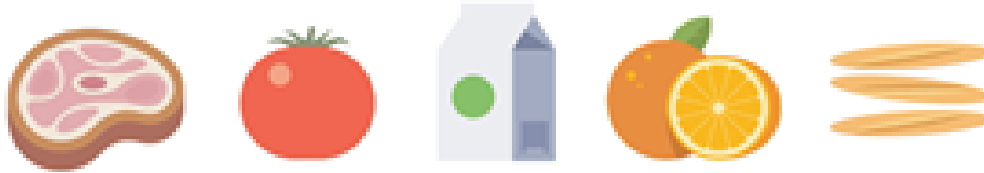




## The ABC's of Meal Counting

Refresh.



Refocus.

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School Nutrition Programs  
Back to School Conference



## Purpose of this Training

To provide guidance for successful implementation of the following at lunch:

- Meal Pattern
- Offer vs Serve





## Lunch Meal Pattern

Components	K-5	6-8	9-12
Fruit (cups)	( $\frac{1}{2}$ ) 2 $\frac{1}{2}$	( $\frac{1}{2}$ ) 2 $\frac{1}{2}$	(1) 5
Vegetable (cups)	( $\frac{3}{4}$ ) 3 $\frac{3}{4}$	( $\frac{3}{4}$ ) 3 $\frac{3}{4}$	(1) 5
Grains (oz. eq)	(1) 8	(1) 8	(2) 10
Meat/Meat Alternate (oz. eq)	(1) 8	(1) 9	(2) 10
Fluid Milk (cups)	(1)	(1)	(1)

- The required daily minimum serving sizes are listed in parenthesis and the weekly minimum serving sizes are listed outside the parenthesis.



## Offer vs Serve (OVS) or Serve Only

- **Offer vs Serve:** For a reimbursable meal, students must select at least 3 of the 5 required components with one of the components a  $\frac{1}{2}$  cup fruit or vegetable. The other two components must at least equal the required daily minimum.
- **Serve Only:** Students must be served all 5 components at the required daily minimum portion size without the option of declining any of the 5 components.
- **Schools with grades K-5, 6-8, or K-8:** Have the option of being Serve Only or Offer vs Serve.
- **Schools with grades 9-12:** Are required to implement Offer vs Serve for **Lunch Only**.

5 Components must be offered at the required grade level serving size

1) Fruit

2) Vegetable

3) Grain

4) Meat/Meat Alternate

5) Fluid Milk



## Reimbursable “Serve Only” Lunch

*All five components must be served in the required daily minimum serving sizes.*





## Reimbursable “Offer vs Serve” Lunch (K-5, 6-8, K-8 and 9-12):

*At least 2 full components and ½ cup fruit were selected. In this example, the milk, the bun, and the chicken patty are full components.*

### Lunch Offer vs Serve





## Non-Reimbursable “Offer vs Serve” Lunch (K-5, 6-8, K-8 and 9-12):

*A minimum of ½ cup fruit and/or vegetable was not selected.*

### Lunch Offer vs Serve





**Reimbursable “Offer vs Serve” Lunch (K-5, 6-8, K-8 and 9-12):**  
*At least 2 full components and ½ cup fruit were selected. In this example the bun and the chicken patty are full components.*

## Lunch Offer vs Serve







## Reimbursable “Offer vs Serve” Lunch:

**K-8:** *Could be a reimbursable lunch if the 2 full components were a ½ cup orange and 1 cup fluid milk (½ pt.) with a ½ cup broccoli.*

**9-12:** *Could be a reimbursable lunch if the 2 full components were 1 cup broccoli and 1 cup fluid milk (½ pt.) with a ½ cup orange.*

### Lunch Offer vs Serve





## Identifying Reimbursable Meals under OVS (Signage, Menus, and Training)

- Signage and menus should provide clear information about allowable choices. This will help students easily build a reimbursable meal and is especially important to avoid problems at the point of service.
  - ✓ **MENU SIGNAGE (REIMBURSABLE MEAL OPTIONS):** Students, servers and cashiers must be able to identify what constitutes a reimbursable meal. The NSLP regulation at 7 CFR 210.10(a)(2) requires that schools identify, near or at the beginning of serving lines, what foods constitutes a reimbursable meal.
  - ✓ **OFFER VERSUS SERVE SIGNAGE:** Schools implementing OVS must also identify what a student must select to have a reimbursable meal under OVS.
  - ✓ Signage is not required for field trips, breakfast in the classroom and other venues where signage may be problematic.
- Schools are expected to conduct training for cashiers and serving line staff so they can help students select the required food components/food items in the quantities needed for reimbursable lunches and breakfasts. Annual training is required to meet the professional standards requirements.



## Wrap Up

- Ensure all meal components are offered in the correct serving sizes.
- Ensure all staff are trained to recognize a reimbursable meal.  
(Serve Only or Offer vs Serve)



thank  
you!