

Offer vs. Serve (OVS) Training for SFSP Sponsors

Training for School Food Authorities

Updated April 2021



Working Together for Student Success

What is OVS?

OVS is short for Offer Versus Serve

- OVS is a meal service option for School Food Authorities (SFAs) operating the Summer Food Service Program.
- Allows children to decline some of the food offered in a reimbursable breakfast, lunch, or supper.
- All meal pattern requirements must be offered for all components.
- OVS usage is optional
- Not available to non-SFA sponsors.

What is the goal of OVS?

- Allows Choices for Participants
- Reduces Food Waste
- Lowers Food Cost with Proper Implementation

Identifying a Reimbursable Meal

- Site Staff training must occur prior to start date
- Sites must have clear communication to assist children to identify a reimbursable meal
 - Posters, signs or fact sheets
 - Menus that communicate the available food choices
 - Verbal guidance from staff as children select a meal can help avoid confusion of what, at minimum, is required to take for a meal

Breakfast: SBP OR SFSP?

SFAs may follow the School Breakfast Program (SBP) meal pattern during the summer, if desired.

- OVS rules follow whichever meal pattern is being used-SFSP or SBP
- If electing to continue the SBP meal pattern, OVS rules remain the same as during the school year
- Reminders
 - SBP meal pattern requires one full cup of fruit
 - SBP OVS requires students take at least ½ cup of fruit
 - For additional OVS training on SBP, go to:

SFSP Component vs Item

Component

- The individual parts, or food groups, that make a complete meal
 - Meat/Meat Alternate
 - Grain
 - Fruit/Vegetable
 - Milk

Item

- A specific item offered within the component constituting a reimbursable meal
 - Piece of toast
 - String cheese
 - Carton of milk

SFSP Breakfast

OVS Requirements

- Four different food items must be offered
- One additional item must be offered beyond the 3 required meal pattern components (at right)
 - Fourth food item can be a fruit/vegetable, bread/grain, or meat/meat alternate component
- A child must take at minimum 3 of the 4 food items offered

Breakfast Meal Pattern

- 1 serving grain/bread
- ½ cup fruit or 4 fl oz 100% fruit juice
- 1 cup milk

Additional for OVS

- 1 item from any component except milk

SFSP Breakfast

The four items offered at breakfast must be different items.

- Regardless of size, an item counts as ONE
- For example:
 - Two ½ cup portions of the same fruit cannot count as two items.
 - 2oz equivalent grain items count as 1 item in the SFSP meal pattern.

Considerations:

- Even if the grain item offered is 2oz equivalent, an additional item must be added so that the total number of items offered is 4
- Similarly, 2 pieces of toast count as 1 item; the 4 items offered must be different foods
- Combination foods that offer different two components, such as sausage biscuit or pancake wrap, count as 2 items where applicable

SFSP Breakfast

Staff documenting meals must understand how SFSP OVS rules differ from SBP:

- Students must take 3 of the 4 items offered, but may take all 4 items if desired
- The fourth item offered can be grain, fruit/vegetable or meat/meat alternate but must be different than the other three items on the menu
- Items are counted individually and there are no 2oz equivalent grain options that count as 2 items
- Combination foods may be counted as 2, if two different components are represented in the combination food
 - Example: sausage biscuit, egg sandwich (Meat and grain)



SFSP Breakfast

Menu Example

1. 1 piece of toast
 2. ½ cup grape juice
 3. 1 cup milk
 4. ½ cup applesauce
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- The diagram illustrates the mapping of menu items to required and additional components. A yellow box labeled 'Required breakfast meal pattern items' has three arrows pointing to the first three items: '1 piece of toast', '½ cup grape juice', and '1 cup milk'. A dark blue box labeled 'Additional 4th item for OVS' has one arrow pointing to the fourth item: '½ cup applesauce'.
- Required breakfast meal pattern items
- Additional 4th item for OVS

This menu is acceptable because it offers 4 items from the required meal pattern components.

SFSP Breakfast

Menu Example:

1. 1 piece of toast
2. 1 bowl of cereal
3. ½ cup peaches
4. 1 cup chocolate milk

The child must take any 3 of the 4 items offered, **but can take all 4 if desired.**

SFSP Breakfast

Menu Example

1. 1 piece of toast
2. 1 cheese stick
3. ½ cup orange juice
4. 1 cup milk

This menu is acceptable because it offers 4 items. The 1 serving grain requirement is met with the toast and the cheese stick is counted as a fourth item.

SFSP Breakfast

Menu Example

1. 1 biscuit
2. ½ cup carrots
3. ½ cup fruit punch (100% juice)
4. 1 cup of milk

This menu is acceptable because it offers 4 items.

*Note that in SFSP meal pattern, the fruit and vegetable are combined as one component.

SFSP Breakfast

Menu Example - Not acceptable for OVS

1. 2 pieces of toast
2. ½ cup pineapple
3. 1 cup milk

This menu is not acceptable for SFSP OVS because the pieces of toast are the same food item. The four offered items must be different foods.

SFSP Breakfast

Menu Example - Not Acceptable for OVS

1. 1 fruit filled crescent roll (2oz grain equivalent)
2. ½ cup orange juice
3. 1 cup milk

This menu is not acceptable for SFSP OVS because each menu item is counted separately, regardless of grain/bread equivalent contribution and therefore only offers 3 items. Adding a fourth item, such as ½ cup strawberries or a hard boiled egg, would make this menu allowable for OVS use.

SFSP Breakfast

Menu Example - Does not meet SFSP meal pattern, even with 4 items

1. 1 boiled egg
2. ½ cup grapes
3. ½ cup orange juice
4. 1 cup of milk

This menu is not acceptable because it does not include a grain item, which is required to meet the breakfast meal pattern requirement. Adding a pancake or toast in place of the orange juice would make it acceptable for SFSP meal pattern and OVS use.

SFSP Breakfast: Is this a Meal?

Here's the SFSP menu:

Frudel- Cherry

(2 oz. CN Label grain contribution)



1 oz. Cheese Stick



4 oz. 100% Orange Juice



1 cup of milk



SFSP Breakfast OVS: Is this a meal?

Selected:

Frudel- Cherry

(2 oz. CN Label grain contribution)



1 oz. Cheese Stick



SFSP Breakfast OVS: Is this a meal?

No!

- Under SFSP meal pattern rules, even if the ounce contribution is 2 oz equivalent according to the CN label, each food item must be counted separately. An additional item must be selected to count as a SFSP meal.



SFSP Breakfast OVS: Is this a meal?

Here's the SFSP menu:

Breakfast Pizza (2 items)
(1 oz. grain, 1 oz. m/ma)



1 cup of milk



½ cup of strawberries



SFSP Breakfast OVS: Is this a meal?

Selected:

Breakfast Pizza (2 items)
(1 oz. grain, 1 oz. m/ma)



1 cup of milk



SFSP Breakfast OVS: Is this a meal?

Yes!

- Although only 2 items were selected, the pizza counts as 2 items because it is a combination food containing foods from two different components. Additionally, students are not required to take a fruit at breakfast under SFSP OVS rules.



Lunch: NSLP OR SFSP?

Sponsors may elect to operate the National School Lunch Program (NSLP) meal pattern during the summer

- OVS rules follow the meal pattern is being used-SFSP or NSLP
- If electing to continue the NSLP meal pattern, OVS rules remain the same as during the school year
- Reminders
 - NSLP meal pattern separates vegetables and fruits into two separate components and requires one of each
 - NSLP OVS requires students take at least ½ cup of fruit or veg

SFSP Lunch or Supper

The SFSP lunch/supper meal pattern:

- 1- serving bread/grain
- 2 oz meat/meat alternate
- 2 servings of different fruits/vegetables totaling $\frac{3}{4}$ cup or more
- 1- 8oz serving of milk
- Five different food items must be offered to meet the meal pattern requirements.
- Ensure that two different fruit/vegetable offerings are made and, when combined, total at least $\frac{3}{4}$ cup or more.

SFSP Lunch or Supper

Participants must take 3 food components from the 5 food items offered

- OVS requirements at lunch refer to components and not items (different from breakfast)
- The 2 servings of fruit/vegetable only count as 1 component
 - A child cannot take ½ cup pineapple, ¼ cup carrots and a package of crackers to count as a meal because the pineapple and carrots are the same component
- If serving a ¼ cup portion of fruit/vegetable along with ½ cup to meet the daily requirement, children only need to select one option to fulfill the fruit/vegetable component. They do not have to take ½ cup, but must take the planned portion.
- Children are not required to take a fruit/vegetable portion under SFSP OVS requirements.

SFSP Lunch or Supper

Menu Example:

- 1 PBJ sandwich (2 slices of bread, 4T peanut butter, and jelly)
- ½ cup of broccoli
- ¼ cup frozen fruit juice bar
- 1 cup of milk

If the child were to select only the PBJ and milk would this count as a meal? Yes, because the sandwich counts as 2 components (grain and meat/meat alternate) and the milk is the third. Children are not required to take a fruit or vegetable in SFSP.

SFSP Lunch or Supper

Menu Example:

- 1 PBJ sandwich (2 slices of bread, 4T peanut butter, and jelly)
- ½ cup of broccoli
- ¼ cup frozen fruit juice bar
- 1 cup of milk

If the child were to select the broccoli, juice bar and milk, would this count as a meal? No, the child has taken 3 items, but only 2 components. Fruit/Vegetable is only considered one component in the SFSP meal pattern.

SFSP Lunch or Supper

Menu offered:

- 1 oz roasted chicken
- ½ cup of black beans (**credit as meat/meat alternate component**)
- 1 cup of rice
- ½ cup of broccoli*
- ½ cup of apple Slices*
- 1 cup of milk

If the child were to select the chicken, beans and milk, would this be a meal? No, the beans are clearly marked as part of the meat/meat alternate component. By selecting the beans and chicken with the milk, the child has selected only 2 components. Menu planners must clearly define beans as either a vegetable or meat/meat alternate. They cannot count as both in the same meal.

SFSP OVS: Is this a meal?

Here's the SFSP menu:

Turkey Sandwich (2 items)

(1 hoagie roll, 1oz turkey, 1 oz cheese)



¼ cup of fresh broccoli



½ cup of applesauce



1 cup of milk



SFSP OVS: Is this a meal?

Selected:

Turkey Sandwich (2 items)
(1 hoagie roll, 1oz turkey, 1 oz cheese)



½ cup of applesauce



1 cup of milk



SFSP OVS: Is this a meal?

Yes!

This is an acceptable meal because the child has selected 4 of the 5 offered items and at least 3 of the 4 components.



SFSP OVS: Is this a meal?

Here's the SFSP menu:

Turkey Sandwich (2 items)

(1 hoagie roll, 1oz turkey, 1 oz cheese)



¼ cup of fresh broccoli



½ cup of applesauce



1 cup of milk



SFSP OVS: Is this a meal?

Selected:

½ cup of applesauce



¼ cup of fresh broccoli



1 cup of milk



SFSP OVS: Is this a meal?

No!

While the child selected 3 items, only 2 different components were selected.



SFSP OVS: Is this a meal?

Here's the SFSP menu:

Macaroni and Cheese (2 items)
(2 oz. Cheese, 2 oz. bread/grain)



½ cup of Peaches



½ cup of Green Beans



1 cup of Milk



SFSP OVS: Is this a meal?

Selected:

Macaroni and Cheese (2 items)
(2 oz. Cheese, 2 oz. bread/grain)



1 cup of Milk



SFSP OVS: Is this a meal?

Yes!

The student has selected 3 items from 3 components.

Children are not required to take a fruit or vegetable if you are following the SFSP meal pattern.





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