RECOGNIZING A REIMBURSABLE BREAKFAST MEAL AT THE POINT OF SERVICE

Learning Code: 2310
Training Length: 30 minutes

Arizona Department of Education
September 11, 2019
1:30pm-2:00pm

Hello!
Nice to meet you.

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ADE's webinars are designed to review key topics for operators of the National School Lunch and School Breakfast Programs.

Today's webinar features the topic recognizing a reimbursable meal at the point of service (POS). This webinar will only review what a reimbursable meal is at breakfast meal service.

This webinar will be recorded for future use.

Agenda

We will review the following topics in today's webinar.

1. Definitions
2. Recognizing a Reimbursable Breakfast Meal
    1. Serve Only
    2. Offer Versus Serve
3. Staff Resources

1.

DEFINITIONS

Definitions

Reimbursable Meal
A meal that can be counted and claimed for reimbursement because it has all the required food components.

Point of Service (POS)
Point in the food service operation where a determination can accurately be made that a reimbursable meal has been served to an eligible child.

Offer Versus Serve (OVS)
OVS allows students to decline some of the food components offered in a reimbursable meal. The goals of OVS are to reduce food waste and to permit students to choose the foods they want to eat.

Serve Only
Serve Only requires students to take all components that are offered in a reimbursable meal.

Definitions

Food Component

One of three food groups in a reimbursable breakfast. These are: fruits (or vegetables as substitute); grains (with optional meats/meat alternates); and fluid milk. Schools must always offer all three food components in at least the minimum daily required quantities.

Food Item

A specific food offered within the three food components.

An apple is an item within the fruit component.

A cereal bowl is an item within the grain component.

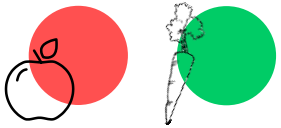
A sausage patty is an item within the optional meat/meat alternate component.

2.

RECOGNIZING A REIMBURSABLE MEAL

Let’s review the three food components

The breakfast meal pattern requires that three components are offered daily.



Fruit (or vegetable as substitute)
At least 1 cup of fruit must be offered daily for all age/grade groups. Schools may offer vegetables in place of fruits.

Fruit includes all fresh, dried and canned fruit. On your serving line you may see: whole apples, orange wedges, apple sauce, raisins, fruit cocktail, etc. 100% fruit juice also counts as a fruit.

Vegetables could be offered as a side, such as beans or salsa. Additionally, vegetables can count within an entrée, like kale in a smoothie.

Grain (with optional M/MA)
Schools must offer at least 1 serving of grains (1 oz. eq.) daily for each age/grade group. A serving of M/MA may be offered in place of grains *after* the minimum daily grain requirement has been met. The student does not have to select the grain item in order for the M/MA to count on the student’s tray.

Grains could be cereal, toast, tortillas, muffins, granola bars, etc. It can also be within a food item, like the English muffin in a breakfast sandwich.

M/MA consists of meats like turkey sausage, ham, chorizo, etc., and meat alternates like eggs, peanut butter, beans, cheese, or yogurt.

Milk
One cup of milk must be offered daily for all age/grade groups. Schools must also offer at least two varieties of milk daily. At least one of the two varieties must be unflavored.

Meal Service

Meal Service Options

School Food Authorities (SFAs) have the option to operate their breakfast meal service as Serve Only or OVS at each participating site. Unlike lunch, OVS is optional for all age/grade groups, including 9-12.

Regardless if the site is Serve Only or OVS, schools must always offer all three components in their daily minimum required quantities for the applicable age/grade groups.

So what's the difference? What the children select!

Schools who operate Serve Only *will only* count reimbursable meals if the student selects all items offered within the three components.

Schools who operate OVS *can* count reimbursable meals if the student selects a minimum of three food items from the three required components, one of the items being a ½ cup of fruit/vegetable.

Clarification

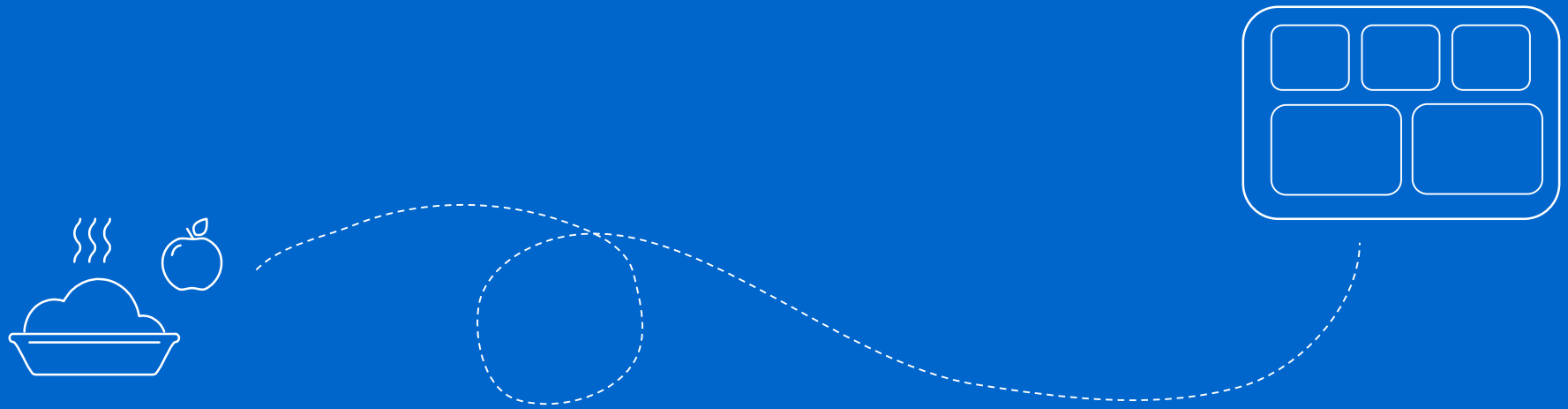
Offering Choices within Components is Not OVS

Schools are encouraged to give students options for entrees and side items, and are required to offer a variety of milk.

If choices within food components or food items are offered, the menu planner must indicate to the students what choices or combination of choices the student may select to have a reimbursable meal.

For example, a school offers four types of cereal and instructs students to “select one.” This is not the same as offering four grain items because the student can only select one, so only one grain item is being offered.

> *For Serve Only, the student would have to choose a cereal, but can choose from the four types of cereal.*
>
> *If this school was Offer Versus Serve, the student would not have to take cereal as long as they chose at least three other food items.*



SERVE ONLY

The following slides will review what is required for a reimbusable meal when using Serve Only meal service at breakfast.

Overview

Serve Only

Serve Only requires students to take all items served. This includes 1 serving of grain, 1 cup of fruit, and 1 cup of milk. If a serving of optional meat/meat alternate is served, the student must also select that item for the meal to be reimbursable.

Menu:
Whole grain apple loaf
Apple (1 cup)
Choice of milk:

- Lowfat unflavored or fat free chocolate

Overview

Serve Only

Serve Only requires students to take all items served. This includes 1 serving of grain, 1 cup of fruit, and 1 cup of milk. If a serving of optional meat/meat alternate is served, the student must also select that item for the meal to be reimbursable.

Menu:
Whole grain apple loaf
String cheese
Apple (1 cup)
Choice of milk:

- Lowfat unflavored or fat free chocolate

Overview

Serve Only

Serve Only requires students to take all items served. This includes 1 serving of grain, 1 cup of fruit, and 1 cup of milk. If a serving of optional meat/meat alternate is served, the student must also select that item for the meal to be reimbursable.

Menu:

Choice of cereal

- Cinnamon Toast Crunch
- Cocoa Puffs
- Froot Loops
- Honey Nut Cheerios

Apple

Fruit cocktail

Choice of milk:

- Lowfat unflavored or fat free chocolate

Overview

Serve Only

When students have choices within items, the student is not required to take all options offered.

Menu:

Choice of cereal

- Cinnamon Toast Crunch
- Cocoa Puffs
- Froot Loops
- Honey Nut Cheerios

Apple

Fruit cocktail

Choice of milk:

- Lowfat unflavored or fat free chocolate

At the POS, staff would see either Tray #1 or Tray #2.

Tray #1

Tray #2

Let's Practice!

Is this a reimbursable breakfast meal for Serve Only?

Is this a reimbursable breakfast meal for Serve Only?

Is this a reimbursable breakfast meal for Serve Only?

One muffin equals 1 oz. eq. whole grains.

Is this a reimbursable breakfast meal for Serve Only?

One smoothie has 2 oz. eq. M/MA and 1/2 cup fruit.

Is this a reimbursable breakfast meal for Serve Only?

Is this a reimbursable breakfast meal for Serve Only?

One egg, ham & cheese burrito equals 3 oz. eq. M/MA and 2 oz. eq. grain.

Is this a reimbursable breakfast meal for Serve Only?

One egg & sausage burrito equals 3 oz. eq. M/MA and 2 oz. eq. grain.

Is this a reimbursable breakfast meal for Serve Only?

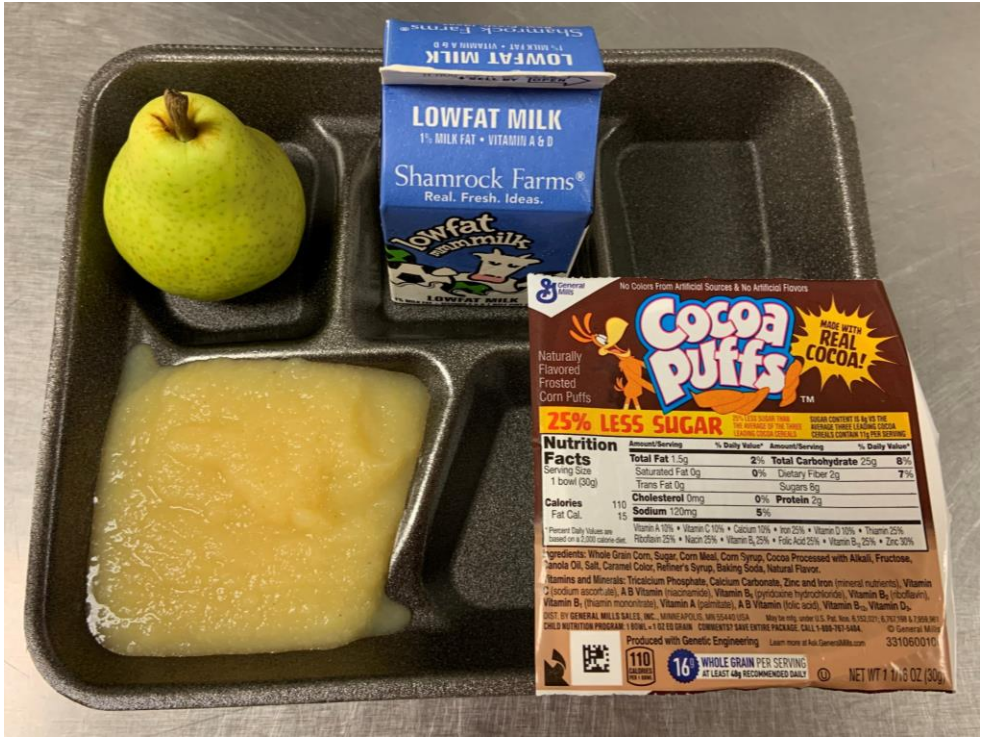
One apple loaf equals 2 oz. eq. whole grains.

Is this a reimbursable breakfast meal for Serve Only?

Is this a reimbursable breakfast meal for Serve Only?

One smoothie has 2 oz. eq. M/MA and 1/2 cup fruit.

Is this a reimbursable breakfast meal for Serve Only?



Is this a reimbursable breakfast meal for Serve Only?

Is this a reimbursable breakfast meal for Serve Only?

One apple loaf equals 2 oz. eq. whole grains.

Is this a reimbursable breakfast meal for Serve Only?

Is this a reimbursable breakfast meal for Serve Only?

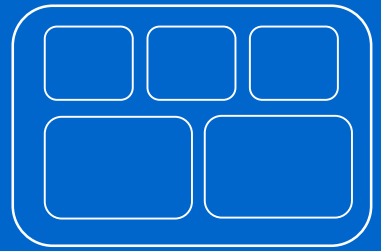
Four orange slices equals 1/2 cup fruit.

Is this a reimbursable breakfast meal for Serve Only?

One smoothie has 2 oz. eq. M/MA and 1/2 cup fruit.

Is this a reimbursable breakfast meal for Serve Only?

Four orange slices equals 1/2 cup fruit. One muffin equals 1 oz. eq. whole grains.



OFFER VS. SERVE

The following slides will review what is required for a reimbusable meal when using Offer vs. Serve meal service at breakfast.

Overview

Offer Versus Serve (OVS)

OVS allows students to decline some of the food offered in a reimbursable breakfast.

At minimum, students must be offered at least 4 items from the 3 components. Students must select at least 3 items to make a reimbursable meal, one of them being at least ½ cup of fruit/vegetable. This is applies for grades K-12.

Menu:

Choice of cereal

- Cinnamon Toast Crunch
- Cocoa Puffs
- Froot Loops
- Honey Nut Cheerios

Apple

Fruit cocktail

Choice of milk:

- Lowfat unflavored or fat free chocolate

Overview

Offer Versus Serve (OVS)

Even though OVS allows students the *ability to decline* food items, students do not have to decline and can still take all items offered.

Menu:

Choice of cereal

- Cinnamon Toast Crunch
- Cocoa Puffs
- Froot Loops
- Honey Nut Cheerios

Apple

Fruit cocktail

Choice of milk:

- Lowfat unflavored or fat free chocolate

Food Items in OVS

Food Items vs. Components

In OVS at breakfast you are counting *items*, not components.

Grain/ M/MA:
One item = 1 oz. eq.

Examples: 1 cereal bowl, 1 slice of toast, 1 package of crackers, 1 cheese stick, 1 sausage patty

Fruit/Vegetable:
One item = ½ cup

Examples: 1 pear, 1 apple, ½ cup canned peaches, 4 fl. oz. orange juice, ½ cup strawberries, ¼ cup dried cranberries

Milk:
One item = 1 cup of milk

Examples: 1 cup lowfat unflavored milk, 1 cup fat free flavored milk

Food Items in OVS

Food Items vs. Components

Students may select more than one item within a food component to build their reimbursable meal.

Menu:
Chocolate Muffin
Apple
Fruit cocktail
Choice of milk:

- Lowfat unflavored or fat free chocolate

This tray only has 2 components, but has 3 items and is a complete reimbursable breakfast meal.

Exception: students may not select more than one serving of milk in a reimbursable meal.

Food Items in OVS

Large Food Items

An item that is large enough to contribute 2 oz. eq. can count as 2 food items toward a reimbursable breakfast meal.

Example: this apple loaf is 2 oz. eq. and can count as 2 food items.

This tray has 3 items and is reimbursable.

Food Items in OVS

Combination Items

Often, your menus will have one food item that contains more than one component.

Example: this breakfast burrito has at least 1 oz. eq. of M/MA and at least 1 oz. eq. of grain and can count toward 2 of the 3 required items to build a reimbursable breakfast meal.

Example: this smoothie is made with at least 1 oz. eq. yogurt (M/MA) and ½ cup of pureed fruit and can count toward 2 of the 3 required items to build a reimbursable breakfast meal.

Staff Training

OVS and Staff Training

ADE recommends that you *do not* train staff that OVS means there will be three items on the tray, one being a fruit or vegetable. With a combination item or larger food item, there will only be two food items on the tray, but still three items.

Menu:
Strawberry smoothie
Graham crackers
Fresh pear
Choice of milk:
Fat free chocolate or fat free plain

Combination items or larger food items that count as more than 1 item can be confusing for staff since it will look like there is not enough food on the tray. It will be important that staff understand the difference between food items and food components, and are made aware of how many items each food item contributes to a reimbursable meal.

Staff Training

Offer Versus Serve and Staff Training

ADE recommends that you *do* train staff that Offer Versus Serve means at minimum three items; one being at least a ½ cup of fruit/vegetable.

Ask staff:

1) How many items are on the tray?
2) Is there at least a ½ cup of fruit and/or vegetable?

Other recommendations/thoughts to consider:

- Role play with staff to practice how a child is able to select items from the line, and what combinations of items on the menu that day make a reimbursable meal.
- Review with staff where the child is able to select their fruit/vegetable servings.
- Let staff know if the fruit and vegetables are pre-portioned into ½ cups or if staff need to be trained on identifying how much is a ½ cup.

OVS and Fruit/ Vegetable Requirement

Offer Versus Serve (OVS) and ½ cup Fruit/Vegetable

At minimum, students must select at least 3 items, and one of the 3 must be a ½ cup of fruit/vegetable. This can be ½ cup of fruit, ½ cup of vegetable or ¼ cup of fruit + ¼ cup of vegetable.

Depending how the food is offered, this may be a challenge for staff to determine if the student has selected *enough of the fruit or vegetable* to count as an item.

For example, if orange wedges are offered as part of a self-serve salad/fruit bar, the staff will need to be familiar with how many wedges make a ½ cup.

Let's Practice!

Is this a reimbursable breakfast meal for OVS?

Is this a reimbursable breakfast meal for OVS?

One egg, ham & cheese burrito equals 3 oz. eq. M/MA and 2 oz. eq. grain.

Is this a reimbursable breakfast meal for OVS?

One apple loaf equals 2 oz. eq. whole grains.

Is this a reimbursable breakfast meal for OVS?

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Is this a reimbursable breakfast meal for OVS?

One egg & sausage burrito equals 3 oz. eq. M/MA and 2 oz. eq. grain.

Is this a reimbursable breakfast meal for OVS?

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One smoothie has 2 oz. eq. M/MA and 1/2 cup fruit.

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One muffin equals 1 oz. eq. whole grains.

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Is this a reimbursable breakfast meal for OVS?

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Is this a reimbursable breakfast meal for OVS?

Four orange slices equals 1/2 cup fruit.

Is this a reimbursable breakfast meal for OVS?

One egg, ham & cheese burrito equals 3 oz. eq. M/MA and 2 oz. eq. grain.

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One egg, ham & cheese burrito equals 3 oz. eq. M/MA and 2 oz. eq. grain.

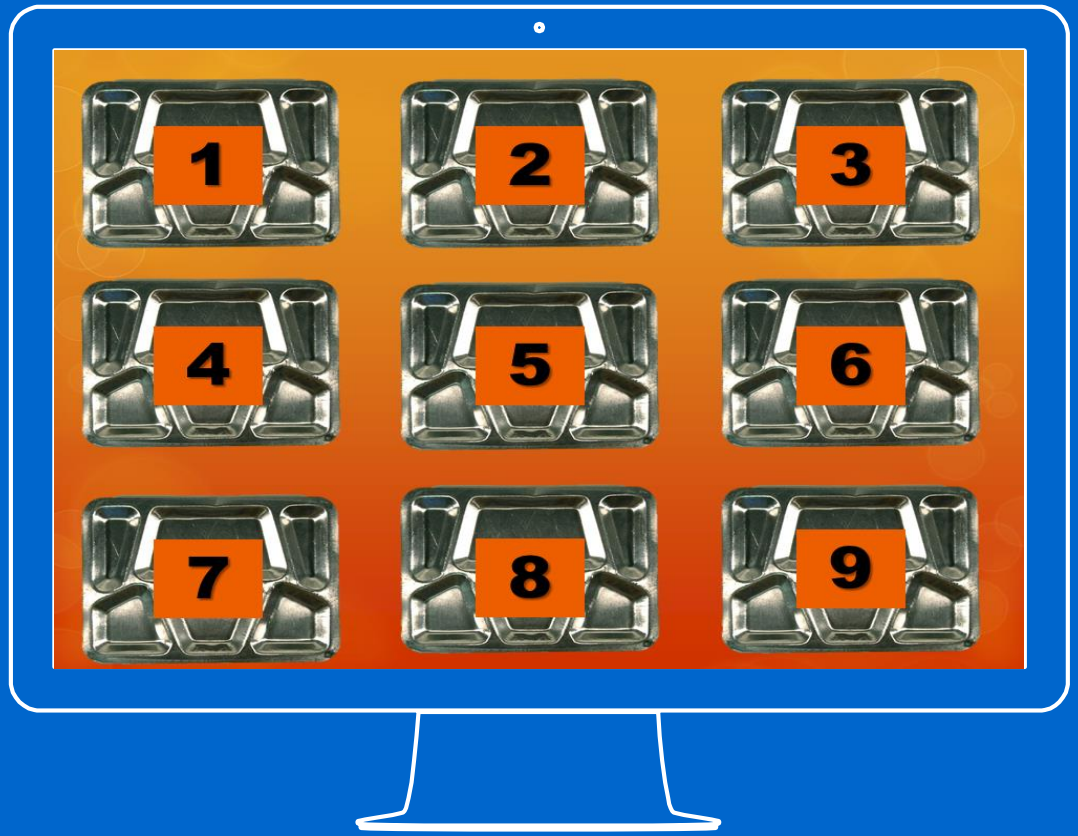
3.

STAFF RESOURCES

Meal or No Meal

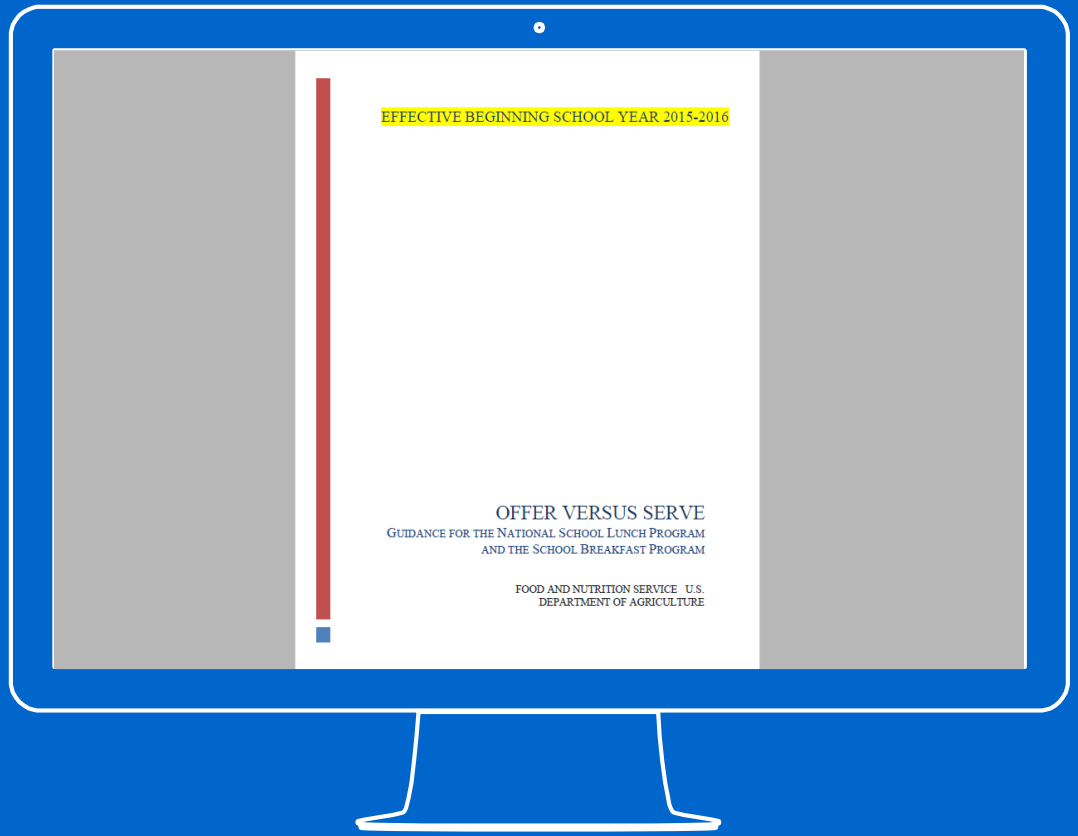
New Breakfast Edition!

In game format, attendees will be provided 9 different trays in which they must identify if the tray is reimbursable for breakfast for Offer vs. Serve. Training can be completed by single user or used by a facilitator in a group training.



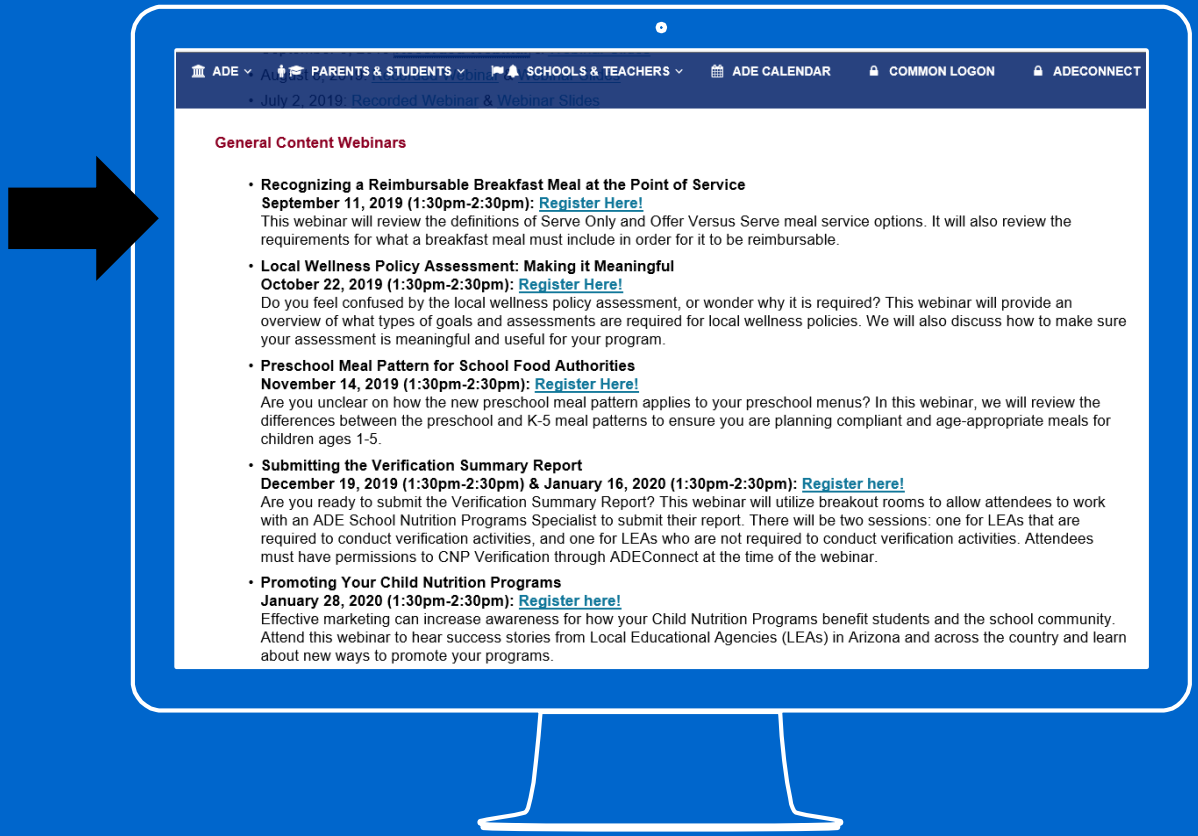
USDA's Offer Versus Serve Manual

USDA has released an Offer Versus Serve manual that reviews the definitions of OVS and how to implement OVS at Lunch and Breakfast.



This Webinar!

This webinar has been recorded for future use. You can replay this webinar as often as needed. Access the recorded webinar on the ADE Website: Training and Professional Standards.



USDA's Offer Versus Serve Tip Sheets

USDA has released Offer Versus Serve tip sheets that reviews the definitions of OVS and how to implement OVS at Lunch and Breakfast.

USDA
United States Department of Agriculture
Food and Nutrition Service

OFFER VERSUS SERVE (OVS)

Tip Sheet for School Food Service Managers

School Breakfast Program

What is OVS?

The goal of OVS is to reduce food waste while allowing students to choose the foods they want to eat. Everyone plays a role. When students and cafeteria staff understand OVS, breakfast lines move smoothly, allowing students to make the most of meal time and enjoy the wholesome and appealing foods they are served. It also helps reduce overall food costs.

Under OVS at breakfast, schools must offer at least four food items from the three required food components (fruit, grains, and fluid milk*).

- A **food component** is one of three required food groups in a reimbursable breakfast. These are fruits, grains, and fluid milk*.
- A **food item** is a specific food offered within the three food components, for example, 2 slices of whole grain-rich bread, 1 cup of grapes, and 1 cup of milk. This meal meets OVS breakfast requirements because three food components and four food items are offered.

Students must select at least three of the four offered food items under OVS at breakfast, including at least ½ cup of fruit and/or vegetable. Please note, OVS is optional at breakfast for all grade levels.

Required Components at Breakfast

Fruit	Grains	Fluid Milk*
1 cup	1 ounce equivalent (oz eq)	1 cup

Sample OVS breakfast menu:

Variety of milk*: fat free or low-fat (1 cup milk)
Slice of whole grain-rich toast (1 oz eq grain)
Whole grain-rich cereal (1 oz eq grain)
Orange slices (1 cup fruit)

Optional Components at Breakfast

Vegetables

- Vegetables may be offered as a substitute for fruits.

Meats/Meat Alternates

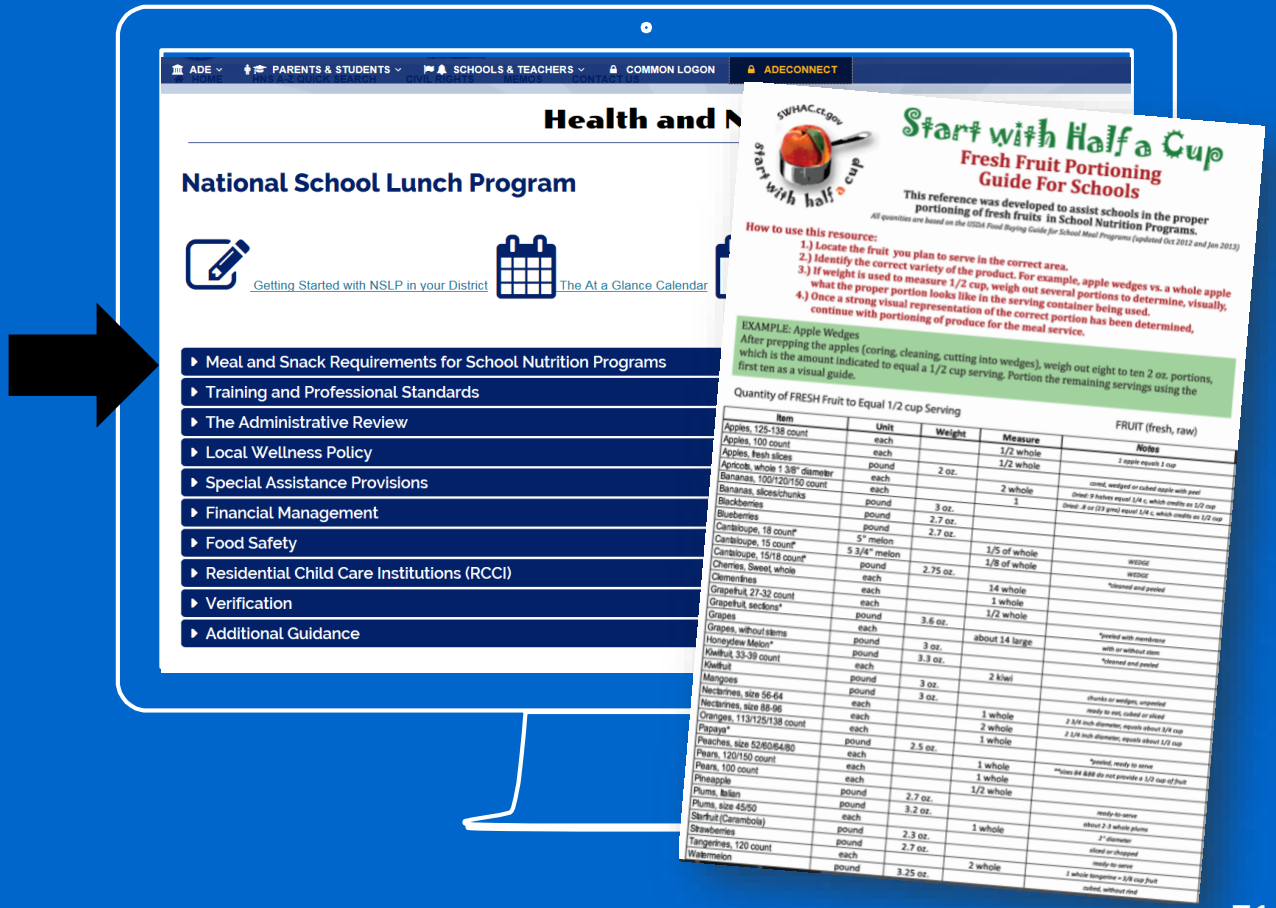
- A meat/meat alternate may be served to meet the weekly grain requirement, as long as a 1 oz eq minimum of grains is offered daily.
- A meat/meat alternate may also be offered as an "extra" food (not credited toward meal pattern requirements) if a reimbursable meal is selected.

*Water does not count as one of the three required food components and cannot be served as a substitute for milk.

Fresh Fruit and Vegetable Portion Guide

These guides are available on the ADE website under Meal and Snack Requirements.

The guides were created by the Connecticut Department of Education in collaboration with their committee, Start with Half a Cup.



Thank you very much for your time!

If you are attending the live webinar, you will receive a link to complete the survey in EMS. After completing the survey you can print a certificate of completion.

If you are watching the recorded webinar, you can access the survey link and certificate of completion at the end of the webinar slides.

Any questions?
Please type them now into the chat bar now.

Acknowledgements: *Photos taken at Valley Vista High School of Dysart Unified School District*

Answer Key

Serve Only

Slide 18: Yes

Slide 19: No, missing 1 cup of fruit

Slide 20: No, missing ½ cup fruit and milk

Slide 21: Yes

Slide 22: No, missing milk

Slide 23: No, missing ¼ cup fruit

Slide 24: Yes

Slide 25: No, missing ½ cup fruit and milk

Slide 26: No, missing ½ cup fruit

Slide 27: No, missing milk

Slide 28: Yes

Slide 29: No, missing ½ cup fruit

Slide 30: Yes

Slide 31: No, missing ¾ cup fruit

Slide 32: No, missing grain

Slide 33: No, missing ½ cup fruit

Slide 34: Yes

Answer Key

Offer Versus Serve

Slide 46: Yes

Slide 47: No, missing ½ cup fruit/vegetable

Slide 48: Yes

Slide 49: No, missing ¼ cup fruit/vegetable

Slide 50: Yes

Slide 51: Yes (¼ cup oranges and ¼ cup salsa = ½ cup fruit/vegetable)

Slide 52: No, missing ½ cup fruit/vegetable

Slide 53: Yes

Slide 54: No, missing a 3rd item

Slide 55: Yes

Slide 56: Yes

Slide 57: No, missing ½ cup fruit/vegetable

Slide 58: Yes

Slide 59: Yes

Slide 60: Yes

Slide 61: No, missing ¼ cup fruit/vegetable

Slide 62: Yes

Slide 63: Yes

Slide 64: Yes

Slide 65: Yes

Congratulations!

You have completed the ***Recorded Webinar: Recognizing a Reimbursable Breakfast Meal at the Point of Service***.
To request a certificate, please go to the next slide.

In order to count this training toward your Professional Standards training hours, the training content must align with your job duties.

Information to include when documenting this training for Professional Standards:

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- Learning Codes: 2310
- Key Area: 2000-Operations
- Length: 30 minutes

Please Note:

- *Attendees must document the amount of training hours indicated regardless of the amount of time it takes to complete it.*

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Requesting a Training Certificate

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https://www.surveymonkey.com/r/RecordedWebinarOnlineSurvey

The information below is for your reference when completing the survey:

- Training Title: ***Recorded Webinar: Recognizing a Reimbursable Breakfast Meal at the Point of Service***
- Professional Standards Learning Codes: ***2310***