

OFFER VS SERVE (OVS) IN SCHOOL MEALS



Today's training will cover Offer vs Serve (OVS) in School Meals

WHAT IS OFFER VS SERVE?

Students can decline ANY food component, EXCEPT part of the fruit/vegetable

Students must select daily at least:

- ❖ 3 food **items** at breakfast
- ❖ 3 food **components** at lunch
- ❖ Must include at least $\frac{1}{2}$ **cup of fruit/vegetable (or a combination) at each meal**



For a school utilizing Offer Vs Serve, the student can decline any food component except part of the fruit or vegetable component. We will discuss the specifics of breakfast and lunch throughout this presentation.

But as a general overview, students must select at least 3 food items at breakfast and at least 3 food components at lunch. This must include at least $\frac{1}{2}$ cup of fruit or vegetable (or a combination) at each meal.

IDENTIFYING REIMBURSABLE MEALS WITHIN OVS

- ❖ The NSLP regulation at [7 CFR 210.10\(a\)\(2\)](#) requires that schools identify, near or at the beginning of serving lines, what foods constitute unit priced reimbursable meals.
- ❖ 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.
- ❖ Signage is not required for field trips, breakfast in the classroom and other venues where signage may be problematic.



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 constitute unit priced reimbursable meals. Schools using OVS must also identify what a student must select in order to have a reimbursable meal under OVS. Students and their parents/guardians need to be aware of what is included in school meals; Parents or guardians so they can reinforce nutrition education messages at home; and students, so they know how to select a reimbursable meal.

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. 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.

Signage is not required for field trips, breakfast in the classroom and other venues where signage may be problematic. However, other methods should be used to inform students what choices they have.

MEAL SERVICE SYSTEMS

Systems:

- ❖ Cafeteria-style service
- ❖ Kiosks
- ❖ Meals in the classroom
- ❖ Vending Machines

OVS is required at the High School Level



There are a number of different systems used by schools to offer their students reimbursable meals. For example, a school may have cafeteria-style service, kiosks, meals in the classroom and vending machines.

At the senior high school level, OVS is required at lunch unless the school or SFA demonstrates to the State agency that their system does not accommodate OVS. This is most common at residential child care institutions (RCCIs). Schools are strongly encouraged to modify their meal service system to incorporate OVS to the extent practicable.

PRE-PACKAGED OR “GRAB-AND-GO” MEALS

- ❖ Pre-packaged meals are allowed at all age/grade levels. For senior high schools, if this is the only system available for the NSLP, OVS for all or some components must be implemented unless a school was approved by the State agency to not implement OVS.
- ❖ Even with such approval, these schools are encouraged to have some food components/food items with choices and/or the option to decline, such as fruit or milk.
- ❖ If these meals are offered as part of breakfast in the classroom, field trips, or for students leaving the campus for work study, OVS is not required, even at the senior high level.
- ❖ If a school participates in OVS at breakfast and offers breakfasts where some or all of the components are bundled together, the operator should attempt to the extent possible to offer choices (such as a fruit basket) aside from the pre-bagged items. However, there is no requirement that all possible combinations of choices be made available to the student



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Another common finding is seen during Meals at a disciplinary centers or for “lunch” detention. All SFAs MUST offer ALL students, even those in detention, a choice for OVS (where the student is allowed make selections on a menu) or the SFA MUST provide the complete reimbursable meal. A three component detention lunch plate is not acceptable.

A NOTE ON FLUID MILK

- ❖ For all grade groups, one cup of fluid milk must be offered daily.
- ❖ There is also a daily requirement to offer a variety of (at least two) milk choices. For this component to be credited for OVS, the student must select at least one cup of fluid milk.
- ❖ While water must be made available to students during meal service, SFAs shall not promote or offer water or other beverages as an alternative selection to fluid milk on the meal service line.
- ❖ Water is not a food component or food item for the reimbursable meal.



For all grade groups, one cup of fluid milk must be offered daily. It may be used as a beverage, on cereal, or used in part for each purpose. The weekly minimum amount of five cups of milk may be met by offering the daily minimum of one cup. There is also a daily requirement to offer a variety of (at least two) milk choices. For this component to be credited for OVS, the student must select at least one cup of fluid milk.

While water must be made available to students during meal service, SFAs shall not promote or offer water or other beverages as an alternative selection to fluid milk on the meal service line.

Water is not a food component or food item for the reimbursable meal.

Although not part of a reimbursable meal, during emergencies, potable water must still be available to students as part of school food service. If water fountains are closed due to health and safety concerns, consider offering bottled water or other safe options. If alternative dispensing options are considered, send LDH plans for pre-approval prior to implementation. In emergency situations such as these, bottled water IS an allowable cost.

COMPONENTS AND ITEMS OVERVIEW

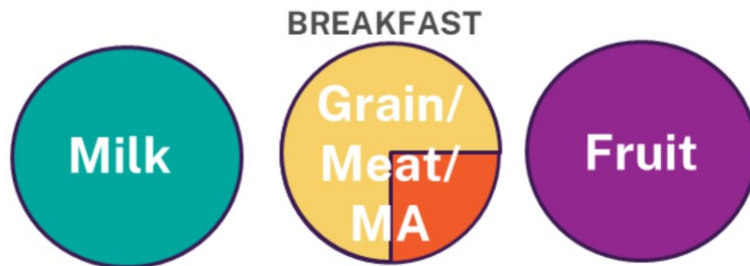


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Let's take a closer look at the components and items requirements for breakfast and lunch.

FOOD COMPONENTS

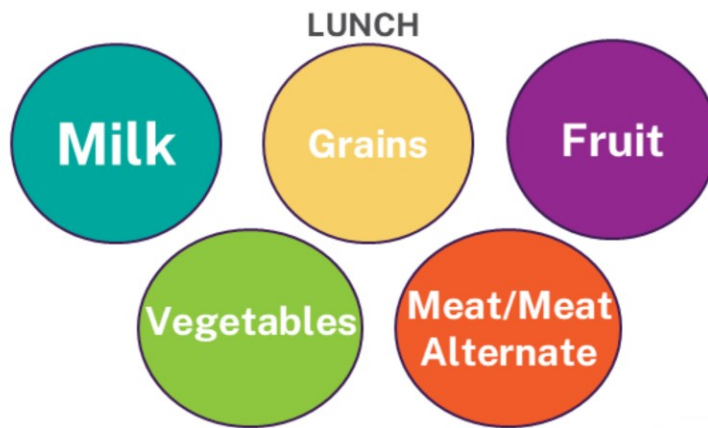
Food groups that must be offered at the meal.



At breakfast, there are three components that must be offered on the serving line every day: milk, grain/Meat/Meat Alternate and fruit. All three components must be available to all children who come through the serving line.

FOOD COMPONENTS

Food groups that must be offered at the meal.



At lunch, five components must be offered: Milk, Grain, Fruit, Vegetables, and Meat/Meat Alternate.

Foods from each of these five components must be offered on the serving line every day. If the food item you were planning to serve for one component did not come in, is not finished cooking in time or you run out while on the line, you have to make sure you put another food item from the same component on the line in its place. The components must be available to all children, from the first to the last, even though not all children will take every component. If all the components are not available for every child to choose from, the school would not be able to claim reimbursement (money back) for any of the meals served that day.

FOOD ITEMS

A specific food offered to meet the component.



Food Item:
Strawberries
COMPONENT:
FRUIT



Food Item: Toast
COMPONENT:
GRAIN



Food Item: Milk
COMPONENT:
MILK



Now that we've discussed food components, let's talk more about food items. A food item is the specific food that is offered to meet the component requirement. In this slide: Strawberries are offered as food item for the fruit component, toast is the food item offered as the grain component, and fluid milk is the item offered as the milk component.

OVS IN THE SBP



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Although Offer vs Serve is optional at all age-grade levels in the school breakfast program, many schools still utilize it at all age/grade levels due to the reduced waste and cost savings.

THE BASICS

The meal pattern for breakfast consists of three food components:

- Fruits (or vegetables substitution)
- Combined Grains and Meats/Meat Alternates
- Milk

The age/grade groups for breakfasts are:

- K-5
- 6-8 and
- 9-12



The meal pattern for breakfast consists of three food components:

- (1) Fruits (or vegetables substitution)
- (2) Grains (or meats/meat alternates) and
- (3) Milk

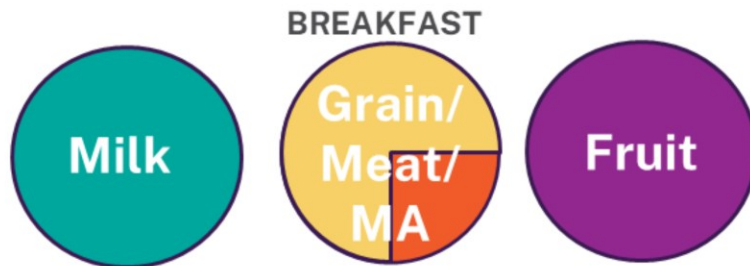
The age/grade groups for breakfasts are:

K-5, 6-8, and 9-12

There is overlap between the age grade group requirements, which can allow for a K-8 or a K-12 breakfast menu.

FOOD COMPONENTS

Food groups that must be offered at the meal.



At breakfast, there are three components that must be offered on the serving line every day: milk, grain/meat/meat alternate and fruit. All three components must be available to all children who come through the serving line.

School Breakfast Program Meal Pattern

	Grades K-5	Grades 6-8	Grades 9-12
Meal Components	Amount of Food¹ per Week		
	(minimum per day)		
Fruits (cups) ²	5 (1)	5 (1)	5 (1)
Vegetables (cups) ²	0	0	0
Dark Green Subgroup	0	0	0
Red/Orange Subgroup	0	0	0
Beans, Peas, and Lentils Subgroup	0	0	0
Starchy Subgroup	0	0	0
Other Vegetables Subgroup	0	0	0
Grains or Meats/Meat Alternates (oz. eq) ³	7-10 (1)	8-10 (1)	9-10 (1)
Fluid Milk (cups) ⁴	5 (1)	5 (1)	5 (1)

Here we see the daily and weekly minimum requirements of the fruit, vegetables, grains or Meats/Meat Alternates, and fluid milk components by age/grade group for breakfast.

The fruit component (which may be substituted with vegetables) is a minimum of 1 cup per day for every age/grade group.

The grains meat or meat alternate component is 1 oz/equivalent per day; however, the weekly minimums vary by age/grade group. Reminder: At least 80 percent of grains offered weekly must meet the whole grain-rich criteria specified in FNS guidance, and the remaining grain items offered must be enriched.

For the combined grains or meats/meat alternates meal component, schools may choose to offer grains, meats/meat alternates, or a combination of both to meet the combined component requirement.

Fluid milk is also the same for each age/grade group, requiring 1 cup of fluid milk from a choice of milks per day.

For reference, this chart shows the weekly requirements for a 5 day school week. If you have a 4 days week, you will need to reference the 4 day meal pattern requirements.

SBP Fruit Component Requirements

- Must offer fruits daily as part of the breakfast menu
- Fresh, frozen, or dried, or canned in light syrup, water or fruit juice may be offered
- Vegetables may be offered in place of all or part of the required fruits
 - One day per school week may offer any vegetables, including starchy vegetables
 - Two or more days per school week **must** offer at least two different vegetable subgroups
- All fruits are credited based on their volume as served
 - Except that dried fruit credits as twice the volume
- Only pasteurized, full-strength (100%) fruit juice may be offered
 - May be credited to meet **no more than one-half of the fruits component**
- The smallest creditable amount for the fruits component is 1/8 cup

[7 CFR 220.8\(c\)\(2\)\(i\)](#)



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The regulations for SBP fruit component can be found at [7 CFR 220.8\(c\)\(2\)\(i\)](#)

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Only pasteurized, full-strength (100%) fruit juice may be offered.

- May be credited to meet no more than one-half of the fruits component.

The smallest creditable amount for the fruits component is 1/8 cup.

Substituting Vegetables for Fruits at School Breakfast

- Allow schools to substitute vegetables for fruits and simplifies the vegetable variety requirement.
- Schools that choose to substitute vegetables for fruits once a week may offer any vegetable, including a starchy vegetable.
- Schools that choose to substitute vegetables for fruits more than once a week must offer vegetables from at least two different subgroups.
 - Vegetable subgroups include dark green; red/orange; beans, peas, and lentils; starchy; and “other” vegetables.



Substituting Vegetables for Fruits at School Breakfast

The final rule continues to allow schools to substitute vegetables for fruits at school breakfast and simplifies the vegetable variety requirement.

Schools that choose to substitute vegetables for fruits once a week may offer any vegetable, including a starchy vegetable.

Schools that choose to substitute vegetables for fruits more than once a week must offer vegetables from at least two different subgroups.

As a reminder, the vegetable subgroups include dark green; red/orange; beans, peas, and lentils; starchy; and “other” vegetables.

SBP Combined Grains and Meats/Meat Alternates Component Requirements

- Schools may offer grains, meats/meat alternates, or a combination of both to meet the daily and weekly ounce equivalents for this combined component
- Meats/meat alternates offered at breakfast count toward the combined grains and meats/meat alternates component
- **At least 80 percent** of grains offered weekly **must** meet the whole grain-rich criteria
 - Whole grain-rich is the term designated by FNS to indicate that the grain content of a product is between 50 and 100 percent whole grain
- The remaining grain items offered **must** be enriched

[7 CFR 220.8\(c\)\(2\)\(iii\)](#)



The regulations for SBP combined Grains and Meat/Meat Alternates component can be found at [7 CFR 220.8\(c\)\(2\)\(iii\)](#)

Schools may offer grains, meats/meat alternates, or a combination of both to meet the daily and weekly ounce equivalents for this combined component. Meats/meat alternates offered at breakfast count toward the combined grains and meats/meat alternates component.

Refer to the 2024 final rule, Child Nutrition Programs: Meal Patterns Consistent With the 2020-2025 Dietary Guidelines for Americans.

At least 80 percent of grains offered weekly must meet the whole grain-rich criteria.

- Whole grain-rich is the term designated by FNS to indicate that the grain content of a product is between 50 and 100 percent whole grain.

The remaining grain items offered must be enriched.

SBP Fluid Milk Requirements

- Must offer students a variety (**at least two different options**)
- Milk varieties may be unflavored or flavored
- Unflavored milk **must** be offered at each meal service
- Milk may be whole, reduced-fat (2%), low-fat (1%), or fat-free (skim)
- Lactose-free and reduced-lactose fluid milk may also be offered
- Flavored milk must contain no more than 10 grams of added sugars per 8 fluid ounces
- Must have vitamins A and D at levels specified by the FDA
- Must be pasteurized

[7 CFR 220.8\(d\)](#)



The regulations for SBP Fluid Milk Requirements can be found at [7 CFR 220.8\(d\)](#)

Must offer students a variety (at least two different options)

Milk varieties may be unflavored or flavored

Unflavored milk must be offered at each meal service

Milk may be whole, reduced-fat (2%), low-fat (1%), or fat-free (skim)

Lactose-free and reduced-lactose fluid milk may also be offered

Flavored milk must contain no more than 10 grams of added sugars per 8 fluid ounces

Must have vitamins A and D at levels specified by the FDA

Must be pasteurized

THE BASICS

For OVS:

- At least four food items must be offered;
- All students, at any grade level, must select at least three food items;
- If selected, the grains (or meats/meat alternates offered for this component) and milk must be in the daily minimum required amount; and
- For the fruit component, the student must select at least $\frac{1}{2}$ cup of fruit or vegetables



Let's discuss the basics for OVS:

- ❖ At least four food items must be offered;
- ❖ All students, at any grade level, must select at least three food items;
- ❖ If selected, the grains or meats/meat alternates offered for this component and milk must be in the daily minimum required amount; and
- ❖ For the fruit component, the student must select at least $\frac{1}{2}$ cup of fruit or vegetables

For example, the school may offer 1 oz eq cereal; $\frac{1}{2}$ cup of juice, $\frac{1}{2}$ cup of berries and 8 ounces of milk as the four food items. Under OVS, the student could select cereal, milk, and $\frac{1}{2}$ cup of juice for a reimbursable breakfast.

SIGNAGE

- If choices of food items within the components are offered, the menu planner must indicate what choices or combination of choices the student may select including any minimum or maximum number that may be taken.
- For example, if four $\frac{1}{2}$ cup servings are offered for the fruit component, the menu planner must allow the student to select a full cup but must also indicate that at least one $\frac{1}{2}$ cup of fruit is required for a reimbursable meal. If the menu planner chooses, under this example, the student could be allowed to take up to all four choices.



Again, if choices of food items within the components are offered, the menu planner must indicate what choices or combination of choices the student may select including any minimum or maximum number that may be taken.

For example, if four $\frac{1}{2}$ cup servings are offered for the fruit component, the menu planner must allow the student to select a full cup but must also indicate that at least one $\frac{1}{2}$ cup of fruit is required for a reimbursable meal. If the menu planner chooses, under this example, the student could be allowed to take up to all four choices.

BREAKFAST MEAL PATTERN

4 food ITEMS (minimum) must be offered daily.



**½ cup
fruit**



**½ cup
fruit**



**1 oz eq
grain**



**1 cup
milk**



At breakfast, in addition to the food component requirements, there are also food item requirements. Not only must each of the 3 components be offered, but 4 food items must also be offered when utilizing OVS.

It is up to the person who plans the menu to determine how the food items will be offered.

In this example, we have ½ cup of strawberries and ½ cup of juice to meet the 1 cup Fruit component. These are each counted as an item, so we have 2 items in the fruit component.

We have a 1 oz slice of toast and 1 cup of milk. These are the other 2 food items. Therefore we have 4 food items, from 3 components.

SBP GRAINS CREDITING IN OVS

- ❖ Menu planners may choose to count a 2 oz. eq. grain food item as 1 or 2 food items
- ❖ A grain item selected under OVS must be at least 1 oz. eq.



Menu planner may choose to count a 2 ounce equivalent grain food item as 1 or 2 food items at breakfast. A grain item selected under offer vs. serve must be at least 1 oz equivalent. A 1.5 ounce equivalent muffin would only count as 1 item, whereas a 2 ounce equivalent muffin can count as 2 items.

SMOOTHIES

- ❖ Smoothies with fruit and milk are another popular combination food offered at breakfast. If there is at least 1 cup of milk and at least ½ cup of fruit/juice in the smoothie, the smoothie may count as 2 food items for purposes of OVS.
- ❖ Memo SP 40-2019



Smoothies with fruit and milk are another popular combination food offered at breakfast. If there is at least 1 cup of milk and at least ½ cup of fruit/juice in the smoothie, the smoothie may count as 2 food items for purposes of OVS. A student would need to select one additional food item in order to have 3 total items and a reimbursable meal. Please refer to the policy memo SP 40-2019 for Questions and Answers related to smoothies in child nutrition programs found at the link above.

OVS IN THE NSLP



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While OVS is optional for all grade levels at breakfast, USDA **REQUIRES** schools that serve 9-12 grades to use OVS at lunch.

OVS is optional at lunch for all other grade levels. However, many schools choose to use OVS with all grades due to the reduced waste and cost savings.

USE OF OVS IN THE NSLP

- OVS must be available for students at senior high schools (as defined by the State educational agency).
- OVS is optional at middle and elementary schools (as defined by the State educational agency).
- OVS is not allowed for the NSLP snack service.
- OVS is optional for summer meals offered through the Seamless Summer Option of the NSLP.



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- ❖ OVS is optional for summer meals offered through the Seamless Summer Option of the NSLP.

THE BASICS

- The meal pattern for lunches consists of five food components:
 - Fruits
 - Vegetables
 - Grains
 - Meats/Meat Alternates (M/MA)
 - Fluid milk
- The age/grade groups for lunches are:
 - K-5
 - 6-8
 - 9-12



The meal pattern for lunches consists of five food components:

Fruits, Vegetables, Grains, Meats/meat alternates (m/ma), Fluid milk

The age/grade groups for lunches are K-5, 6-8, 9-12

Schools must always offer all five food components in at least the minimum required quantities. A food item is a specific food offered within the five food components.

Examples:

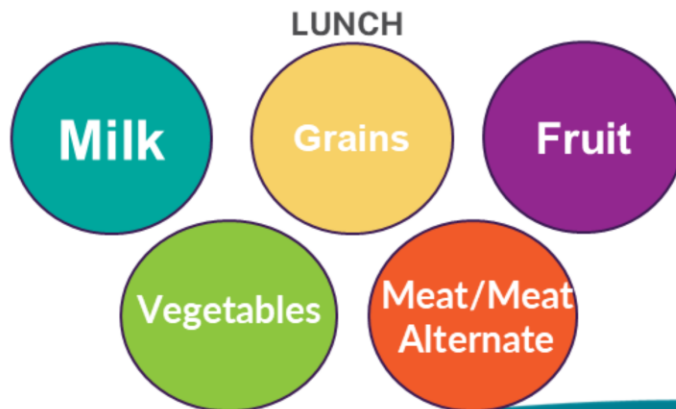
A hamburger patty on a bun is one food item with two of the five food components (meats/meat alternates and grains).

Separate $\frac{1}{2}$ cup servings of peaches, applesauce and pears are three food items that represent one component (fruits).

Under OVS at lunch, a student must take at least three components in the required quantities. One selection must be at least $\frac{1}{2}$ cup (total) from either the fruits or vegetables component. Depending on the planned menu, the student may need to select more than one food item to have the minimum quantity needed for a component to be credited.

FOOD COMPONENTS

Food groups that must be offered at the meal.



Again, components are the food groups that must be offered every day, with each meal.

At lunch, five components must be offered: Milk, Grain, Fruit, Vegetable, and Meat/Meat Alternate.

Foods from each of these five components must be offered on the serving line every day. If the food item you were planning to serve for one component did not come in, is not finished cooking in time or you run out while on the line, you have to make sure you put another food item from the same component on the line in its place. The components must be available to all children, from the first to the last, even though not all children will take every component. As we said earlier, If all the components are not available for every child to choose from, the school would not be able to claim reimbursement (money back) for any of the meals served that day.

National School Lunch Program Meal Pattern

	Grades K-5	Grades 6-8	Grades 9-12
Meal Components	Amount of Food ¹ per Week		
	(minimum per day)		
Fruits (cups) ²	2 ½ (½)	2 ½ (½)	5 (1)
Vegetables (cups) ²	3 ¾ (¾)	3 ¾ (¾)	5 (1)
Dark Green Subgroup ³	½	½	½
Red/Orange Subgroup ³	¾	¾	1 ¼
Beans, Peas, and Lentils Subgroup ³	½	½	½
Starchy Subgroup ³	½	½	½
Other Vegetables Subgroup ^{3,4}	½	½	¾
Additional Vegetables from Any Subgroup to Reach Total	1	1	1 ½
Grains (oz. eq.) ⁵	8-9 (1)	8-10 (1)	10-12 (2)
Meats/Meat Alternates (oz. eq.) ⁶	8-10 (1)	9-10 (1)	10-12 (2)
Fluid Milk (cups) ⁷	5 (1)	5 (1)	5 (1)



Here is the overview of the components and requirements for lunch by age/grade groups.

As a reminder, there is no option to do a combined K-12 age grade group for NSLP as there is for SBP. There is some overlap between K-5 and 6-8 for lunch.

There are daily and weekly requirements for meat/meat alternate and grains.

Reminder: At least 80 percent of grains offered weekly must meet the whole grain-rich criteria specified in FNS guidance, and the remaining grain items offered must be enriched.

There are daily requirements for fruit, vegetables, and fluid milk.

As a reminder, this is based off of a 5 day school week. Weekly requirements are adjusted accordingly for a 4 day school week.

A common finding is that a K-12 school will serve K-8 the required portions and forget that 9-12 has a higher requirement. This is especially an issue with the fruit and vegetable requirements being higher at lunch.

THE BASICS

Under OVS, all students, at any grade level, must select:

- At least 3 of 5 food components
- AND
- For the fruit and vegetable components:
 - One of the choices selected must be at least a $\frac{1}{2}$ cup serving of the fruits or vegetables component or a $\frac{1}{2}$ cup total serving of combined fruit and vegetable



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- ❖ At least 3 of 5 food components
- AND
- ❖ For the fruit and vegetable components:
 - ❖ One of the choices selected must be at least a $\frac{1}{2}$ cup serving of the fruits or vegetables component or a $\frac{1}{2}$ cup total serving of both fruit and vegetable

If only three components are selected, and two of these are fruit and vegetable, the student may only select the $\frac{1}{2}$ cup portion for the fruit OR vegetable. For the other two components, the student must select at least the minimum daily required serving of the components for them to be counted.

For example: Student in 5th grade wants to select milk, $\frac{1}{2}$ cup fruit and $\frac{1}{2}$ cup vegetable. In grades K-5 and 6-8 if a student selects the $\frac{1}{2}$ cup fruit, they are selecting the full component of fruit and thus only have to select $\frac{1}{2}$ cup vegetable for OVS; and

If grains, meats/meat alternates and milk are selected, the student must select at least the daily $\frac{1}{2}$ cup fruit and/or vegetable minimum required amount. *(for K-5 & 6-8, $\frac{3}{4}$ cup and for 9-12, 1 cup) Three food components are required for an adequate nutritious meal for students and to warrant the Federal reimbursement. Within each component, different food items may be offered, giving students many combinations for building a reimbursable meal.

OVS AND FULL COMPONENTS

If any student chooses $\frac{1}{2}$ cup vegetable or if a 9-12 grade student chooses $\frac{1}{2}$ cup of fruit as one of the components, the other 2 components must be the full serving size.

Food Components	K-5		6-8		K-8		9-12	
	Daily Minimum	Weekly Minimum	Daily Minimum	Weekly Minimum	Daily Minimum	Weekly Minimum	Daily Minimum	Weekly Minimum
Meat/Meat Alternate	1 oz	8 oz	1 oz	9 oz	1 oz	9 oz	2 oz	10 oz
Vegetable ¹	$\frac{3}{4}$ cup	3 $\frac{3}{4}$ cups	$\frac{3}{4}$ cup	3 $\frac{3}{4}$ cups	$\frac{3}{4}$ cup	3 $\frac{3}{4}$ cups	1 cup	5 cups
Fruit ²	$\frac{1}{2}$ cup	2 $\frac{1}{2}$ cups	$\frac{1}{2}$ cup	2 $\frac{1}{2}$ cups	$\frac{1}{2}$ cup	2 $\frac{1}{2}$ cups	1 cup	5 cups



An important part of offer vs serve at lunch is knowing what counts as a full component.

A full component is the full serving size of the component.

If you look at this chart, what is the full daily serving size for the vegetable component for grades K-8? $\frac{3}{4}$ cup per day. What about for grades 9-12? A full serving of vegetables is 1 cup.

If you look at the fruit component, what is the full daily serving size for grades 9-12? 1 cup. What about grades K-8? $\frac{1}{2}$ cup.

What is the minimum full component of meat for grades 9-12? 2 oz.

The reason this is important is that when a school allows offer vs. serve and a student of any grade chooses $\frac{1}{2}$ cup of vegetable as one component, or if a 9-12 grade student chooses a $\frac{1}{2}$ cup of fruit as one component, this is not a full serving for those grade groups. Again, a full serving of vegetables is either $\frac{3}{4}$ cup or 1 cup. A full serving of fruit for grades K-8 is $\frac{1}{2}$ cup, so for those grades, if a student takes $\frac{1}{2}$ cup of fruit, that is the full serving size of the fruit component. But if a high school student takes $\frac{1}{2}$ cup of fruit, that is NOT the full serving size.

When the student takes a $\frac{1}{2}$ cup fruit or vegetable and this is NOT the full serving size of that component for their grade, the other 2 components they choose with OVS must be the FULL SERVING.

NSLP Fruit Component Requirements

- Must offer fruits daily as part of the lunch menu
- Fruits that are fresh, frozen, or dried, or canned in light syrup, water or fruit juice may be offered
- All fruits are credited based on their volume as served
 - Except that 1/4 cup of dried fruit counts as 1/2 cup of fruit
- Only pasteurized, full-strength (100%) fruit juice may be offered
 - May be credited to meet **no more than one-half of the fruits component**
- The smallest creditable amount for the fruits component is 1/8 cup

[7 CFR 210.10\(c\)\(2\)\(i\)](#)



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The regulations for NSLP fruit component can be found at [7 CFR 210.10\(c\)\(2\)\(i\)](#)

Must offer fruits daily as part of the lunch menu.

Fruits that are fresh, frozen, or dried, or canned in light syrup, water or fruit juice may be offered.

All fruits are credited based on their volume as served.

- Except that dried fruit credits as twice the volume.

Only pasteurized, full-strength (100%) fruit juice may be offered.

- May be credited to meet no more than one-half of the fruits component.

The smallest creditable amount for the fruits component is 1/8 cup.

NSLP Vegetable Component Requirements

- Schools must offer vegetables daily as part of the lunch menu
- Fresh, frozen, or canned vegetables and dry beans, peas, and lentils may be offered to meet this requirement
- All vegetables are credited based on their volume as served
 - Except raw leafy greens credit as half the volume served
- Pasteurized, full-strength vegetable juice may be offered to meet **no more than one-half of the vegetables component**
- Vegetable offerings at lunch over the course of the week **must include the vegetable subgroups**
- The smallest creditable amount for the vegetable component is 1/8 cup

[7 CFR 210.10\(c\)\(2\)\(ii\)](#)



32

The regulations for NSLP vegetable component can be found at [7 CFR 210.10\(c\)\(2\)\(ii\)](#)

Schools must offer vegetables daily as part of the lunch menu.

Fresh, frozen, or canned vegetables and dry beans, peas, and lentils may be offered to meet this requirement.

All vegetables are credited based on their volume as served.

- Except raw leafy greens credit as half the volume served.

Pasteurized, full-strength (100%) vegetable juice may be offered to meet no more than one-half of the vegetables component.

Vegetable offerings at lunch over the course of the week must include the vegetable subgroups.

The smallest creditable amount for the vegetable component is 1/8 cup.

Vegetable Subgroups

Vegetable offerings at lunch over the course of the week must include:

- Dark Green
- Red/Orange
- Beans, Peas, and Lentils
- Starchy
- Other Vegetables

Dark Green Vegetables • Bok choy • Broccoli • Collard greens* • Dark green leafy lettuce* • Kale* • Mesclun* • Mustard greens* • Romaine lettuce* • Spinach* • Turnip greens* • Watercress*	Red/Orange Vegetables • Acorn squash • Butternut squash • Carrots • Hubbard squash • Pumpkin • Red peppers • Sweet potatoes • Tomatoes • Tomato juice	Other Vegetables • Artichokes • Asparagus • Avocado • Bean sprouts • Beets • Brussels sprouts • Cabbage • Cauliflower • Celery • Cucumbers • Eggplant • Green beans • Green bell peppers • Iceberg (head) lettuce* • Mixed vegetable juice • Mushrooms • Okra • Onions • Turnips • Wax beans • Zucchini
Starchy Vegetables • Cassava • Corn • Fresh cowpeas, field peas, or black-eyed peas (not dry) • Green bananas • Green peas • Green lima beans • Potatoes • Taro • Water chestnuts	Beans, Peas, and Lentils • Black beans • Black-eyed peas (mature, dry) • Edamame (immature soy beans) • Garbanzo beans (chickpeas) • Kidney beans • Lentils • Navy beans • Pinto beans • Soy beans • Split peas • White beans	

Vegetable offerings at lunch over the course of the week must include:

Dark green

Red/orange

Beans, Peas and Lentils

Starchy

Other vegetables

NSLP Grains Component Requirements

- Schools must offer grains daily as part of the lunch menu
- **At least 80 percent** of grains offered weekly **must** meet the whole grain-rich criteria
 - Whole grain-rich is the term designated by FNS to indicate that the grain content of a product is between 50 and 100 percent whole grain
- The remaining grain items offered **must** be enriched
- Ounce equivalents are used to determine the amount of creditable grains
- ¼ ounce equivalent (0.25 oz eq) is the smallest amount allowable to be credited toward the grains requirement
- Limit grain-based desserts to 2 oz eq or less weekly for all grade groups
 - See [Food Buying Guide](#) and [Food Buying Guide Exhibit A](#)

[7 CFR 210.10\(c\)\(2\)\(iii\)](#)



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The regulations for NSLP grains component can be found at [7 CFR 210.10\(c\)\(2\)\(iii\)](#)

Schools must offer grains daily as part of the lunch menu.

At least 80 percent of grains offered weekly must meet the whole grain-rich criteria.

- Whole grain-rich is the term designated by FNS to indicate that the grain content of a product is between 50 and 100 percent whole grain.

The remaining grain items offered must be enriched.

Ounce equivalents are used to determine the amount of creditable grains.

¼ ounce equivalent (0.25 oz eq) is the smallest amount allowable to be credited toward the grains requirement.

Limit grain-based desserts to 2 oz eq or less weekly for all grade groups.

NSLP Meats/Meat Alternates Components Requirements

- Schools must offer meats/meat alternates daily
- The quantity must be the edible portion as served
- Schools without daily choices should not serve any one meat/meat alternate or form of meat/meat alternate more than three times in the same week.
- If a portion size does not meet the daily requirement for a particular age/grade group, schools may supplement it with another meat/meat alternate to meet the full requirement

[7 CFR 210.10\(c\)\(2\)\(iv\)](#)



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The regulations for NSLP grains component can be found at [7 CFR 210.10\(c\)\(2\)\(iv\)](#)

Schools must offer meats/meat alternates daily.

The quantity must be the edible portion as served.

Schools without daily choices should not serve any one meat/meat alternate or form of meat/meat alternate more than three times in the same week.

If a portion size does not meet the daily requirement for a particular age/grade group, schools may supplement it with another meat/meat alternate to meet the full requirement.

NSLP Fluid Milk Requirements

- Must offer students a variety (**at least two different options**)
- Milk varieties may be unflavored or flavored
- Unflavored milk **must** be offered at each meal service
- Milk may be whole, reduced-fat (2%), low-fat (1%), or fat-free (skim)
- Lactose-free and reduced-lactose fluid milk may also be offered
- Flavored milk must contain no more than 10 grams of added sugars per 8 fluid ounces
- Must have vitamins A and D at levels specified by the FDA
- Must be pasteurized

[7 CFR 210.10\(d\)](#)



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The regulations for NSLP Fluid Milk Requirements can be found at [7 CFR 210.10\(d\)](#)

Must offer students a variety (at least two different options)

Milk varieties may be unflavored or flavored

Unflavored milk must be offered at each meal service

Milk may be whole, reduced-fat (2%), low-fat (1%), or fat-free (skim)

Lactose-free and reduced-lactose fluid milk may also be offered

Flavored milk must contain no more than 10 grams of added sugars per 8 fluid ounces

Must have vitamins A and D at levels specified by the FDA

Must be pasteurized

QUESTIONS?



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If you have any questions, please don't hesitate to contact the state agency staff at the Louisiana Department of Education Division of Nutrition Support at 225-342-9661 or send us an email at childnutritionprograms@la.gov