of Five components which need to be

– 2 full components of the 5 offered

AND

– A fruit component or a vegetable component
Decline options:
Students are allowed to decline up to 2 of 5 food components but must select either a fruit or vegetable.

Reducing portions:
The vegetable $\frac{3}{4}$ c component may be reduced to $\frac{1}{2}$ c portion. Students must select other food components in quantities planned.
Activity

1. Begin by looking at a tray with all 5 full components represented.

2. Next look at the following slide series to determine which meals are reimbursable combinations and which meals are not reimbursable and why not.
K-5, 6-8, K-8 Grade Grouping

**Fruit**
½ cup offered

**Grain**
1-2 oz. offered

**Milk**
8 oz. offered

**Vegetable**
¾ cup offered

**Meat/Meat Alternate**
1-2 oz. offered
Yes…… or……… No?

Looking at the following meals a student selects, would these meals be a reimbursable meal under offer vs serve?

Why? Or Why not?
K-5, 6-8, K-8 Grade Grouping

Vegetable
½ cup

Milk
8 oz.

Meat/Meat Alternate
1 oz.
Student selected:
2 full components and reduced vegetable portion:
• Milk
• Meat/Meat Alternate
• ½ cup Vegetable
K-5, 6-8, K-8 Grade Grouping

Fruit
½ cup

Grain
2 oz.

Milk
8 oz.
- Student selected:
- 3 full components and one was fruit:
  - Milk
  - Grain
  - Fruit
Fruit
½ cup

Vegetable
½ cup

Milk
8 oz.

K-5, 6-8, K-8 Grade Grouping
• Student selected:
• 2 full components and a reduced vegetable:
  • Milk
  • Fruit
  • ½ c Vegetable
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Vegetable
½ cup

Grain
2 oz.

Milk
8 oz.

Meat/
Meat Alternate
2 oz.
• Student selected:
• 3 full components and a reduced vegetable:
  • Milk
  • Grain
  • Meat/Meat Alternate
  • ½ c Vegetable
K-5, 6-8, K-8 Grade Grouping

- **Grain**: 1 oz.
- **Vegetable**: ½ cup
- **Meat/Meat Alternate**: 1 oz.
• **Student selected:**
  • 2 full components and a reduced vegetable:
  •  Grain
  •  Meat/Meat Alternate
  • ½ c Vegetable
K-5, 6-8, K-8 Grade Grouping

Grain
1 oz.

Milk
8 oz.

Meat/
Meat
 Alternate
1 oz.
• **Student selected:**
  • 3 full components but no fruit or vegetable:
  • Grain
  • Milk
  • Meat/Meat Alternate
K-5, 6-8, K-8 Grade Grouping

**Fruit**

¼ cup offered

**Vegetable**

¼ cup offered

**Grain**

1-2 oz.
• Student selected:
• 1 full component but only reduced fruit and vegetable:
  • Grain
  • ¼ c Fruit
  • ¼ c Vegetable

The vegetable **and** fruit may be reduced to ¼ cup to meet the *combined* ½ c total (fruit and/or vegetable requirement) but not both if only one additional full component is selected. Selecting one additional full component would make this meal reimbursable. Serving reduced/combined fruit and vegetable is optional not required.
K-5, 6-8, K-8 Grade Grouping

Fruit
¼ cup offered

Grain
1-2 oz.

Milk
8 oz. offered

Vegetable
¼ cup offered
**Student selected:**

- 2 full components and ½ c combined fruit and vegetable:
  - Milk
  - Grain
  - ¼ c Fruit + ¼ c Vegetable = ½ c requirement
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