



Offer Versus Serve

**LUNCH**

# Lunch Meal Pattern

## 5-day school week

	Grades K-5	Grades 6-8	Grades 9-12
Meal Pattern	Amount of Food <sup>a</sup> Per Week (Minimum Per Day)		
Fruits (cups) <sup>b</sup>	2.5 (0.5)	2.5 (0.5)	5 (1)
Vegetables (cups) <sup>b</sup>	3.75 (0.75)	3.75 (0.75)	5 (1)
Dark green <sup>c</sup>	0.5	0.5	0.5
Red/Orange <sup>c</sup>	0.75	0.75	1.25
Beans and peas (legumes) <sup>c</sup>	0.5	0.5	0.5
Starchy <sup>c</sup>	0.5	0.5	0.5
Other <sup>c,d</sup>	0.5	0.5	0.75
Additional Veg to Reach Total <sup>e</sup>	1	1	1.5
Grains (oz eq) <sup>f</sup>	8-9 (1)	8-10 (1)	10-12 (2)
Meats/Meat Alternates (oz eq)	8-10 (1)	9-10 (1)	10-12 (2)
Fluid milk (cups) <sup>g</sup>	5 (1)	5 (1)	5 (1)
<b>Other Specifications: Daily Amount Based on the Average for a 5-Day Week</b>			
Min-max calories (kcal) <sup>h</sup>	550-650	600-700	750-850
Saturated fat (% of total calories) <sup>h</sup>	< 10	< 10	< 10
Sodium (mg) <sup>h,i</sup>	≤ 640	≤ 710	≤ 740
Trans fat <sup>h</sup>	Nutrition label or manufacturer specifications must indicate zero grams of <u>trans</u> fat per serving.		

# Offer vs. Serve Definitions

- **Food component**
  - One of five food groups for reimbursable meals (m/ma, grain, fruit, veg, milk)
- **Food item**
  - A specific food offered within the five food components.
  - Example: A turkey sandwich can be 1 food item but 2 components (M/MA and Grain)

# Offer vs. Serve at Lunch

- Required for senior high schools
  - grades 9-12
- Optional for lower grades
  - grades K-8



# Offer vs. Serve at Lunch

- Full amount of each component must be available to every student for a reimbursable meal.
- It is the student's choice of what item(s) to decline - not the schools.
- Student must take *at least* 3 of 5 components and 1 component must be  $\frac{1}{2}$  cup fruit or vegetable



# Must be offered at Lunch

- 5 components
  - Meat/Meat Alternate
  - Grains
  - Fruits
  - Vegetables
  - Milk



**Right**



**Wrong**

# Fruit and Vegetable requirement Offer versus Serve at Lunch

Reimbursable meals must contain at least  $\frac{1}{2}$  cup serving of the fruit and/or vegetable component.

- Students may take any combination of smaller servings of fruit and/or vegetable to meet the requirement:
  - ✓ mix different fruits
  - ✓ mix different vegetables
  - ✓ mix vegetables and fruits

# Lunch OVS Example

- Menu: turkey, mashed potatoes, peaches, whole grain roll, and milk
  - The student takes turkey, roll, and milk
  - This lunch is NOT a reimbursable meal!
  - What else is need for a reimbursable meal?
- A reimbursable meal must include at least *either*  $\frac{1}{2}$  cup mashed potatoes or  $\frac{1}{2}$  cup peaches

# OVS for Fruit and Vegetables

- All trays must have at least (or more)  $\frac{1}{2}$  cup fruit and/or vegetable to be a reimbursable meal.
- **Except** if a grade 9-12 student selects only 3 components and 2 of the 3 components are fruits and vegetables, **then the student may select  $\frac{1}{2}$  cup of either the fruit or vegetable, but not both.**
- Two of the three components must be the full serving size.



**Not Reimbursable,  
needs 1 more full component**



# Lunch OVS Example

- If a student (grades 9-12) selects a milk, fruit, and vegetables, the student may take  $\frac{1}{2}$  cup of the vegetable but must take the full 1 cup offering of the fruit.
- However, if the student selects another full component, such as a grain or M/MA, the student may take a smaller portion of the fruit because the fruit is no longer being counted as the 3<sup>rd</sup> component in the reimbursable meal.

# Lunch OVS Example

- The lunch offered: turkey, mashed potatoes, peaches, whole grain roll, and milk
- OVS- grades 9-12
  - 2 oz turkey,  $\frac{1}{2}$  cup mashed potatoes, 1 cup peaches = reimbursable
  - 2 oz turkey (full),  $\frac{1}{2}$  cup mashed potatoes (half),  $\frac{1}{2}$  cup peaches (half)  $\neq$  reimbursable
    - ✓ To be reimbursable, two of the three components must be **full** servings

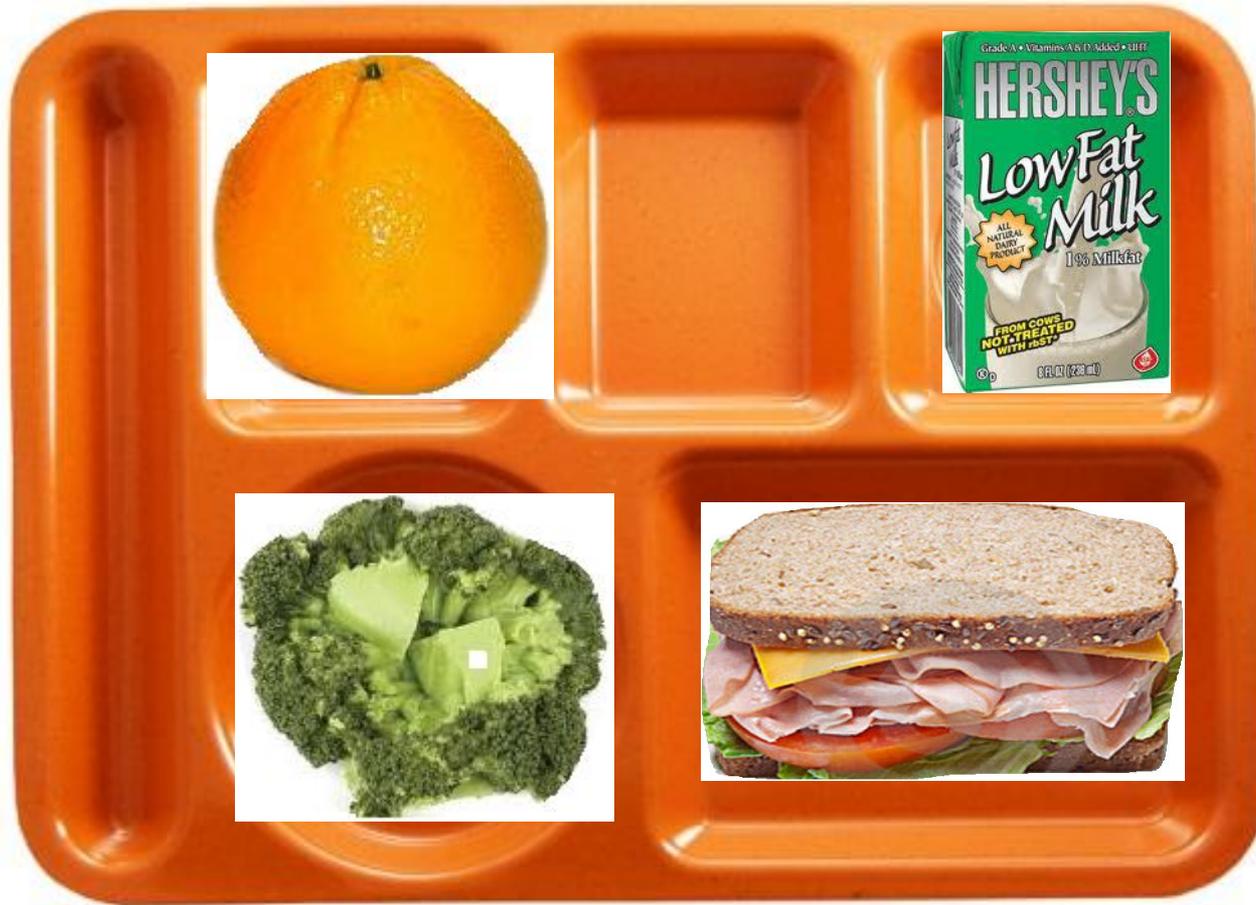
# Lunch OVS Example

- The lunch offered: turkey, mashed potatoes, peaches, whole grain roll, and milk
- OVS- grades K-8
  - 2 oz turkey (full),  $\frac{1}{2}$  cup mashed potatoes (half),  $\frac{1}{2}$  cup peaches (full)= reimbursable
    - ✓ Two of the three components are full servings

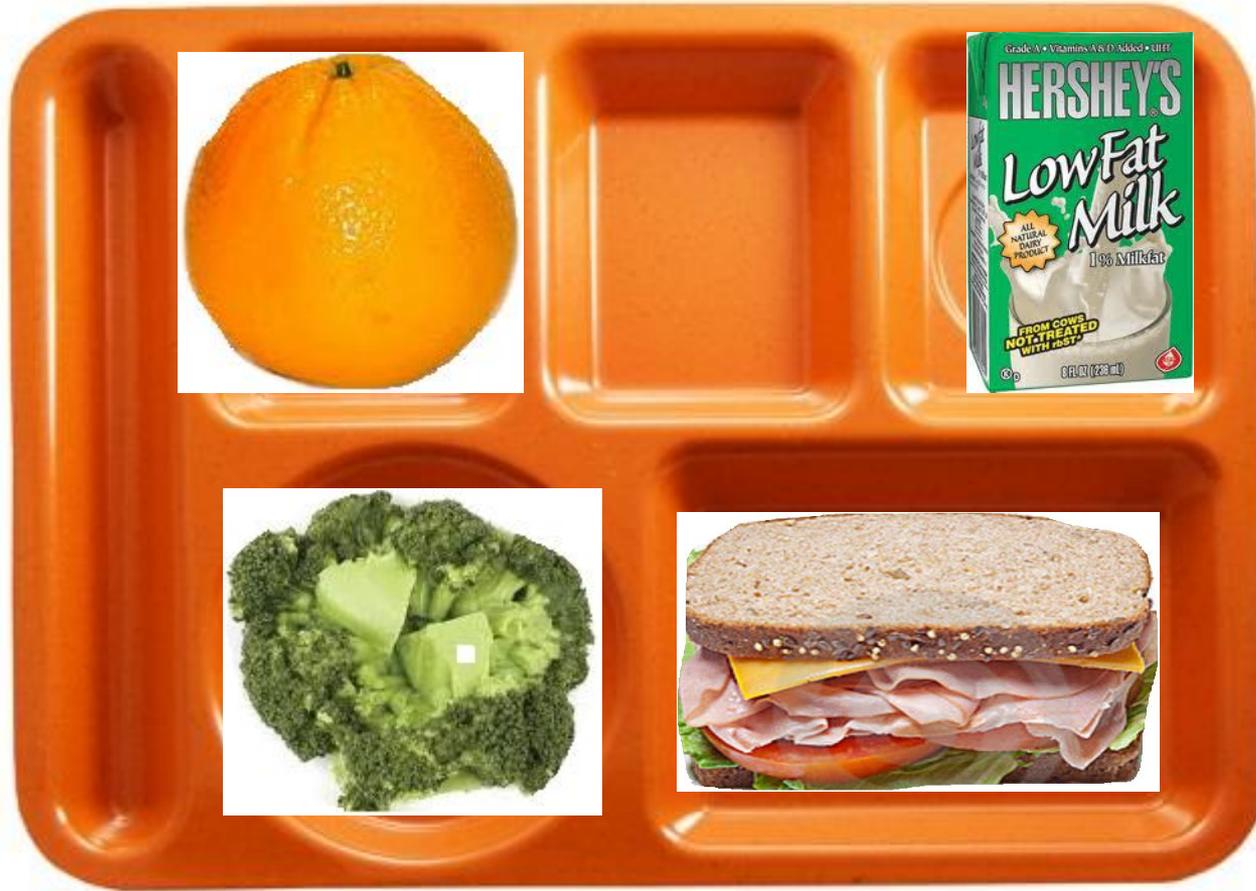
Meal or No Meal

**IS IT REIMBURSABLE?**

# Reimbursable Meal?



# Yes! Reimbursable for all grade groups



# Reimbursable Meal?



Yes! for grades K-8  
No! for grades 9-12



# Reimbursable Meal?



# No! Not reimbursable for any grade groups



# Reimbursable Meal?



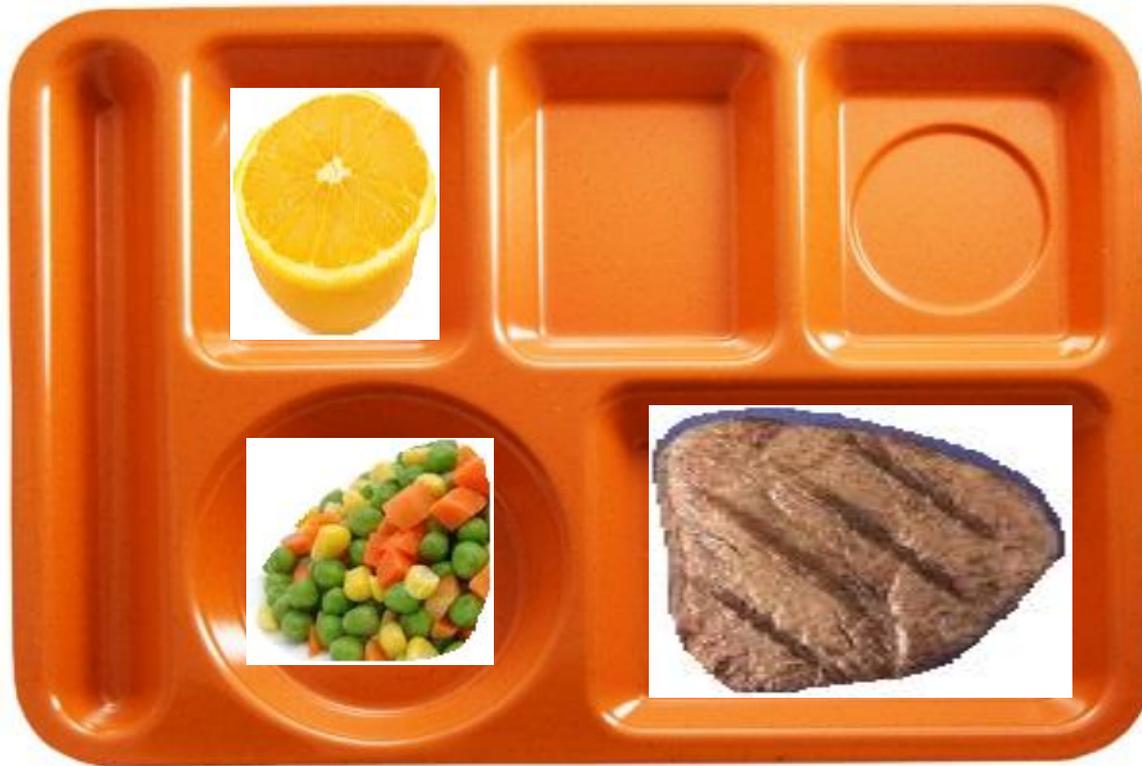
# Yes! Reimbursable for all grade groups



# Reimbursable Meal?



No! Not reimbursable for any  
grade groups



# Reimbursable Meal?



# No! Not reimbursable for any grade groups



# Reimbursable Meal?



# Yes! Reimbursable for all grade groups



# Reimbursable Meal?



# Yes! Reimbursable for all grade groups



# Reimbursable Meal?



# No! Not reimbursable for any grade groups

