

# Reimbursable School Meals for Introduction to School Nutrition Leadership



Participant's Workbook



# **Reimbursable School Meals for Introduction to School Nutrition Leadership**

## **Participant's Workbook**

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**Key Area: 2 (Operations)**

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# Institute of Child Nutrition

The University of Mississippi

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## **PURPOSE**

Improve the operation of child nutrition programs through research, education and training, and information dissemination.

## **VISION**

Lead the nation in providing research, education, and resources to promote excellence in child nutrition programs.

## **MISSION**

Provide relevant research-based information and services that advance the continuous improvement of child nutrition programs.

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## Table of Contents

Ground Rules . . . . .	1
USDA Professional Standards . . . . .	1
ICN Competencies . . . . .	1
Role of the School Nutrition Director . . . . .	2
Objectives . . . . .	3
Reimbursable School Meals . . . . .	5
Fruit Requirements for School Meals . . . . .	8
Vegetable Requirements for School Meals . . . . .	12
Grains Requirements for School Meals . . . . .	24
Meats/Meat Alternates Requirements for School Meals . . . . .	28
Fluid Milk Requirements for School Meals . . . . .	34
Reimbursable OVS Lunch Meals . . . . .	35
Reimbursable OVS Breakfast Meals . . . . .	43
Unit Price . . . . .	51
Smart Goals for Reimbursable School Meals . . . . .	59
Appendix . . . . .	61
References . . . . .	63





## Ground Rules

ICN has developed Ground Rules to help the class run smoothly and allows all participants to benefit from the course instruction and information. (These Ground Rules can be found on the ICN website – [Ground Rules for Training Mini-Posters](#)).

## USDA Professional Standards

### 2000 Operations

#### 2200 Serving Food

2220 – Offer Versus Serve

#### 2300 Cashier and Point of Service

2310 – Reimbursable Meals

3430 – Training Plans and Tracking

## ICN Competencies

### Functional Area 1: Nutrition and Menu Planning

Competency 1.2: Ensures all meals served in the school nutrition program meet current nutritional standards and meal pattern requirements, including children with special diet needs.

### Functional Area 4: Program Regulations and Accountability

Competency 4.1: Maintains integrity and accountability of the school nutrition program through compliance with all Federal, State, and local regulations.

## Role of the School Nutrition Director

The purpose of the school meals programs is to provide safe, healthy reimbursable meals across the nation. The school meals program meal pattern requirements reflect the key food groups recommended by the Dietary Guidelines for Americans (DGAs). School reimbursable meals are required to meet specific nutrition standards in addition to the required meal components/food items.

For reimbursement, the director must ensure planned and offered school meals meet the Federal regulations, including providing all students access to the required meal components and amounts. A skilled director creates menus that are compliant with Federal regulations and student pleasing; can be prepared within the limits of the operation; and include textures, colors, and flavors, and include a variety of choices.

It is imperative for directors to understand the Federal requirements for reimbursable meals under the National School Lunch Program (NSLP) and National School Breakfast Program (SBP). As a leader, the director must understand Federal regulations, train staff on the regulations, and monitor compliance of the regulations within their operation.

## Objectives

At the end of this training, participants will have accomplished the following objectives.

- Recall the school lunch and breakfast reimbursable meal components.
- Identify the school lunch and breakfast fruit component requirements.
- Identify the school lunch vegetable component requirements.
- Identify the school lunch and breakfast grains component requirements.
- Identify the school lunch meats/meat alternates (M/MA) component requirements.
- Identify the school lunch and breakfast fluid milk component requirements.
- Recognize an Offer Versus Serve (OVS) reimbursable lunch meal.
- Recognize an OVS reimbursable breakfast meal.
- Discuss unit prices for a reimbursable meal.



## Reimbursable School Meals

Reimbursable school meals are required to meet specific nutrition standards also known as the meal pattern requirements. The school meals program meal pattern requirements reflect the key food groups recommended by the *Dietary Guidelines for Americans*. School meal pattern requirements focus on meal components, not nutrients. Students and their parents/guardians need to be aware of what is included in school meals; students, so they know how to select a reimbursable meal, and parents/guardians, so they can reinforce nutrition education messages at home.

**Objective:** Recall the school lunch and breakfast reimbursable meal components.

### Menu Planner

For reimbursement, the menu planner must plan and offer lunches and breakfasts that meet all applicable meal pattern requirements, including providing all students access to the required meal components and amounts. Remember, it is the role of the menu planner to plan reimbursable meals and communicate clear messages to the school nutrition staff. It is the role of the individual that prepares and/or serves and cashiers to follow the directions intended by the menu planner ensuring the students selects a reimbursable meal.

### Menu Planner Skills

Menu planning skills include creating menus that:

- Are compliant with Federal regulations
- Are student pleasing
- Are prepared within the limits of the operation
- Include textures, colors, and flavors
- Include a variety of choices

### Menu Choices

Menus should reflect student preferences and, as much as possible, offer choices within the meal components. For example, the menu planner may allow to offer choices within the same meal component such as allowing students to select a bagel or toast or allowing students to select two out of three vegetables. Choices provide students many opportunities to build a healthy meal. Choices can also increase the likelihood that students will select the foods and beverages they prefer, which increases consumption and reduces waste.

## Grade Groups

Menu planners must plan lunch and breakfast menus using the grade groups K–5, 6–8, and 9–12. Specific amount of foods and average calorie levels are required for a meal to be considered a healthy school meal depending on the grade groups. Check with your State agency if your district has an unusual grade configuration.

## Dietary Specifications

All foods and beverages served in reimbursable meals contribute to the weekly dietary specifications for calories, saturated fat, added sugars, and sodium. When required by the Administrative Review of school nutrition programs, these items are included in the nutrient analysis of school menus.

## School Lunch Calorie Range

The calorie requirements for grades K–5 (550–650 average calories per week) and grades 6–8 (600–700 average calories per week) overlap. Therefore, a school could offer both grade groups a single lunch menu with a range of 600–650 average calories per week to meet the requirement for each grade group.

Reimbursable Lunch Calorie Range Average Calories/Week		
Grades K–5	Grades 6–8	Grades 9–12
550–650	600–700	750–850

## School Breakfast Calorie Range

The calorie requirements for grades K–5 (350–500 average calories per week), grades 6–8 (400–550 average calories per week), and grades 9–12 (450–600 average calories per week) overlap. Therefore, a school could offer both grade groups a single breakfast menu with a range of 450–500 average calories per week to meet the requirement for each grade group.

School Breakfast Calorie Range Average Calories/Week		
Grades K–5	Grades 6–8	Grades 9–12
350–500	400–550	450–600

## Saturated Fat

School lunches and breakfasts offered to all age/grade groups must, on average over the school week, provide less than 10 percent of total calories from saturated fat.

## Added Sugar Limits

USDA is implementing a two-step approach to reduce added sugars in school meals. This standard allows schools to decrease added sugars over the next several years to meet the weekly dietary limit of less than 10 percent of calories across the week in the school lunch and breakfast programs.

Step 1: By July 1, 2025, schools must implement product-based limits for breakfast cereals, yogurt, and flavored milk for breakfast and lunch.

- Breakfast cereals must contain no more than 6 grams of added sugars per dry ounce.
- Yogurt must contain no more than 12 grams of added sugars per 6 ounces (2 grams of added sugars per ounce).
- Flavored milk must contain no more than 10 grams of added sugars per 8 fluid ounces
  - Competitive Foods:
    - Elementary School: No more than 10 grams per 8 fluid ounces when sold as a competitive food.
    - Middle and High School: No more than 15 grams of added sugars per 12 fluid ounces when sold as a competitive food.

Step 2: By July 1, 2027, schools must implement a weekly dietary limit for added sugars to less than 10 percent of calories per week.

## Sodium Limits

Schools must currently meet Sodium Target 1a for school lunch:

- Grades K–5 < 1,110 mg
- Grades 6–8 < 1,225 mg
- Grades 9–12 < 1,280 mg

Beginning on July 1, 2027, schools must implement the following sodium limits for lunch:

- Grades K–5 < 935 mg
- Grades 6–8 < 1,035 mg
- Grades 9–12 < 1,080 mg

Schools must currently meet Sodium Target 1 for school breakfast:

- Grades K–5 < 540 mg
- Grades 6–8 < 600 mg
- Grades 9–12 < 640 mg

Beginning on July 1, 2027, schools must implement the following sodium limits for breakfast:

- Grades K–5 < 485 mg
- Grades 6–8 < 535 mg
- Grades 9–12 < 570 mg

## Meal Components for School Meals

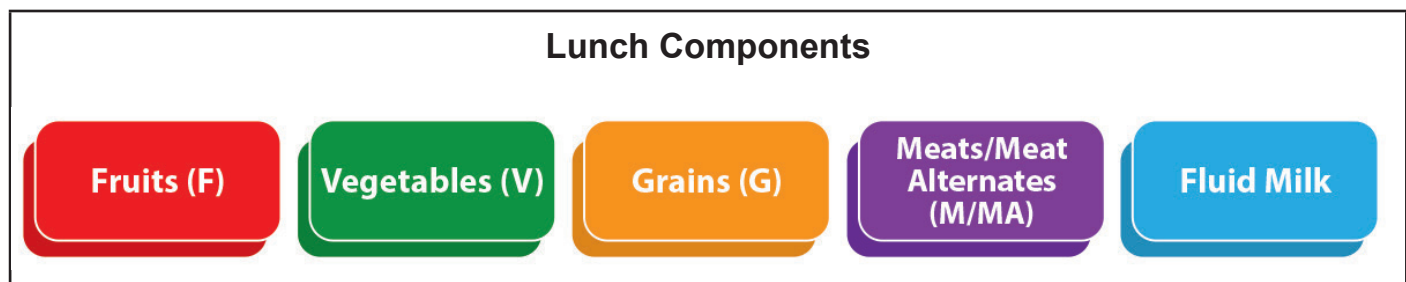
A meal component is one of the food groups that comprises a reimbursable lunch or breakfast. There are five required meal components at lunch and three required meal components at breakfast. Meal components must be offered in at least the daily minimum required amounts and weekly minimum amounts, if applicable. throughout this training.

Lunch and breakfast meal components share many similarities and have some distinctive requirements specific for each meal. We will discuss the similarities and the specific requirements throughout this training.

## Meal Components for Lunch

The meal components that must be offered in a reimbursable lunch are:

- Fruits
- Vegetables
- Grains
- Meats/meat alternates (M/MA)
- Fluid milk

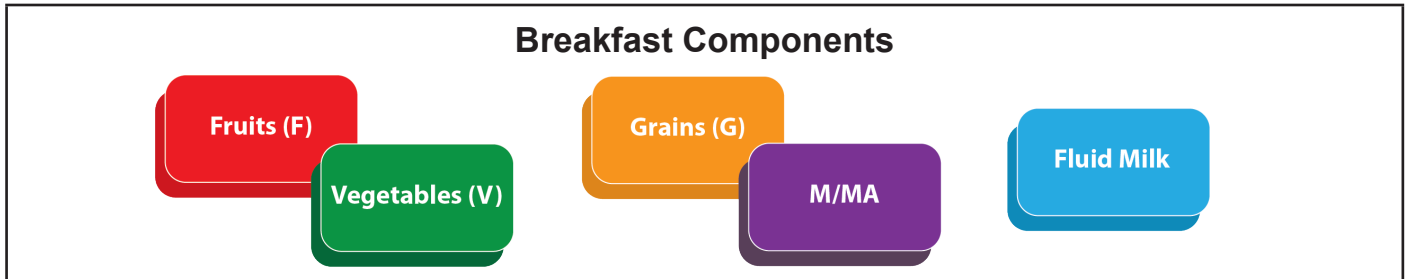




## Meal Components for Breakfast

The meal components that must be offered in a reimbursable breakfast are:

- Fruits (or vegetables as a substitute)
- Grains and/or meats / meat alternates
- Fluid milk



## Food Items

A food item is a specific food offered in a reimbursable lunch from the five meal components. Food items may include multiple choices from any of the required meal components and must be offered in the minimum quantity for the meal component to be credited. For example, separate  $\frac{1}{2}$  cup servings of peaches, applesauce, and pears are three food items that, when selected, comprise one component (fruit). Although three different choices or food items are offered, all of the choices are from the same meal component (fruit).

A breakfast food item is a specific food offered in a reimbursable breakfast from the three meal components. For the purposes of Offer Versus Serve (OVS), a school must offer at least four food items from the three required meal components (fruits, grains, milk).

## FRUIT REQUIREMENTS FOR SCHOOL MEALS

**Objective:** Identify the school lunch and breakfast fruit component requirements.

### Fruit Component

The fruit component is a required meal component for a reimbursable lunch and breakfast meal. Schools may offer fruits that are fresh; frozen; canned in light syrup, water, or fruit juice; or dried. Frozen fruits with added sugar should be used in moderation to keep the average school meal within the weekly calorie ranges. Pasteurized, full-strength (100%) fruit juice may also be offered in either liquid or frozen form (it is credited to meet no more than  $\frac{1}{2}$  of the fruits component offered over the week). Required quantities are established in the meal patterns for lunch and breakfast.

### Fruit Component Requirements for a Reimbursable Lunch

Students in all grades must be offered daily and weekly minimum amounts for the fruit component. The minimum quantity that may be credited toward the fruit component is  $\frac{1}{8}$  of a cup. Menu planners may allow for students to select more than the daily minimum serving (except for juice) for fruit if the calorie restrictions for lunches offered averaged over the school week are met.

Reimbursable School Lunch Fruit Component		
	Daily Minimum Requirements Offered	Weekly Minimum Requirements Offered
Grades K–5	$\frac{1}{2}$ cup	2 $\frac{1}{2}$ cups
Grades 6–8	$\frac{1}{2}$ cup	2 $\frac{1}{2}$ cups
Grades 9–12	1 cup	5 cups

Reimbursable School Breakfast Fruit Component		
	Daily Minimum Requirements Offered	Weekly Minimum Requirements Offered
Grades K–5	1 cup	5 cups
Grades 6–8	1 cup	5 cups
Grades 9–12	1 cup	5 cups

## Juice

Pasteurized 100% full-strength fruit, fruit/vegetable, vegetable, or vegetable blend juice may be offered to meet up to  $\frac{1}{2}$  of the fruit or vegetable weekly lunch or breakfast requirements.

## Dried Fruit

Whole dried fruit and whole dried fruit pieces credit at twice the volume served. For example, a  $\frac{1}{4}$  cup of raisins contributes  $\frac{1}{2}$  cup fruit toward the fruit requirement, as recommended by the *Dietary Guidelines for Americans*. Dried fruit is sometimes processed with sugar to keep the fruit pieces separated. Although these types of products are allowed, schools must be aware of the maximum calorie limits when offering any food with added sugar as part of the reimbursable meal.



## School Meals Fruit Component Requirement

**Instructions:** Review the breakfast and lunch menu options and identify if the fruit offered meets the fruit component criteria for a reimbursable breakfast and lunch meal for grades K–5 and grades 6–8. Answer the corresponding questions.

School Breakfast and Lunch Fruit Menu					
School Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast K–5 6–8	½ cup Kiwi	½ cup Tropical Fruit	½ cup Strawberries	½ cup Sliced Peaches	¼ cup Blueberries
	4 oz Fruit Juice	¼ cup Raisins	½ cup Fruit Salad	4 oz Fruit Juice	4 oz Fruit Juice
Lunch K–5 6–8	½ cup Applesauce	½ cup Peaches	½ cup Orange Slices	½ cup Kiwi	½ cup Sunshine Salad
	½ cup Red Grapes	¼ cup Apple Slices	½ cup Baked Cinnamon Cherries	½ cup Apricots	½ cup Strawberries and White Grapes

**Note:** For the purpose of this activity, students may select both fruit options at breakfast and lunch.

**Does this menu meet the fruit requirements for breakfast?**

**Does this menu meet the fruit requirements for lunch?**

## VEGETABLE REQUIREMENTS FOR SCHOOL MEALS

**Objective:** Identify the school lunch vegetable component requirements.

### School Lunch Vegetable Requirements

Students in all grades must be offered daily and weekly minimum amounts for the vegetable component at lunch. Vegetables are not a required meal component for a reimbursable school breakfast. However, vegetables may be offered at breakfast in place of fruit.

The minimum quantity that may be credited toward the vegetable component is  $\frac{1}{8}$  cup. Menu planners may allow students to select more than the daily minimum serving (except for juice) for the vegetable component if the calorie restrictions for lunches offered averaged over the school week are met.

Reimbursable School Lunch Vegetable Component		
	Daily Minimum Requirements Offered	Weekly Minimum Requirements Offered
Grades K–5	$\frac{3}{4}$ cup	3 $\frac{3}{4}$ cups
Grades 6–8	$\frac{3}{4}$ cup	3 $\frac{3}{4}$ cups
Grades 9–12	1 cup	5 cups

### Vegetable Subgroups

Vegetables are organized into subgroups based on their nutrition content. Schools must offer all five vegetable subgroups over the course of a week. These subgroups include:






- Dark green
- Red/orange
- Beans, Peas, and Lentils
- Starchy
- Other vegetables

### Subgroups

All students must have the ability to choose all subgroups each week. If a serving is less than  $\frac{1}{8}$  cup of vegetables, it may not be counted to meet the vegetable component. If two subgroups are offered on one particular day and students can only select one choice, both of those two subgroups need to be offered again in the same week.

## Subgroup Requirements

Required minimum weekly quantities for each subgroup are established in the lunch meal pattern. Larger amounts of dark green, red/orange, beans, peas, and lentils, starchy, and other vegetables may be served. The minimal weekly vegetable subgroup requirements are listed on the slide.

						<b>Additional vegetables to meet weekly requirements</b>
	<b>Dark Green</b>	<b>Red/Orange</b>	<b>Beans, Peas, and Lentils</b>	<b>Starchy</b>	<b>Other</b>	
<b>Grades K–5</b>	½ cup	¾ cup	½ cup	½ cup	½ cup	1 cup
<b>Grades 6–8</b>	½ cup	¾ cup	½ cup	½ cup	½ cup	1 cup
<b>Grades 9–12</b>	½ cup	1¼ cups	½ cup	½ cup	¾ cup	1½ cup

Schools may offer any of the subgroups to meet the total weekly requirement. To meet the minimum weekly vegetable requirements, grades K–5 and grades 6–8 will need to offer an additional 1 cup of vegetables from any of the vegetable subgroups. To meet the minimum weekly vegetable requirements, grades 9–12 will need to offer an additional 1 ½ cups of vegetables from any of the vegetable subgroups.

## Dark Green Vegetables

Some examples of dark green vegetables are:

- Romaine lettuce
- Spinach
- Dark green leafy lettuce
- Mustard greens
- Broccoli
- Turnip greens
- Swiss chard
- Kale

## **Crediting Dark Green Vegetables**

Raw leafy greens are credited as half the volume served (1 cup raw equals  $\frac{1}{2}$  cup serving of dark green vegetables). Cooked leafy green vegetables credit as volume as served; raw leafy greens credit as half volume served. Other dark green vegetables such as broccoli and cooked spinach are credited at the same volume served.

## **Red/Orange Vegetables**

Some examples of red/orange vegetables are:

- Red and orange peppers
- Tomatoes
- Cherry peppers
- Sweet potatoes
- Carrots
- Hubbard squash
- Pumpkin



## **Beans, Peas, and Lentils Vegetable Subgroups**

Beans, peas, and lentils can be credited toward the vegetable component because they are excellent sources of dietary fiber and nutrients such as folate and potassium. Under the school meal pattern, edamame will contribute to the beans, peas, and lentils vegetable subgroup or meats/meat alternates component.

Fresh immature beans (such as green lima beans and fresh peas) are not allowed to dry on the plant and therefore do not fix nitrogen that would allow them to have higher protein content, and therefore are credited as vegetables.

## **Beans, Peas, and Lentils**

Some other examples of beans, peas, and lentils are:

- Kidney beans
- Navy beans
- Edamame
- Pink beans
- Black beans
- Garbanzo beans
- Lentils
- Black-eyed peas (dry, mature)
- Split peas
- Pinto beans

## **Starchy Vegetables**

The starchy vegetable subgroup includes foods such as:

- Jicama
- Plantain
- Corn
- Taro

## Other Vegetables

The other vegetable subgroup includes foods such as:

- Zucchini
- Okra
- Avocado
- Cauliflower
- Celery
- Green beans
- Cabbage
- Cucumbers
- Belgian endive
- Onions

## Vegetables Mixtures

Vegetable combinations from the same subgroup (e.g., carrots ,sweet potatoes and red/orange vegetables) may count toward that single vegetable subgroup. Vegetable combinations that contain at least  $\frac{1}{8}$  cup each of different vegetable subgroups (e.g., carrots and corn) may count each one toward the appropriate subgroups. If the quantities of the different vegetables are not known or starchy vegetables are in the mix, the vegetable mixture counts as additional vegetables.


**Can vegetable juice blends contribute toward a vegetable subgroup?**

## Vegetables K–8 Menu Activity Instructions

### Instructions:

- Locate the **Sample CN Label for Chicken Stir-Fry Bowl** handout, the **White Chicken Chili Recipe** handout, the **K–8 Sample Lunch Menu** handout, and the **Vegetables K–8 Menu** worksheet in this workbook.
- Review the menu items.
- Identify the name of all the vegetables, portion sizes, and the appropriate vegetable subgroup. Record your answers on the **Vegetables K–8 Menu** worksheet.
- Monday menu has been completed on the worksheet as an example.

### Sample CN Label for Chicken Stir-Fry Bowl

<b>Chicken Stir-Fry Bowl</b>	
Ingredient Statement: Chicken, brown rice, broccoli, red peppers, carrots, onions, water, olive oil, soy sauce, spices.	
CN 099135	
CN	Each 4.5 oz. Chicken Stir-Fry Bowl provides 1.5 oz. equivalent meat, 1.0 oz eq Grains, ¼ cup dark green vegetable, ¼ cup red/orange vegetable, and ⅛ cup other vegetable for Child Nutrition Meal Pattern Requirements. (Use of this logo and statement authorized by the Food and Nutrition Service, USDA XX/XX).
CN	
Net Wt.: 18 pounds	
	
<b>Chicken Wok Company</b> 1234 Kluck Street Poultry, PA 12345	



Main Dish

Healthier Kansas Recipe 128  
Iowa Gold Star

White Chicken Chili Recipe

HACCP: #2 Same Day Service

Ingredients	100 Servings		Servings		Preparation Instructions
	Weight	Measure	Weight	Measure	
Onions, yellow, AP Garlic, fresh, minced Chicken, cooked, diced	3 lb 8 oz 5 oz 10 lb				1. In a steam jacketed kettle, combine chopped onions, garlic, chicken, beans with liquid, water, chicken base, white pepper, and ground cumin. 2. Simmer for 10 minutes to blend flavors, stirring occasionally.
Great Northern Beans, canned, low-sodium, undrained Water Chicken Base, low-sodium White Pepper Cumin, ground	17 oz 4 oz 2 oz	3 ¼ #10 cans			
Green Chili Peppers, canned, diced Chicken Stock, prepared from low-sodium base	15 oz	1 gal + 2 qt + 1 cup (as prepared)			3. Add green chili peppers. 4. Add prepared chicken stock and simmer for 10 minutes. Final product should be 4 gallons + 2 ¾ quarts. Adjust with extra chicken stock if needed. <b>CCP: Heat to 165 °F or higher for 15 seconds.</b> 5. Pour into serving pans. Portion with 6 oz ladle (K-8) or 8 oz ladle (9-12). <b>CCP: Hold for hot service at 135 °F or higher.</b>
Mozzarella Cheese, part skim, shredded	3 lb 2 oz				6. Top chili with ½ oz mozzarella cheese.
Serving Size		1 Serving Provides			Yield
¾ cup (6 oz spoodle)		2 oz equivalent M/MA and ¼ cup vegetable, BP Beans, Peas, and Lentils			K-8: 100 servings



## K–8 Sample Lunch Menu

<b>Notes:</b> Garden Bar & Vegetable Offerings <ul style="list-style-type: none"> <li>• Leafy Greens (1 cup = ½ cup serving)</li> <li>• Vegetables (½ cup unless otherwise noted)</li> <li>• Fruits (½ cup)</li> <li>• All lunches include a choice of low-fat (1%) or fat-free fluid milk (1 cup).</li> </ul>				
Monday	Tuesday	Wednesday	Thursday	Friday
Lentils of the Southwest (2 oz eq M/MA)  Carrot Coins  WG Roll (2 oz eq)  Garden Bar Romaine/Spinach, Celery, Tomatoes, Vegetarian Baked Beans  Peaches  Fresh Banana	Chicken Stir-fry Bowl (1 ½ oz eq M/MA + 1 oz eq Grain + ⅝ cup Vegetable)  Roasted Corn  Garden Bar Romaine, Garbanzo Beans, Baby Carrots, Cucumber  Mandarin Oranges  Fresh Apples	Beef & Pinto Bean Taco Salad (Shredded Romaine/Spinach w/ 1 oz eq Beef, 1 oz eq Cheese, & ⅛ cup Pinto Beans (Vegetable)  Whole Grain Pita Chips (2 oz eq)  Garden Bar Romaine, Celery, Cabbage/Carrot Slaw (¼ cup Cabbage, ⅛ cup Carrot), Tomato Salsa  Pineapple Tidbits  Fresh Kiwi	White Chicken Chile (2 ¼ M/MA oz eq + ¼ cup Vegetable)  WG Roll (2 oz eq)  Romaine Salad (Romaine, ¼ cup Tomatoes, ¼ cup Cucumbers)  Mixed Fruit  Fresh Orange Smiles	Crispy Fish Taco (1 oz eq M/MA + 1 oz eq WG) on WG Tortilla (1 oz eq) Cabbage (¼ cup)  Sweet Potato Fries  Garden Bar Romaine/Spinach, Salsa, Cucumbers, Garbanzo Beans  Pears  Fresh Fruit Salad (Bananas, Apples, Oranges, Kiwi)

**Note:** Green, leafy vegetables serving sizes were determined using this equivalent: 1 cup = ½ cup serving. The serving size listed on the menu represents the necessary portion for a ½ cup serving.

WG refers to whole grain.





## Vegetables K–8 Menu

**Instructions:** Review the menu items. Identify the name of all the vegetables, portion sizes, and the appropriate vegetable subgroup. Record your answers in the appropriate vegetable subgroup column. Answers for fresh dark green leafy vegetables should be recorded in the creditable serving size such as ½ cup. Monday has been completed as an example.

Day	Dark Green Servings	Red/Orange Servings	Beans, Peas, and Lentils Servings	Starchy Servings	Other Servings
Monday	Romaine and Spinach ½ cup	Carrot Coins ½ cup  Tomatoes ½ cup	Vegetarian Baked Beans ½ cup		Celery ½ cup
Tuesday					
Wednesday					
Thursday					
Friday					
Total Servings					

## GRAINS REQUIREMENTS FOR SCHOOL MEALS

**Objective:** Identify the school lunch and breakfast grains component requirements.

### School Lunch Grains Requirements

The grains component is a required meal component for a reimbursable lunch meal.

Reimbursable School Lunch Grains Component		
	Daily Minimum Requirements Offered	Weekly Minimum Requirements Offered
Grades K–5	1 ounce equivalent	8–9 ounce equivalents
Grades 6–8	1 ounce equivalent	8–10 ounce equivalents
Grades 9–12	2 ounce equivalents	10–12 ounce equivalents
Schools are only required to meet the daily and weekly minimum requirements for this meal component. To meet the minimum weekly requirements, grades K–5, grades 6–8, and grades 9–12 will need to offer more than the minimum daily requirements on some days during the week.		

At least 80% of the grains served in school lunch and breakfast per week must be whole grain-rich (containing at least 50% whole grains).

## School Breakfast Grains Requirements

The grains component is a required meal component for a reimbursable breakfast meal.

Reimbursable School Breakfast Grains Component		
	Daily Minimum Requirements Offered	Weekly Minimum Requirements
Grades K–5	1 ounce equivalent	7–10 ounce equivalents
Grades 6–8	1 ounce equivalent	8–10 ounce equivalents
Grades 9–12	1 ounce equivalent	9–10 ounce equivalents
Schools are only required to meet the daily and weekly minimum requirements for this meal component. To meet the minimum weekly requirements, grades K–5, grades 6–8, and grades 9–12 will need to offer more than the minimum daily requirements on some days during the week.		

At least 80% of the grains served in school lunch and breakfast per week must be whole grain-rich (containing at least 50% whole grains).



## Grains Component Requirements

**Instructions:** Answer the corresponding questions.

Are grains a required component for both breakfast and lunch?

Do all grade levels have the same daily requirements for reimbursable lunch?

Do all grade levels have the same daily requirements for reimbursable breakfast? If not, what are they?

At least 80% of the grains served in school lunch and breakfast per week must be whole grain-rich (containing at least 50% whole grains).

## MEATS/MEAT ALTERNATES REQUIREMENTS FOR SCHOOL MEALS

**Objective:** Identify the school lunch meats/meat alternates (M/MA) component requirements.

### School Lunch Meats/Meat Alternates (M/MA) Requirements

The meats/meat alternates component is a required meal component for a reimbursable lunch but is not a required meal component at breakfast. In order for a food to contribute to the M/MA component, it must contain a minimum of 0.25 oz of a M/MA. Let's review the grade groups the daily minimum meats/meat alternates requirements, and the weekly minimum meats/meat alternates requirements for lunch.

Reimbursable School Lunch Meats/Meat Alternates Components		
	Daily Minimum Requirements Offered	Weekly Minimum Requirements Offered
Grades K–5	1 ounce equivalent	8–10 ounce equivalents
Grades 6–8	1 ounce equivalent	9–10 ounce equivalents
Grades 9–12	2 ounce equivalents	10–12 ounce equivalents
Schools are only required to meet the daily and weekly minimum requirements for this meal component. To meet the minimum weekly requirements, grades K–5, grades 6–8, and grades 9–12, will need to offer more than the minimum daily requirements on some days during the week.		

### Beef, Fish, and Poultry

One ounce cooked, skinless, unbreaded portion of beef, fish, and poultry, equals one ounce of the meats/meat alternates requirement.

### Nuts and Seeds

Nuts or seeds and their butters listed in USDA, Food and Nutrition Service (FNS) guidance are nutritionally comparable to meat or other meat alternates based on available nutritional data. However, nuts or seeds such as sunflower seeds, almonds, walnuts, and hazelnuts may be used to meet the full meats/meat alternates component. Acorns, chestnuts, and coconuts are excluded and shall not be used as meat alternates due to their low protein content.

### Nut Butter

Nut and seed butters may be used to meet all or part of the meats/meat alternates requirement. Examples include almond butter, cashew nut butter, peanut butter, reduced fat peanut butter, sesame seed butter, soy nut butter, and sunflower seed butter. Two tablespoons of nut or seed butter equal one ounce equivalent of the meats/meat alternates requirement.

## **Tofu**

Tofu is widely recognized as a meat substitute and can easily be included in the school meal. Commercially prepared tofu must be 2.2 ounces (by weight) with 5 or more grams of protein to equal one ounce of the meats/meat alternates requirement. Four ounces (weight) or ½ cup (volume) of soy or dairy yogurt equals one ounce equivalent of the meats/meat alternates requirement.

### **Crediting Tofu**

Tofu is being used to produce other meat substitute products such as links and, which are easily recognizable as meat substitutes and can be credited as such. When considering processed products such as links and sausages made from tofu as meat alternates for the reimbursable meal, the tofu ingredient must contain the required 5 grams of protein or more, which is not shown on a nutrition facts panel. A 2.2 ounce serving (¼ cup) of commercially prepared tofu containing at least 5 grams of protein equals one ounce equivalent of meats/meat alternates. The most appropriate way to ensure that the product meets FNS requirements is to request that the product be manufactured under the CN Labeling Program following a federally approved quality control program.

### **Firm or Extra Firm Tofu**

Firm or extra firm tofu in stir-fries, omelets, and miso soup may credit toward the meat alternates component. Meat substitute products such as links and sausages made from tofu are also easily recognizable as meat substitutes and can be included in a meal.

### **Soft or Silken Tofu**

Soft or silken tofu that is incorporated into drinks, such as smoothies, or other dishes to add texture or improve nutrition, such as in baked desserts or soups, does not credit because it is not recognizable and does not represent a meat substitute. Therefore, the blended tofu is not creditable. Finally, noodles made from tofu do not represent a meat substitute and are not composed of grains. This explains why the noodles are not credited for either component.

## **Yogurt**

Yogurt may be used to meet all or part of the meats/meat alternates component. Yogurt may be plain or flavored, unsweetened or sweetened. Non-commercial and/or non-standardized yogurt products, such as frozen yogurt, drinkable yogurt products, homemade yogurt, yogurt flavored products, yogurt bars, yogurt covered fruits and/or nuts, or similar products are not creditable. Soy yogurt is now also creditable. Four ounces (weight) or ½ cup (volume) of soy or dairy yogurt equals one ounce of the meats/meat alternates requirement.

## **Cheese and Eggs**

Other meat alternates, such as cheese and eggs, may be used to meet all or part of the meats/meat alternates component in accordance with FNS guidance. A one ounce portion of cheese credits as one ounce meats/meat alternates equivalent. Eggs may be used to meet the entire or partial requirement for the M/MA component. Whole eggs are expressed in large egg equivalents (1 large egg = 2 oz equivalent meat alternate) and  $\frac{1}{2}$  large egg equivalent ( $\frac{1}{2}$  large egg = 1 oz equivalent meat alternate).

## **Beans, Peas, and Lentils**

The term beans, peas, and lentils refers to the harvesting process of allowing the bean or pea to “mature” or “dry” on the plant before harvesting; it does not refer to the “as-purchased” form of the bean. “Immature” or “fresh” beans or peas can be credited as starchy vegetables. A variety of dry beans/peas are available through the USDA Foods program which may be incorporated into entrees, side dishes, or salad bars. Many canned or frozen beans or peas are actually dry beans and peas that have been cooked and subsequently canned or frozen, and are therefore acceptable. A  $\frac{1}{4}$  cup of cooked beans, peas, and lentils must be served to equal one ounce of M/MA.

### **“Immature” or “Fresh” Beans or Peas**

Beans and peas that are not allowed to mature on the plant before harvesting are often referred to as, “immature” or “fresh” and do not qualify as dry beans or peas for the lunch meal pattern criteria. Immature lima beans and field and green peas are examples of beans and peas that are not allowed to dry on the plant before harvest and therefore do not qualify as “dry beans and peas.” “Immature” or “fresh” beans or peas can be credited as starchy vegetables.

## **Meat Alternates or Vegetables**

Dry/mature beans and peas may be offered as meat alternates or as a vegetable at the discretion of the menu planner. However, one serving of the same type of bean or peas cannot count toward both meal components in the same meal. For example, one serving of refried beans can be offered as a vegetable in one meal and as a meats/meat alternates on another occasion. In this example, the refried beans offered as a vegetable count toward the weekly beans/peas requirement but not toward the meats/meat alternates weekly range. Menu planners must determine in advance how to count beans/peas in a meal.

## **Cooked Beans**

A  $\frac{1}{4}$  cup of cooked beans equals one ounce of the meats/meat alternates requirement. If with liquid, there should be more than  $\frac{1}{4}$  cup of beans and liquid. The liquid does not count as beans.



**Shelf-Stable, Dried, Semi-Dried Meat, Poultry, Seafood Snacks**

Dried meat products may now be used throughout CNPs as part of reimbursable meals or snacks at the discretion of the program operators. In order to simplify meal planning for operators, use of the products is not limited to meals and snacks served off-site. To credit these products, program operators will follow the crediting principles used for all other products made from meat, poultry, or seafood. For more information, see the Food Buying Guide for CNPs at [www.fns.usda.gov/tn/food-buying-guide-for-child-nutrition-programs](http://www.fns.usda.gov/tn/food-buying-guide-for-child-nutrition-programs) and the Manufacturer's Product Formulation Statement section of the CN Labeling Program website ([www.fns.usda.gov/cnlabeling/food-manufacturersindustry](http://www.fns.usda.gov/cnlabeling/food-manufacturersindustry)).

**Beans, Peas, and Lentils Activity**

Some foods commonly referred to as beans and peas (e.g., green peas, green lima beans, and green beans) are not considered part of the beans, peas, and lentils subgroup because their nutrient profile is dissimilar.



## Qualifying Beans, Peas, and Lentils

Bean Products, dehydrated, refried beans

Bean Products, dry beans, canned, beans baked or in sauce with pork

Bean Products, dry beans, canned, beans with bacon in sauce

Bean Products, dry beans, canned, beans with frankfurters in sauce

Bean Products, dry beans, canned; beans, baked or in sauce, vegetarian, includes USDA Foods

Bean Products, dry beans, canned; refried beans, includes USDA Foods

Bean soup, dry beans, canned, condensed, (1 part soup to 1 part water)

Bean soup, dry beans, canned, ready-to-serve

Beans, black, (Turtle beans), dry, canned, whole, includes USDA Foods

Beans, black, (Turtle beans), dry, whole

Beans, black-eyed (or peas), dry, canned, whole, includes USDA Foods

Beans, black-eyed (or peas), dry, whole, includes USDA Foods

Beans, garbanzo or chickpeas, dry, canned, whole, includes USDA Foods

Beans, garbanzo or chickpeas, dry, whole

Beans, great northern, dry, canned, whole, includes USDA Foods

Beans, great northern, dry, whole, includes USDA Foods

Beans, kidney, dry, canned, whole, includes USDA Foods

Beans, kidney, dry, whole, includes USDA Foods

Beans, lima, dry baby, whole, includes USDA Foods

Beans, lima, dry, canned, green, whole, includes USDA Foods

Beans, lima, dry, fordhook, whole

Beans, mung, dry, whole

Beans, navy or pea, dry, whole, includes USDA Foods

Beans, pink, dry, canned, whole, includes USDA Foods

Beans, pink, dry, whole, includes USDA Foods

Beans, pinto, dehydrated

## Qualifying Beans, Peas, and Lentils, continued

Beans, pinto, dry, canned, whole, includes USDA Foods

Beans, pinto, dry, whole, includes USDA Foods

Beans, red, small, dry, canned, whole, includes USDA Foods

Beans, red, small, dry, whole, includes USDA Foods

Beans, soy, edamame

Beans, soy, dry, canned, and shelled

Beans, soy, dry, shelled

Lentils, dry

Pea soup, dry peas, canned, condensed, (1 part soup to 1 part water), includes cream of pea soup

Pea soup, dry peas, canned, ready-to-serve

Peas, dry, split

Peas, dry, whole

## FLUID MILK REQUIREMENTS FOR SCHOOL MEALS

**Objective:** Identify the school lunch and breakfast fluid milk component requirements.

### Fluid Milk Requirements

The fluid milk requirement is the same for both lunch and breakfast. The weekly minimum amount of 5 cups of milk may be met by offering the daily minimum of one cup. Only fat-free and low-fat (1%) flavored or unflavored milk may be offered as part of the reimbursable meal for children in grades K–12.

### Milk Substitutions

Required (meal modifications) and optional (parent requested) milk substitutes are considered meal exceptions and are not subject to this final rule. Milk substitutes must meet the regulatory standards outlined in 7 CFR 210.10(d)(3), which do not address fat or flavor/sugar restrictions. However, milk substitutes offered as part of the reimbursable meal must be included in weighted nutrient analysis, which are subject to the overall weekly average fat limit and calorie ranges. USDA does expect milk substitutes are offered frequently enough to have a significant impact on the overall nutrient analysis.

### “Plain” Potable Water

Schools participating in the NSLP must make “plain” potable water available to children at no charge in the place where lunch meals are served during the meal service. There are a variety of ways that schools can implement this requirement. For example, schools can offer water pitchers and cups on lunch tables, a water fountain, or a faucet that allows students to fill their own bottles or cups with drinking water. Whatever solution is chosen, the water must be available without restriction in the location where meals are served. Schools should be working toward developing a reasonable method to implement this requirement.

While “plain” potable water is required to be made available to students, it is not considered part of the reimbursable meal and students are not required to take water. There is no separate funding available for this provision and reimbursement may not be claimed. However, reasonable costs associated with providing “plain” potable water would be an allowable cost to the non-profit food service account. For additional information, refer to SP26-2011.

### Coconut, Hominy, Popcorn, Surimi Seafood, and Tempeh

FNS will allow program operators to credit the following food items that have not previously contributed to the CNP meal pattern requirements: coconut, hominy, popcorn, surimi seafood, and tempeh. FNS will issue new guidance describing how these products will credit toward specific meal components in the CNP meal patterns. FNS will also publish new guidance to allow crediting vegetables disguised as other meal components or not provided in traditional forms, for example, noodles or pasta made from vegetables, including beans, peas, and lentils.

We have covered the information on the components for a reimbursable lunch and breakfast. The next topic we are going to cover is Offer Versus Serve (OVS).

## REIMBURSABLE OVS LUNCH MEALS

**Objective:** Recognize an Offer Versus Serve (OVS) reimbursable lunch meal.

### Offer Versus Serve (OVS) Concept

Offer Versus Serve (OVS) is a concept that applies to menu planning and the meal service. OVS allows students to decline some of the food offered in a reimbursable lunch or breakfast, in order to reduce food waste. Since students may choose fewer selections under OVS, guidance is provided on what constitutes a reimbursable lunch and breakfast. In order to be successful at the point of service, schools are encouraged to conduct training for cashiers and serving line staff so they can help students select reimbursable lunches and breakfasts.

### OVS

At the senior high school level, OVS is required at lunch unless the school or school food authorities (SFAs) demonstrate to the State agency that their system does not accommodate OVS.

- OVS is optional for SFAs providing meals through the at-risk afterschool meals component of the Child and Adult Care Food Program (CACFP).
- OVS is also optional for summer meals offered by SFAs through the Summer Food Service Program or the Seamless Summer Option under the NSLP.
- When used for these programs, SFAs must follow the applicable requirements outlined in this guidance. OVS cannot be used for snacks in any program. OVS only applies to the student's daily selections of a reimbursable lunch or breakfast.

### Planned, Offered, and Selected

**Planned:** A planned menu is what the menu planner intends to offer to students. It represents the SFA's calculation of the items that will need to be prepared for a school's usual average daily participation. Ideally, the planned and offered meals are the same.

**Offered:** An offered menu is what is actually prepared and set out on the serving lines for students. Offered menus may differ from planned menus because, for example, a planned food item was not received from the distributor and the menu planner had to offer a different food item.

**Selected/Served:** Selected or served refers to the foods that were actually served to, or selected by, students. Menu planners should use selected/served food item data to inform future menu planning (production records should be updated based on this data to reflect serving trends) and reduce food waste (i.e., so the school does not offer items that students do not select).

## **OVS Lunch**

For lunch under OVS, all students, at any grade level must select a minimum of three meal components to have a creditable reimbursable lunch. One of the choices selected must be at least a  $\frac{1}{2}$  cup serving of fruit or vegetable or a  $\frac{1}{2}$  cup total serving of both fruit and vegetable. If  $\frac{1}{2}$  cup of fruit is selected, the student must select the minimum required daily serving of the vegetable component to have both credited as components for a reimbursable lunch. For example, if a K–8 grade student selects  $\frac{1}{2}$  cup of the fruit component and  $\frac{3}{4}$  cup of vegetable component, the student would need to select a minimum of one additional meal component for a reimbursable OVS lunch meal.

## **Extra Foods, Extra Calories**

Extra foods may be offered but do not credit toward the minimum number of meal components/food items for reimbursable meals or for students' selections under OVS. This extra food may be selected by the student in addition to the meal, but may not credit toward the minimum number of meal components/food items a school is required to offer under OVS or that a student must select. However, these extra foods must be included in a nutrient analysis to assess compliance with the weekly dietary specifications (calories, saturated fat, and sodium).

## **Selecting Additional Fruits and Vegetables**

For OVS purposes, if the menu planner allows students to select more than the minimum required daily serving of fruits or vegetables (such as from a salad bar), the component is credited only once. Menu planners may allow students to select more than the minimum required daily serving, as long as the weekly dietary specifications for calories, saturated fat, and sodium are not exceeded with the additional food offered.

## **Fruit and Vegetable Components for Lunch**

To be credited as part of a reimbursable lunch for OVS, the minimum quantity a student must select is:

- $\frac{1}{2}$  cup of vegetables or
- $\frac{1}{2}$  cup of fruits or
- $\frac{1}{2}$  cup of an item with both fruits and vegetables (e.g., a carrot/raisin salad) or
- Two  $\frac{1}{4}$  cup servings of either the same or a different fruit or vegetable

## Fruits and Vegetables

If a student **does not select at least a ½ cup serving total** of fruits and/or vegetables, the lunch is not reimbursable, even if he/she has three other components (e.g., meats/meat alternates, grains, and/or milk).

### Lunch Not Reimbursable



Cashiers should allow these students to select fruits or vegetables from the serving line or have these items available at the point of service. If the student still does not select at least a ½ cup serving of fruits and/or vegetables, the meal is not reimbursable. The school may charge the student à la carte prices for the foods selected.

## Fruit and Vegetable Lunch Scenarios

For example, if a 5th grade student selects only 2 cups of fruit:

### Lunch Not Reimbursable



Or if a 10th grade student makes a salad with only three cups of vegetables:

### Lunch Not Reimbursable



Both students have exceeded the minimum required daily serving for lunch. In each of these scenarios, the students must still select at least two other components. Remember under OVS, all students at any grade level **must select at least 3 of the 5 meal components** for lunch.

## Selecting Three Components



For OVS, if a 10th grade student selects only three components and two of these are a fruit and a vegetable, the student must select the minimum required daily serving for either the fruit or vegetable to have both credited as two separate components. In other words, a 10th grader who selects  $\frac{1}{2}$  cup of fruit and  $\frac{1}{2}$  cup of vegetables and milk **does not have a reimbursable meal**.

## Lunch Not Reimbursable



Either the fruit or vegetable selection must be at least one cup to credit it as a component. Alternately, the student could select a grain or meats/meat alternates choice as the third component, instead of more fruits or vegetables.

### K–8 Lunch Speed Round

For the next few minutes, we are going to practice being a cashier. The previous activities have prepared you for the speed round. You will be shown the K-8 Lunch Speed Round slide presentation and will have three seconds (about the same amount of time you have at school) to recognize whether or not a selected OVS meal is reimbursable. Use the **K–8 OVS Speed Round** handout to record your answers.



## K–8 Lunch Speed Round

**Instructions:** Review the following pictures and determine if the items represent a K–8 reimbursable lunch meal.


### K–8 Lunch Speed Round 1

	<p><b>Grilled Chicken Wrap</b> 2 oz eq Meats/Meat Alternates</p> <p><b>WG Tortilla</b> 2 oz eq Grains</p> <p><b>Vegetables</b> 1/8 cup Red/Orange Vegetable 1/8 cup Beans, Peas, and Lentils</p>
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**Reimbursable Meal**

\_\_\_\_ Yes \_\_\_\_ No

### K–8 Lunch Speed Round 2

	<p><b>Tossed Salad</b> 1/2 cup Dark Green Vegetable 1/2 cup Red/Orange Vegetable</p> <p><b>Broccoli</b> 3/4 cup Dark Green Vegetable</p> <p><b>Fresh Orange</b> 1/2 cup Fruit</p>
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**Reimbursable Meal**

\_\_\_\_ Yes \_\_\_\_ No

### K–8 Lunch Speed Round 3


	<p><b>Milk</b> 1 cup Milk</p> <p><b>Vegetarian Chili</b> 2 oz Meats/Meat Alternates 1/4 cup Red/Orange Vegetable</p> <p><b>WG Crackers</b> 1 oz eq Grain</p>
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**Reimbursable Meal**

\_\_\_\_ Yes \_\_\_\_ No

## K-8 Lunch Speed Round, continued



### K-8 Lunch Speed Round 4

   	<p><b>Hamburger on a WG Bun</b> 2 oz Meats/Meat Alternates 1½ oz eq Grains</p> <p><b>Carrots</b> ½ cup Red/Orange Vegetable</p> <p><b>Bean Salad</b> ½ cup Beans, Peas, and Lentils ¼ cup Other Vegetable</p> <p><b>Milk</b> 1 cup Milk</p>
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**Reimbursable Meal**

\_\_\_\_ Yes \_\_\_\_ No

### K-8 Lunch Speed Round 5

 	<p><b>Hummus</b> 2 oz Meats/Meat Alternates</p> <p><b>WG Pita</b> 1 oz eq Grain</p> <p><b>Bean Salad</b> ½ cup Beans, Peas, and Lentils ¼ cup Other Vegetable</p>
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**Reimbursable Meal**

\_\_\_\_ Yes \_\_\_\_ No

### K-8 Lunch Speed Round 6




 	<p><b>Fish Taco</b> 2 oz Meats/Meat Alternates</p> <p><b>WG Tortilla</b> 1 oz eq Grain</p> <p><b>Cole Slaw</b> ¼ cup Other Vegetable</p> <p><b>Milk</b> 1 cup Milk</p>
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**Reimbursable Meal**

\_\_\_\_ Yes \_\_\_\_ No

## K–8 Lunch Speed Round, continued


### K–8 Lunch Speed Round 7

  	<p><b>WG Spaghetti and Marinara</b> 1 oz eq Grain ¼ cup Red/Orange Vegetable</p> <p><b>Broccoli</b> ¼ cup Dark Green Vegetable</p> <p><b>Fresh Orange</b> ½ cup Fruit</p>
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**Reimbursable Meal**

\_\_\_\_ Yes \_\_\_\_ No

### K–8 Lunch Speed Round 8

  	<p><b>Milk</b> 1 cup Milk</p> <p><b>WG Spaghetti and Meatballs</b> 2 oz Meats/Meat Alternates 1 oz eq Grain ¼ cup Red/Orange Vegetable</p> <p><b>WG Roll</b> 1 oz eq Grain</p>
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**Reimbursable Meal**

\_\_\_\_ Yes \_\_\_\_ No

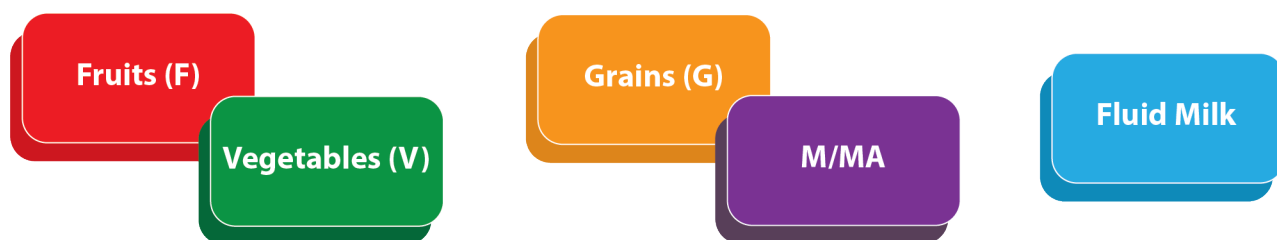
## REIMBURSABLE OVS BREAKFAST MEALS

**Objective:** Recognize an OVS reimbursable breakfast meal.

### Meal Components for OVS Breakfast

As we discussed earlier, the meal components that must be offered in a reimbursable breakfast include:

- Fruits (or vegetables as a substitute)
- Grains and/or meats / meat alternates
- Fluid Milk



### OVS Breakfast

Under OVS, at least four food **items** must be offered. Remember food items are choices within a component. For example, food items for the fruit component might include grapes, peaches, or pears. All students, at any grade level, must select:

- At least three food items
- The minimum required daily serving for grains and/or meats / meat alternates and milk
- At least  $\frac{1}{2}$  cup of fruit or vegetables or fruit/vegetable combined

### OVS Breakfast Choices

Except for selecting a  $\frac{1}{2}$  cup of fruit, it is the student's choice to select or decline food items. The menu planner determines how to offer food items, which may affect the selections a student can make to build a reimbursable breakfast. Remember, the cashier is responsible for following the intent of the menu and ensuring students select a reimbursable meal. Just like in lunch meal planning, 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.

## **Example Breakfast Choices for the Fruit Component**

For example, if four  $\frac{1}{2}$  cup servings (e.g., grapes, peaches, pears, and fruit salad) are offered for the fruit component, the menu planner, server, and cashier must allow the student to select at least a full cup; but must also indicate that only one  $\frac{1}{2}$  cup of fruit is required for a reimbursable breakfast under OVS. If the menu planner chooses, under this example, the student could be allowed to take up to all four choices offered. This example reminds us of the important role the menu planner has to identify the clear messages, and the important role the cashier has to serve the meal as intended by the menu planner.

## **Combination Foods**

The menu may offer a combination food that contains more than one food item that cannot be separated, such as a pre-plated waffle with fresh fruit topping. In this example, if the student only wanted the waffle, the student would not be able to decline the fruit, even if the student has no intent to consume it. Other examples of combination breakfast choices that cannot be separated may include a yogurt parfait, a breakfast burrito, or a milk/fruit smoothie.

## **Smoothies**

Smoothies with fruit, or vegetables, fruit/vegetable combined and milk are another popular combination food offered at lunch and breakfast. If there is at least 1 cup of milk and at least  $\frac{1}{2}$  cup of fruit/vegetable juice in the smoothie, the smoothie may count as two food items for purposes of OVS. Fruit, vegetable, or fruit/vegetable smoothies may also be made with yogurt. A student would need to select one additional food item in order to have three total items and a breakfast reimbursable meal.

**Grains and/or meats / meat alternates**

Schools may offer grains and/or meats / meat alternates meet the minimum ounce equivalent in this combined meal component requirement.

- Schools may offer grains and/or meats / meat alternates meet the combined component requirement based on ounce equivalents.
- The minimum daily requirement (1.0-ounce equivalent) and minimum weekly requirements (7.0–9.0 ounce equivalents, depending on the age/grade group) remain the same.
- Schools can meet the daily and weekly requirements by offering grains and/or meats / meat alternates

We have covered several different factors to consider when implementing OVS in the School Breakfast Program. In the next activity, we are going to review different breakfast menu options and determine how food items should be credited in these specific examples.

**Breakfast Scenarios**

In the next activity, you are going to review different breakfast menu options and determine how food items should be credited in these specific examples.



## Breakfast Scenarios

### Scenario: Four Food Items Breakfast Menu Example

**Instructions:** Review the Four Food Items Breakfast Menu Example and answer the corresponding questions.

#### Four Food Items Breakfast Menu Example

Menu with 4 food items:

- |                           |                 |                |
|---------------------------|-----------------|----------------|
| • Slice of toast          | (1 oz eq grain) | (1 grain item) |
| • Whole grain-rich cereal | (1 oz eq grain) | (1 grain item) |
| • Orange slices           | (1 cup fruit)   | (1 fruit item) |
| • Variety of milk         | (1 cup)         | (1 milk item)  |

#### Reimbursable breakfast meal:

- Students must select at least three food items;
- For grains and/or meats / meat alternates and milk, the student must select the minimum required daily serving.
- For the fruit component, the student must select at least  $\frac{1}{2}$  cup of fruit (or vegetables if offered) or fruit/vegetable combined.

**What food items can a student select for a reimbursable meal?**

**Is the student required to select both grain food items for the items to be credited as a reimbursable breakfast under OVS?**

## Breakfast Scenarios, continued

### Scenario: Five Food Items Breakfast Menu Example

**Instructions:** Review the Five Food Items Breakfast Menu Example and answer the corresponding questions.

#### Five Food Items Breakfast Menu Example

Menu with 5 food items:

- |                           |                  |                 |
|---------------------------|------------------|-----------------|
| • Whole grain-rich muffin | (2 oz eq grains) | (2 grain items) |
| • Whole grain-rich cereal | (1 oz eq grain)  | (1 grain item)  |
| • Orange slices           | (1 cup fruit)    | (1 fruit item)  |
| • Variety of milk         | (1 cup)          | (1 milk item)   |

#### Reimbursable breakfast meal:

- Students must select at least three food items.
- For grains and/or meats / meat alternates and milk, the student must select the minimum required daily serving.
- For the fruit component, the student must select at least  $\frac{1}{2}$  cup of fruit (or vegetables if offered) or fruit/vegetable combined.

**What food items can a student select for a reimbursable meal?**

## Breakfast Scenarios, continued

### Scenario: Combination Food Breakfast Menu Example

**Instructions:** Review the Combination Food Breakfast Menu Example and answer the corresponding questions.

#### Combination Food Breakfast Menu Example

- Waffle with fruit (1 oz eq grain +  $\frac{1}{2}$  cup fruit) (2 food items)

OR

- |                     |                            |                |
|---------------------|----------------------------|----------------|
| • 2 slices of toast | (2 oz eq grains)           | (2 food items) |
| • Orange slices     | ( $\frac{1}{2}$ cup fruit) | (1 food item)  |
| • Apple juice       | ( $\frac{1}{2}$ cup fruit) | (1 food item)  |
| • Variety of milk   | (1 cup)                    | (1 food item)  |

#### Reimbursable breakfast meal:

- Students must select at least three food items.
- For grains and/or meats / meat alternates and milk, the student must select the minimum required daily serving.
- For the fruit component, the student must select at least  $\frac{1}{2}$  cup of fruit (or vegetables if offered) or fruit/vegetable combined.

**How many breakfast food items are featured on this menu?**

**What food items can a student select for a reimbursable meal?**

## Breakfast Scenarios Answer Key, continued

### Scenario: Grains and Meats/Meat Alternates Combined Component Example

**Instructions:** Review the Grains and Meats/Meat Alternates Combined Component Example and answer the corresponding questions.

#### Grains and Meats/Meat Alternates Combined Component Example

Menu with 4 food items:

- |                   |  |  |
|-------------------|--|--|
| • Slice of toast  | (1 oz eq grain)                                      | (1 grain item)   |
| • Hard-boiled egg | (1 oz eq credited as grain or meats/meat alternates) | (1 grains and meats/meat alternate combined component) |
| • Orange slices   | (1 cup fruit)  | (1 fruit item)   |
| • Variety of milk | (1 cup)  | (1 milk item)  |

#### Reimbursable breakfast meal:

- Students must select at least three food items.
- For grains and/or meats / meat alternates and milk, the student must select the minimum required daily serving.
- For the fruit component, the student must select at least  $\frac{1}{2}$  cup of fruit (or vegetables if offered) or fruit/vegetable combined.

**If a student selects only the hard-boiled egg, orange slices, and milk, is this a reimbursable meal?**

**If a student selects two servings of toast and orange slices, is this a reimbursable meal?**

## UNIT PRICE

**Objective:** Discuss unit prices for a reimbursable meal.

### Unit Price

School meals must be priced as a unit. A unit price means that one price is established for a complete reimbursable meal in the paid meal category, and one price is established for a complete reimbursable meal in the reduced price meal category.

### Unit Price Reimbursable Meals

OVS does not affect the meal's unit price established by the SFA. Students who take three, four, or five meal components for lunch or three or more food items for breakfast pay the same price. The unit price is also not affected if the student selects the minimum required daily serving sizes for three meal components for lunch (or three food items for breakfast) and also selects less than the required serving size of additional meal components.

### OVS and À La Carte Sales

Foods offered in reimbursable meals may also be sold à la carte. Students and cashiers need to be able to distinguish between foods considered meal components/food items in reimbursable meals and à la carte foods. If a student does not select the required meal components/food items in the required amounts, the meal is not reimbursable. Therefore, the school may charge the student à la carte prices for each item selected. Let's review a few examples and determine if the student should be charged the unit price or the à la carte price.

### Signage

Menu planners are encouraged to offer a variety of healthy menu items to encourage students to select the foods they will eat. 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.

### Clear Signage

Clear signage will reinforce the menu planner's intent of how much of a meal component/item a student may select to meet the requirements of a reimbursable meal. If choices of food items are offered within the components, the signage must indicate the menu planner's intent and identify what choices or combination of choices the student may select including any minimum or maximum number that may be taken to meet the requirements of a reimbursable meal.



United States Department of Agriculture

# MYPLATE GUIDE TO SCHOOL BREAKFAST

*for Families*



## FRUITS

A full cup of fruit is available every day, providing nutrients that are important for kids' health, such as potassium, dietary fiber, vitamin C, and folate (folic acid).

## MILK

Dairy



Kids and teens need the calcium, protein, and vitamin D found in milk for strong bones, teeth, and muscles.



## VEGETABLES

Every breakfast does not include vegetables, but schools may offer them in place of fruits.



## PROTEIN FOODS

Some breakfast menus may offer items such as eggs, nuts, or meats to pair with whole-grain options.

## GRAINS

Grains



Starting every day the whole grains way gives kids and teens B vitamins, minerals, and fiber to feel fuller longer so they stay alert to concentrate at school.



Visit [teamnutrition.usda.gov](http://teamnutrition.usda.gov) for additional tips and activities.



**Signage Exceptions**

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 of their choices.





## K–8 Breakfast Menu Example

**Instructions:** Review the K–8 Breakfast Menu Example and provide feedback to the corresponding questions.

### K–8 Breakfast Menu Example

Choose at least one (and up to two) of the same or different items:

- Slice of toast (1 oz eq grain) (1 grain item)
- Whole grain cereal (1 oz eq grain) (1 grain item)

Choose at least one (and up to all four) of the same or different items:

- Orange juice (½ cup fruit) (1 fruit item)
- Apple slices (½ cup fruit) (1 fruit item)
- Pineapple chunks (½ cup fruit) (1 fruit item)
- Mixed berries (½ cup fruit) (1 fruit item)

Choose one of the following items:

- Variety of milk (1 cup) (1 milk item)

#### Reimbursable breakfast meal:

- Students must select at least three food items.
- For grains and/or meats / meat alternates and milk, the student must select the minimum required daily serving.
- For the fruit component, the student must select at least ½ cup of fruit or vegetables or fruit/vegetable combined.

## **K–8 Breakfast Menu Example, continued**

**If the student selects two milks, toast, and two fruit items, should the student be charged the unit price or the à la carte price for the selection of the extra milk?**

**If the student selects two grain items, four fruit items, and one milk item, should the student be charged the à la carte price or the unit price for the menu selection?**

**If the student selects two slices of toast along with 1 cup of fluid milk, should the student be charged the unit price or the à la carte price for the meal?**

## SMART Goals

We will now create a SMART goal for this lesson.

**S (specific)** – The goal needs to indicate the five *Ws*: who, what, when, where, and why.

**M (measurable)** – There needs to be a quantitative goal line. Think numbers—how many or how much. This characteristic will let us know when the goal has been met.

**A (achievable)** – It needs to be something that we can actually do. Remember, we need to consider if we are willing to commit to make the necessary changes. We also need to be sure we aren't setting the bar too high or too low.

**R (relevant)** – The goal needs to reference how it relates to our priorities and needs so we can make certain it is based on the forecasted needs of our program.

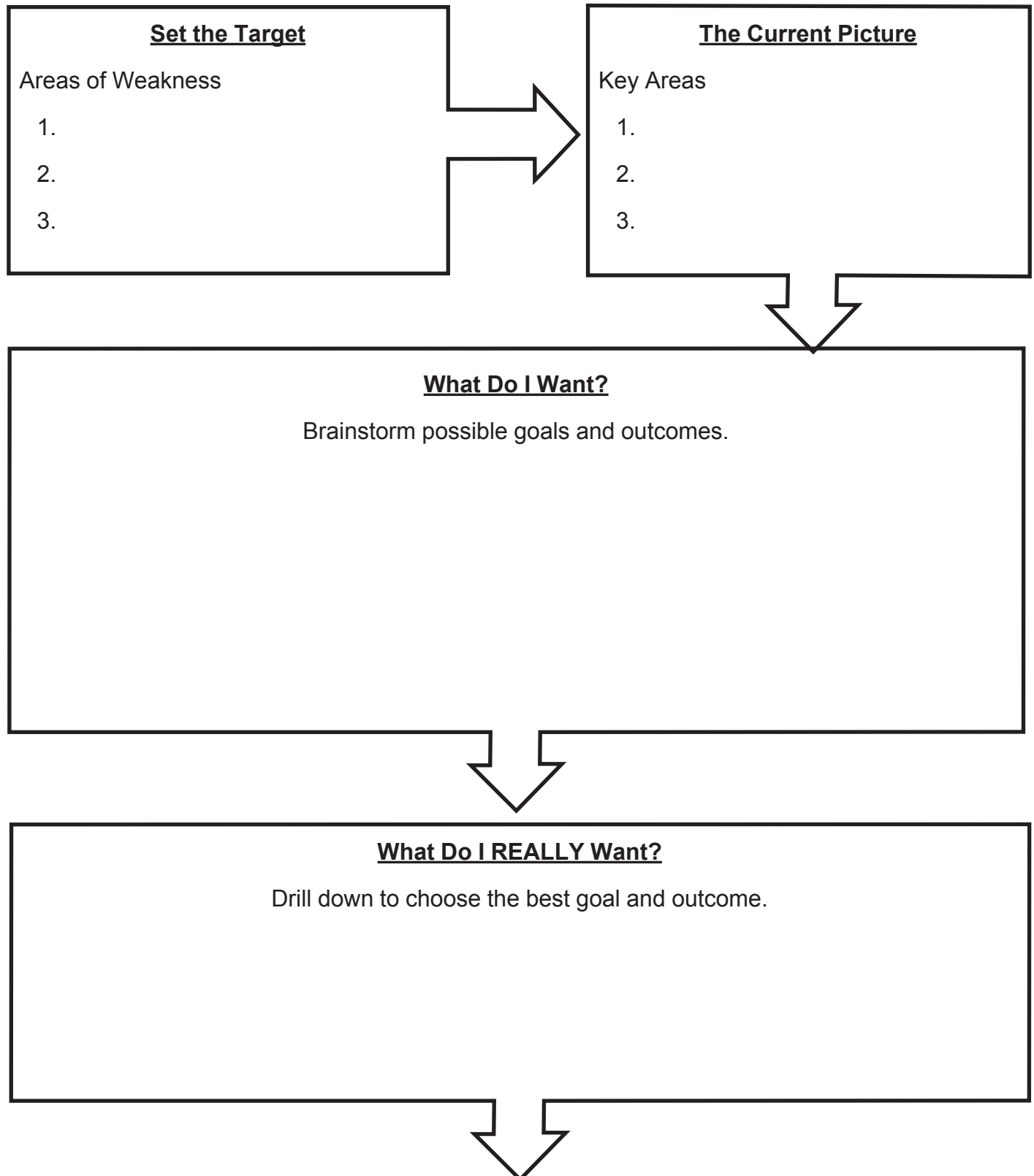
**T (time-bound)** – There should be a time frame in the goal that creates a practical sense of urgency for our staff.

Think back over this lesson, the objectives we covered, and how it all relates to your program. Take a few minutes to reflect on how you can use the information you learned to help improve your program.

As you have previously worked through the development process, we now want to utilize this skill to develop a goal in the area of Reimbursable School Meals. Having a SMART goal in place when you return to your program will help you focus on improving your SNP in the targeted area of this lesson. Now, use the questions for each characteristic to create your SMART goals in the area of Reimbursable School Meals.



## SMART Goals for Reimbursable School Meals



Make sure it meets each characteristic.

<b><u>SPECIFIC</u></b> How will I do it? <ul style="list-style-type: none"><li>• Who?</li><li>• What?</li><li>• When?</li><li>• Where?</li><li>• How?</li></ul>	
<b><u>MEASURABLE</u></b> How will I measure it? <ul style="list-style-type: none"><li>• How much?</li><li>• How many?</li><li>• How will I know it has been accomplished?</li></ul>	
<b><u>ACHIEVABLE</u></b> Is this something I can do? <ul style="list-style-type: none"><li>• Am I prepared to make the commitment?</li><li>• Am I willing to make major changes?</li><li>• Is there a more achievable goal?</li></ul>	
<b><u>RELEVANT</u></b> Is this based on forecasted needs? <ul style="list-style-type: none"><li>• Do I have the resources?</li><li>• Does it make sense for my program?</li><li>• Does it align with my priorities and needs?</li></ul>	
<b><u>TIME-BOUND</u></b> Does the time frame create a practical sense of urgency? <ul style="list-style-type: none"><li>• What can I do TODAY to reach my goal?</li><li>• What can I do one week from now?</li><li>• What can I do one month from now?</li></ul>	
<b>MY SMART GOAL IS:</b>	

# Appendix





## School Meals Fruit Component Requirement Answer Key

**Instructions:** Review the breakfast and lunch menu options and identify if the fruit offered meets the fruit component criteria for a reimbursable breakfast and lunch meal for grades K–5 and grades 6–8. Answer the corresponding questions.

School Breakfast and Lunch Fruit Menu					
School Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast K–5 6–8	½ cup Kiwi  4 ounce (oz) Fruit Juice	½ cup Tropical Fruit  ¼ cup Raisins	½ cup Strawberries  ½ cup Fruit Salad	½ cup Sliced Peaches  4 oz Fruit Juice	¼ cup Blueberries  4 oz Fruit Juice
Lunch K–5 6–8	½ cup Applesauce  ½ cup Red Grapes	½ cup Peaches  ¼ cup Apple Slices	½ cup Orange Slices  ½ cup Baked Cinnamon Cherries	½ cup Kiwi  ½ cup Apricots	½ cup Sunshine Salad  ½ cup Strawberries and White Grapes

**Note:** For the purpose of this activity, students may select both fruit options at breakfast and lunch.

### Does this menu meet the fruit requirements for breakfast?

No. At least 1 cup of fruit must be offered in reimbursable breakfasts for all grade groups. Only ¼ cup of blueberries are offered on Friday, and this does not meet the criteria for the breakfast fruit component.

### Does this menu meet the fruit requirements for lunch?

Yes. The daily minimum fruit requirements for grades K–8 is ½ cup. Menu planners may allow students to select more than the minimum daily required serving for this component if the weekly dietary specifications, including calories, are not exceeded.

## Vegetables K–8 Menu Answer Key

**Instructions:** Review the menu items. Identify the name of all the vegetables, portion sizes, and the appropriate vegetable subgroup. Record your answers in the appropriate vegetable subgroup column. Answers for fresh dark green leafy vegetables should be recorded in the creditable serving size such as  $\frac{1}{2}$  cup. Monday has been completed as an example.

Day	Dark Green Servings	Red/Orange Servings	Beans, Peas, and Lentils Servings	Starchy Servings	Other Servings
Monday	Romaine and Spinach $\frac{1}{2}$ cup	Carrot Coins $\frac{1}{2}$ cup  Tomatoes $\frac{1}{2}$ cup	Vegetarian Baked Beans $\frac{1}{2}$ cup		Celery $\frac{1}{2}$ cup
Tuesday	<b>Stir Fry (CN Label)</b> $\frac{1}{4}$ cup <b>Dark Green</b>  <b>Romaine</b> $\frac{1}{2}$ cup	<b>Stir Fry (CN Label)</b> $\frac{1}{4}$ cup  <b>Baby Carrots</b> $\frac{1}{2}$ cup	<b>Garbanzo Beans</b> $\frac{1}{2}$ cup	<b>Corn</b> $\frac{1}{2}$ cup	<b>Stir Fry (CN Label)</b> $\frac{1}{8}$ cup  <b>Cucumbers</b> $\frac{1}{2}$ cup
Wednesday	<b>Romaine and Spinach</b> $\frac{1}{2}$ cup	<b>Carrots</b> $\frac{1}{8}$ cup  <b>Tomato Salsa</b> $\frac{1}{2}$ cup	<b>Pinto Beans</b> $\frac{1}{8}$ cup		<b>Celery</b> $\frac{1}{2}$ cup  <b>Cabbage</b> $\frac{1}{4}$ cup
Thursday	<b>Romaine</b> $\frac{1}{2}$ cup	<b>Tomatoes</b> $\frac{1}{4}$ cup	<b>Great Northern Beans (Recipe)</b> $\frac{1}{4}$ cup		<b>Cucumbers</b> $\frac{1}{4}$ cup
Friday	<b>Romaine and Spinach</b> $\frac{1}{2}$ cup	<b>Sweet Potato Fries</b> $\frac{1}{2}$ cup  <b>Tomato Salsa</b> $\frac{1}{2}$ cup	<b>Garbanzo Beans</b> $\frac{1}{2}$ cup		<b>Cabbage</b> $\frac{1}{4}$ cup  <b>Cucumbers</b> $\frac{1}{2}$ cup
Total Servings	<b>3 <math>\frac{1}{4}</math> cups</b>	<b>3 <math>\frac{5}{8}</math> cups</b>	<b>1 <math>\frac{7}{8}</math> cups</b>	<b><math>\frac{1}{2}</math> cup</b>	<b>2 <math>\frac{7}{8}</math> cups</b>

**Note:** Answers are in bold.

## Grains Component Requirements Answer Key

**Instructions:** Answer the corresponding questions. Please check with your State agency regarding meal pattern flexibility.

**QUESTION:**

Are grains a required component for both breakfast and lunch?

**Answer:**

Yes, grains are a required component for all grades levels for both breakfast and lunch.

**QUESTION:**

Do all grade levels have the same daily requirements for reimbursable lunch?

**Answer:**

No. Grades K–5 and Grades 6–8 have a minimum requirement of 1 ounce equivalent per day at lunch. Grades 9–12 have a minimum requirement of 2 ounce equivalents per day at lunch. For all grades, more than the minimum requirements will need to be offered on some days to meet the minimum weekly requirements.

**QUESTION:**

Do all grade levels have the same daily requirements for reimbursable breakfast? If not, what are they?

**Answer:**

Yes. All grade levels have a minimum requirement of 1 ounce equivalent per day at breakfast. For all grades more than the minimum requirements will need to be offered on some days to meet the minimum weekly requirements.

At least 80% of the grains served in school lunch and breakfast per week must be whole grain-rich (containing at least 50% whole grains).



## K–8 Lunch Speed Round

**Instructions:** Review the following pictures and determine if the items represent a K–8 reimbursable lunch meal.


### K–8 Lunch Speed Round 1 Answer

	<p><b>Grilled Chicken Wrap</b> 2 oz eq Meats/Meat Alternates</p> <p><b>WG Tortilla</b> 2 oz eq Grains</p> <p><b>Vegetables</b> 1/8 cup Red/Orange Vegetable 1/8 cup Beans, Peas, and Lentils</p>
---	--

**Not Reimbursable Meal**

- Only 1/4 cup Vegetables
- Must be 1/2 cup for a reimbursable meal

### K–8 Lunch Speed Round 2 Answer

	<p><b>Tossed Salad</b> 1/2 cup Dark Green Vegetable 1/2 cup Red/Orange Vegetable</p> <p><b>Broccoli</b> 3/4 cup Dark Green Vegetable</p> <p><b>Fresh Orange</b> 1/2 cup Fruit</p>
--	---

**Not Reimbursable Meal**

- Only two meal components selected
- Must be another component for a reimbursable meal

### K–8 Lunch Speed Round 3 Answer





	<p><b>Milk</b> 1 cup Milk</p> <p><b>Vegetarian Chili</b> 2 oz Meats/Meat Alternates 1/4 cup Red/Orange Vegetable</p> <p><b>WG Crackers</b> 1 oz eq Grain</p>
---	--

**Not Reimbursable Meal**

- Only 1/4 cup Vegetables
- Must be 1/2 cup for a reimbursable meal



## K-8 Lunch Speed Round, continued

### K-8 Lunch Speed Round 4 Answer

   	<p><b>Hamburger on a WG Bun</b> 2 oz Meats/Meat Alternates 1½ oz eq Grains</p> <p><b>Carrots</b> ½ cup Red/Orange Vegetable</p> <p><b>Bean Salad</b> ½ cup Beans, Peas, and Lentils ¼ cup Other Vegetable</p> <p><b>Milk</b> 1 cup Milk</p>
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**Reimbursable Meal**

### K-8 Lunch Speed Round 5 Answer

 	<p><b>Hummus</b> 2 oz Meats/Meat Alternates</p> <p><b>WG Pita</b> 1 oz eq Grain</p> <p><b>Bean Salad</b> ½ cup Beans, Peas, and Lentils ¼ cup Other Vegetable</p>
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**Reimbursable Meal**

### K-8 Lunch Speed Round 6 Answer

 	<p><b>Fish Taco</b> 2 oz Meats/Meat Alternates</p> <p><b>WG Tortilla</b> 1 oz eq Grain</p> <p><b>Cole Slaw</b> ¼ cup Other Vegetable</p> <p><b>Milk</b> 1 cup Milk</p>
---	--

**Not Reimbursable Meal**

- Only ¼ cup Vegetables
- Must be ½ cup for a reimbursable meal




K-8 Lunch Speed Round, continued

K-8 Lunch Speed Round 7 Answer

	<b>WG Spaghetti and Marinara</b> 1 oz eq Grain ¼ cup Red/Orange Vegetable
	<b>Broccoli</b> ¼ cup Dark Green Vegetable
	<b>Fresh Orange</b> ½ cup Fruit

Reimbursable Meal

K-8 Lunch Speed Round 8 Answer

	<b>Milk</b> 1 cup Milk
	<b>WG Spaghetti and Meatballs</b> 2 oz Meats/Meat Alternates 1 oz eq Grain ¼ cup Red/Orange Vegetable
	<b>WG Roll</b> 1 oz eq Grain

Not Reimbursable Meal

- Only ¼ cup Vegetables
- Must be ½ cup for a reimbursable meal





## Breakfast Scenarios Answer Key

### Scenario: Four Food Items Breakfast Menu Example

**Instructions:** Review the Four Food Items Breakfast Menu Example and answer the corresponding questions.

#### Four Food Items Breakfast Menu Example

Menu with 4 food items:

- |                           |                 |                |
|---------------------------|-----------------|----------------|
| • Slice of toast          | (1 oz eq grain) | (1 grain item) |
| • Whole grain-rich cereal | (1 oz eq grain) | (1 grain item) |
| • Orange slices           | (1 cup fruit)   | (1 fruit item) |
| • Variety of milk         | (1 cup)         | (1 milk item)  |

#### Reimbursable breakfast meal:

- Students must select at least three food items;
- For grains (meats/meat alternates or a combination of both) and milk, the student must select the minimum required daily serving.
- For the fruit component, the student must select at least  $\frac{1}{2}$  cup of fruit (or vegetables if offered) or fruit/vegetable combined.

**What food items can a student select for a reimbursable meal?**

**Possible responses:** A reimbursable breakfast could consist of:

- Toast, orange slices, and milk
- Two slices of toast and the orange slices

**Is the student required to select both grain food items for the items to be credited as a reimbursable breakfast under OVS?**

**Answer:** No, a student does not have to take both grain food items offered (cereal and toast) since each item is a 1 oz equivalent and provides the minimum required daily serving.

## Breakfast Scenarios Answer Key, continued

### Scenario: Five Food Items Breakfast Menu Example

**Instructions:** Review the Five Food Items Breakfast Menu Example and answer the corresponding questions.

#### Five Food Items Breakfast Menu Example

Menu with 5 food items:

- |                           |                  |                 |
|---------------------------|------------------|-----------------|
| • Whole grain-rich muffin | (2 oz eq grains) | (2 grain items) |
| • Whole grain-rich cereal | (1 oz eq grain)  | (1 grain item)  |
| • Orange slices           | (1 cup fruit)    | (1 fruit item)  |
| • Variety of milk         | (1 cup)          | (1 milk item)   |

#### Reimbursable breakfast meal:

- Students must select at least three food items.
- For grains and/or meats / meat alternates and milk, the student must select the minimum required daily serving.
- For the fruit component, the student must select at least  $\frac{1}{2}$  cup of fruit (or vegetables if offered) or fruit/vegetable combined

### What food items can a student select for a reimbursable meal?

**Possible responses:** A reimbursable breakfast could consist of:

- Whole grain-rich muffin, orange slices
- Whole grain-rich muffin, orange slices, milk
- Whole grain-rich cereal, orange slices, milk

## Breakfast Scenarios Answer Key, continued

### Scenario: Combination Food Breakfast Menu Example

**Instructions:** Review the Combination Food Breakfast Menu Example and answer the corresponding questions.

#### Combination Food Breakfast Menu Example

- Waffle with fruit (1 oz eq grain +  $\frac{1}{2}$  cup fruit) (2 food items)

OR

- |                     |                            |                |
|---------------------|----------------------------|----------------|
| • 2 slices of toast | (2 oz eq grains)           | (2 food items) |
| • Orange slices     | ( $\frac{1}{2}$ cup fruit) | (1 food item)  |
| • Apple juice       | ( $\frac{1}{2}$ cup fruit) | (1 food item)  |
| • Variety of milk   | (1 cup)                    | (1 food item)  |

#### Reimbursable breakfast meal:

- Students must select at least three food items
- For grains and/or meats / meat alternates and milk, the student must select the minimum required daily serving.
- For the fruit component, the student must select at least  $\frac{1}{2}$  cup of fruit (or vegetables if offered) or fruit/vegetable combined

**How many breakfast food items are featured on this menu?**

**Answer:** The menu features five breakfast food items. For this menu, it is the menu planner's intent that a student may select either the waffle with fruit or 2 slices of toast.

**What food items can a student select for a reimbursable meal?**

**Possible responses:** A reimbursable breakfast could consist of:

- The waffle with fruit—a combination food with the minimum required daily serving for the grains component 1 ounce equivalent and the minimum required daily serving for the fruit component for OVS ( $\frac{1}{2}$  cup), and milk
- Two slices of toast, the orange slices, and milk
- Waffle with fruit and orange slices
- Two slices of toast and orange slices

## Breakfast Scenarios Answer Key, continued

### Scenario: Grains and Meats/Meat Alternates Combined Component Example

**Instructions:** Review the Grains and Meats/Meat Alternates Combined Component Example and answer the corresponding questions.

#### Grains and Meats/Meat Alternates Combined Component Example

Menu with 4 food items:

- |                   |   |  |
|-------------------|---|--|
| • Slice of toast  | (1 oz eq grain)   | (1 grain item)   |
| • Hard-boiled egg | (1 oz eq credited<br>as grain or meats/<br>meat alternates) | (1 grains and<br>meats/meat<br>alternate<br>combined<br>component) |
| • Orange slices   | (1 cup fruit)   | (1 fruit item)   |
| • Variety of milk | (1 cup)   | (1 milk item)  |

#### Reimbursable breakfast meal:

- Students must select at least three food items.
- For grains and/or meats / meat alternates and milk, the student must select the minimum required daily serving.
- For the fruit component, the student must select at least  $\frac{1}{2}$  cup of fruit (or vegetables if offered) or fruit/vegetable combined.

**If a student selects only the hard-boiled egg, orange slices, and milk, is this a reimbursable meal?**

**Answer:** Yes, this is a reimbursable breakfast for OVS. In this example, the meats/meat alternates is offered as one of the food items for the grains component. The student does not have to select both the cereal (grains) and the hard-boiled egg (meats/meat alternates) for the meats/meat alternates to be a credited breakfast item since each item is a 1 ounce equivalent and provides the minimum required daily serving.

**If a student selects two servings of cereal and orange slices, is this a reimbursable meal?**

**Answer:** Yes, under OVS the student could select two servings of cereal and orange slices for a reimbursable breakfast if allowed by the menu planner. The menu planner needs to instruct the students and cashiers that this is allowed, and the signage must communicate this option.

## K-8 Breakfast Menu Example Answer Key

**Instructions:** Review the K–8 Breakfast Menu Example and provide feedback to the corresponding questions.

### K–8 Breakfast Menu Example

Choose at least one (and up to two) of the same or different items:

- Slice of toast (1 oz eq grain) (1 grain item)
- Whole grain cereal (1 oz eq grain) (1 grain item)

Choose at least one (and up to all four) of the same or different items:

- Orange juice ( $\frac{1}{2}$  cup fruit) (1 fruit item)
- Apple slices ( $\frac{1}{2}$  cup fruit) (1 fruit item)
- Pineapple chunks ( $\frac{1}{2}$  cup fruit) (1 fruit item)
- Mixed berries ( $\frac{1}{2}$  cup fruit) (1 fruit item)

Choose one of the following items:

- Variety of milk (1 cup) (1 milk item)

#### Reimbursable breakfast meal:

- Students must select at least three food items.
- For grains (meats/meat alternates or a combination of both) and milk, the student must select the minimum required daily serving.
- For the fruit component, the student must select at least  $\frac{1}{2}$  cup of fruit or vegetables or fruit/vegetable combined.

## K-8 Breakfast Menu Example, continued

**If the student selects two milks, toast, and two fruit items, should the student be charged the unit price or the à la carte price for the selection of the extra milk?**

**Answer:** The student's selection constitutes a reimbursable meal, but the menu planner limited the milk component to one choice. The student should be charged the à la carte price for the extra milk.

**If the student selects two grain items, four fruit items, and one milk item, should the student be charged the à la carte price or the unit price for the menu selection?**

**Answer:** The student's selection constitutes a reimbursable meal. The student should be charged the unit price for the selection of all items because the menu planner allowed multiple selections of grains and fruits.

**If the student selects two slices of toast along with 1 cup of fluid milk, should the student be charged the unit price or the à la carte price for the meal?**

**Answer:** The student's selection does not constitute a reimbursable meal. The menu planner has identified a student may select up to two of the same or different grain items. However, the student must select at least  $\frac{1}{2}$  cup of fruit for a reimbursable meal. The student should be charged the à la carte price for the meal.

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