



NORTH DAKOTA  
**DEPARTMENT OF  
PUBLIC INSTRUCTION**

**OFFER VS. SERVE:**  
GETTING IT RIGHT, ONE  
TRAY AT A TIME



# Disclaimers

NDDPI DOES NOT ENDORSE ANY SPECIFIC BRANDS OR PRODUCTS.

PHOTOS MAY BE TAKEN TODAY.

- If your face or anything that may specifically identify you, you will be asked to sign a Media Release.
- Pictures will likely be taken of the presenter(s) or participants hands only.
- Pictures will be used for Team Nutrition Grant Reporting.

# Objectives

1. **Explain the core principles of the Offer vs Serve (OVS) provision** and how it supports student choice while maintaining program integrity
2. **Distinguish between compliant and non-compliant meals** using real-world examples and apply OVS rules confidently in daily operations
3. **Engage in a knowledge check** by evaluating sample trays and voting with paddles to determine OVS compliance
4. **Leave with clarity and confidence** on planning and serving reimbursable meals in both breakfast and lunch settings

## Offer vs. Serve: Lunch



5 components required  
5 (or more) food items  
3 on the tray



## Offer vs. Serve Breakfast

3 COMPONENTS REQUIRED

4 FOOD ITEMS

3 ON THE TRAY





(School District of La Crosse, 2015) → <https://youtu.be/kn0xlmQsaG8>

# Combination Foods





# Must select the full component



# Extra Foods



“Extra” foods may be offered but does not credit toward the minimum number of food 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 food 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).



# Knowledge Check

**Answer key on the last slides**





# 1) Breakfast



**Skim Milk - 8 Fluid Ounces**

**Toasted Cereal O's –  
 $\frac{3}{4}$  Cup**

**Canned Peaches - 2  
halves**



## 2) Breakfast



**Hard Cooked  
Egg - ½ Egg**



**Glazed WG  
Donut**



**Raisins – 2  
Tablespoons**



**WG Toast -1 oz  
Slice**



### 3) Breakfast



**Canned Pineapple - 60  
grams**

**WGR Donut - 3  
inch**

## 4) Breakfast



**Skim Milk - 8 Fluid Ounces**

**Canned Pineapple - 60 grams**





## 5) Lunch

**Chocolate Low Fat  
Milk - 8 Fluid Ounces**



**Canned Pears - 2  
Halves**



**Tossed Salad – 1 Cup**



**2-ounce Hamburger  
Patty – 2 Ounce  
WGR Hamburger Bun –  
2 Ounce**





## 6) Lunch

**Canned Pears - 2  
Halves**

**Chicken Stir Fry -  
3 oz chicken  
 $\frac{1}{4}$  cup vegetables**

**White Rice -  
 $\frac{1}{3}$  Cup**





# 7) Breakfast



**Skim Milk - 8 Fluid Ounces**



**Chocolate Low Fat  
Milk - 8 Fluid Ounces**



**Cornflakes –  $\frac{3}{4}$  Cup**



# 8) Lunch

**Baked Beans - 2/3 cup**



**Broccoli - 1/2 cup**



**Chicken Nuggets – 3 Oz Serving**





## 9) Lunch

**Chocolate Low Fat  
Milk - 8 Fluid Ounces**



**Fish Sticks – 4 oz Serving**





# 10) Lunch

**Chocolate Low Fat  
Milk - 8 Fluid Ounces**



**Apple – 6 Ounce**



**Fish Sticks – 4 oz Serving**

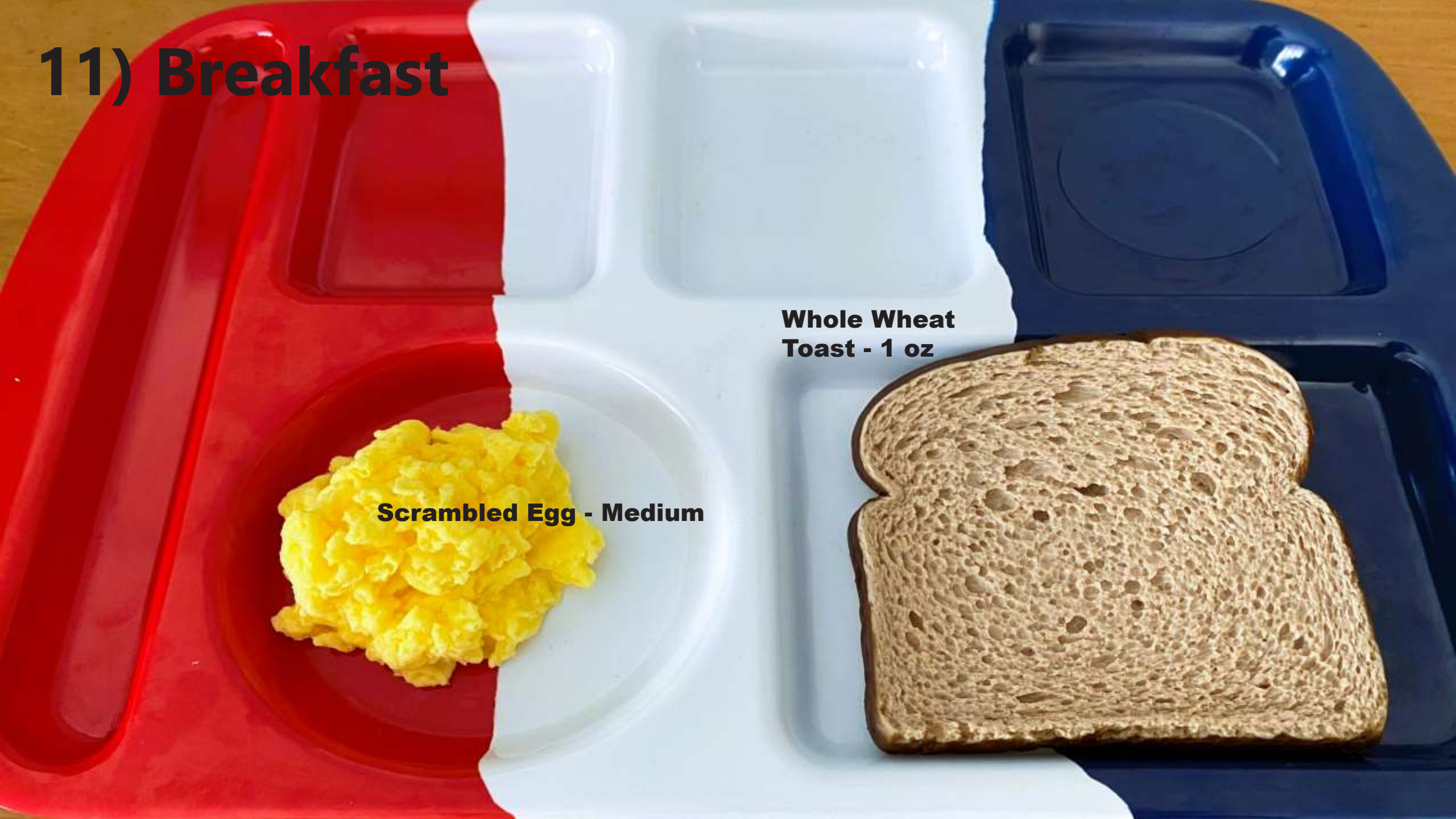




# 11) Breakfast

**Scrambled Egg - Medium**

**Whole Wheat  
Toast - 1 oz**





# 12) Breakfast

**Chocolate Low Fat  
Milk - 8 Fluid Ounces**



**Whole Wheat  
Toast - 1 oz**

**Scrambled Egg - Medium**





# 13) Breakfast

**Chocolate Low Fat  
Milk - 8 Fluid Ounces**



**Banana Slices - ½ Cup**



**Whole Wheat  
Toast - 1 oz**



**Scrambled Egg - Medium**






# 14) Lunch



**Chocolate Chip  
Cookie – 2 in**



**Grapes – ½ Cup**



**Green Pepper  
Rings – 3 each**



# 15) Lunch

**Canned Pineapple - 60  
grams**



**Banana Slices –  
½ Cup**



**Beets – ½ Cup**



**Grilled Cheese  
Sandwich –  
1 oz bread  
1 oz cheese**



# 16) Lunch



**Green Peas –  
½ Cup**

**Canned Pineapple -  
60 grams**



**Macaroni and Cheese –  
6 oz serving**





# 17) Lunch



**Green Peas –  
½ Cup**

**Canned Pineapple -  
½ CUP**



**Skim Milk - 8 Fluid Ounces**

# 18) Lunch

**Green Peas – ½  
Cup**



**Whole Wheat  
Pasta – ½ Cup**



**Skim Milk - 8 Fluid Ounces**





# 19) Lunch

**Whole Wheat  
Pasta – ½ Cup**

**Skim Milk - 8 Fluid Ounces**



## 20) Lunch

**Grapes – ½ cup**



**Whole Wheat  
Pasta – ½ Cup**





# 21) Lunch

**Chocolate Low Fat  
Milk - 8 Fluid Ounces**



**Wrap:  
Sliced Chicken – 1 ounce  
Cheese Slice – 1 ounce  
6 in Flour Tortilla**





# 22) Lunch

**Chocolate Low Fat  
Milk - 8 Fluid Ounces**



**Kiwi – 1 Whole, Peeled**



**Wrap:  
Sliced Chicken – 1 ounce  
Cheese Slice – 1 ounce  
6 in Flour Tortilla**





## 23) Lunch

**Chocolate Low Fat  
Milk - 8 Fluid Ounces**



# 24) Lunch



**Whole Wheat  
Pasta – ½ Cup**

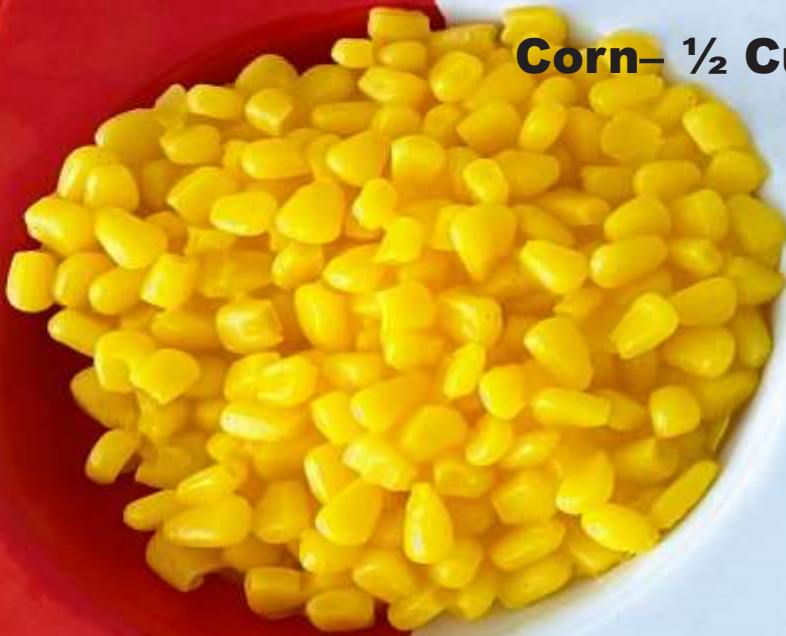


**Skim Milk - 8 Fluid  
Ounces**

**French Fries –  
½ Cup**



**Corn– ½ Cup**





# 25) Lunch

**Skim Milk - 8  
Fluid Ounces**



**Chocolate Low Fat  
Milk - 8 Fluid Ounces**



**Blueberries- ½  
Cup**





## 26) Lunch

**Skim Milk - 8  
Fluid Ounces**



**Chocolate Low Fat  
Milk - 8 Fluid Ounces**



# 27) Lunch



**Skim Milk - 8 Fluid  
Ounces**



**French Fries –  
Corn– 1/2 Cup 1/2 Cup**





# 28) Lunch



**Skim Milk - 8  
Fluid Ounces**



**Blueberries- 1/2 Cup**



**French  
Fries - 1/2**



## 29) Lunch



**Skim Milk - 8  
Fluid Ounces**



**Whole Wheat  
Pasta – ½ Cup**



**Chicken  
Breast – 3 oz**



# 30) Lunch



**Skim Milk - 8  
Fluid Ounces**

**Green Beans  
- ½ Cup**



**Mac & Cheese  
- 4 oz**



**Hot Dog 1.5 oz  
Bun 2 oz**





# 31) Lunch



**Skim Milk - 8  
Fluid Ounces**

**Whole Wheat  
Pasta – ½ Cup**



**Corn– ½ Cup**



**Chicken  
Breast – 3 oz**

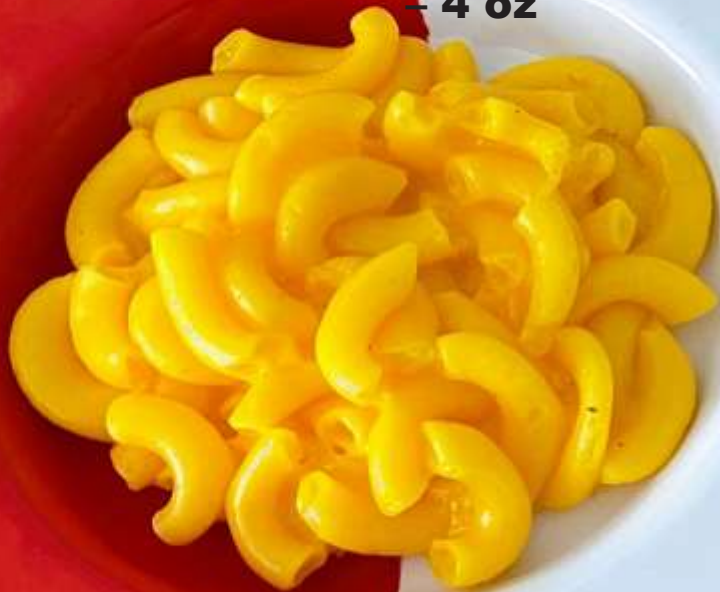


# 32) Lunch



**Skim Milk - 8  
Fluid Ounces**

**Mac & Cheese  
- 4 oz**



**Hot Dog -  
1.5 oz**





# 33) Lunch



**Skim Milk - 8  
Fluid Ounces**

**Green Beans  
- ½ Cup**



**Mac & Cheese  
- 4 oz**



**Hot Dog -  
1.5 oz**





# 34) Lunch



**Skim Milk - 8  
Fluid Ounces**



**Mac & Cheese  
- 4 oz**



**Hot Dog 1.5 oz  
Bun 2 oz**



# 35) Lunch

**Skim Milk - 8 Fluid  
Ounces**



**Green Peas – ½  
Cup**



**Whole Grain  
Rich Dinner  
Roll – 1 oz**



# 36) Lunch

**Whole Grain  
Rich Dinner  
Roll – 1 oz**



**Skim Milk - 8 Fluid  
Ounces**

**Canned  
Peaches – 2  
halves**





# 37) Lunch

**Whole Grain  
Rich Dinner  
Roll – 1 oz**

**Canned  
Peaches – 2  
halves**

**Green Peas – ½  
Cup**



# 38) Lunch

**Whole Grain  
Rich Dinner  
Roll – 1 oz**



**Skim Milk - 8 Fluid  
Ounces**

**Canned  
Peaches – 2  
halves**

**Mashed  
Potatoes – ½  
cup**

**Grilled  
Chicken  
Breast – 3 oz**





# 39) Lunch



**Skim Milk - 8 Fluid  
Ounces**



**Green Beans – ½  
cup**



**Mashed  
Potatoes – ½  
cup**



**Grilled  
Chicken  
Breast – 3 oz**

# 40) Lunch



**Mashed  
Potatoes – ½  
cup**



**Grilled  
Chicken  
Breast – 3 oz**



**Green Beans – ½  
cup**



# 41) Lunch



**Skim Milk - 8 Fluid  
Ounces**



**Canned  
Peaches – 2  
halves**



**PBJ on White  
Bread – 1 oz  
Peanut Butter**



# 42) Lunch



**Skim Milk - 8 Fluid  
Ounces**



**Green Peas – ½  
Cup**



**Canned  
Peaches – 2  
halves**



**PBJ on White  
Bread - 1oz Peanut  
Butter**



# 43) Lunch



**Green Peas – ½  
Cup**



**PBJ on White  
Bread - 1oz Peanut  
Butter**

# 44) Breakfast



**Skim Milk - 8 Fluid  
Ounces**



**Canned  
Peaches – 2  
halves**



**Whole Grain Pancakes –  
2 oz OEG**



# 45) Breakfast



**Skim Milk - 8 Fluid  
Ounces**

**Whole Grain Pancakes –  
2 oz OEG**



# Answer Key

## **Yes, it is a Reimbursable Meal**

### Tray #s

1, 5, 10, 13, 15, 16, 18, 24, 28, 20, 21, 22, 28, 30, 31, 33, 38, 39, 44

## **No, it is NOT a Reimbursable Meal**

### Tray #s

2 – not enough fruit. 2 Tbls of raisin (counting double ) is still only ¼ cup

3, 4 – not enough items

6 – there are 4 components but neither the rice is the full serving nor the vegetables

7, 9, 11, 12, 19, 29, 32, 34, 45 – no fruit or vegetable

20, 23, 25, 26, 27, 40 – not enough components

21 – not enough fruit or vegetable

22 – still not enough fruit/vegetable! 1 kiwi is only ¼ cup. Even with the lettuce, it's not enough



# Answer Key

## **Maybe, this could be a Reimbursable Meal**

### Tray #s

8 – reimbursable for grades K-8, but not enough grain for grades 9-12

14 –if the cookie credits for 1 ounce equivalent of grain, this meal is reimbursable for K-8 only

17 – for grades K-8, the milk and the fruit are full components, but for grades 9-12, either the fruit or the vegetable serving would have to meet the minimum daily serving

35, 36, 37 – for grades K-8, the dinner roll meets the full 1 oz requirement, but it would not be enough for grades 9-12

41, 42, 43 – reimbursable for grades K-8, but not for grades 9-12 due to higher grain and meat/meat alternative requirements



MEAL PATTERN: C O O S SERVE



[nd.gov/dpi](https://nd.gov/dpi)

# THE END



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# Questions & Discussion





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**THANK  
YOU**