Offer Versus Serve

At-Risk Afterschool and Adult Day Care Center Sponsors Only
Offer Versus Serve (OVS)

- Addition of At-risk afterschool programs
- Adult Day Care Facilities
  - Not appropriate for young children
    - Need time to explore flavors, textures, etc.
- Optional
Key Terms

▪ **Food Component**: One of the food categories that comprise a reimbursable meal, ex: fruit, grain

▪ **Food Item**: A specific food offered within the food components, ex: apple, cereal
Offer Versus Serve

- Sponsors may serve food pre-portioned or directly
- Participants may decline one or two of the meal components
- May not be used for snacks
- May not offer two servings of the same food items
OVS & Breakfast

- Offer 4 Food Items:
  - Milk
  - F/V
  - Grain
  - M/MA or additional f/v or grain

- Must take at least 3 different food items
Lunch/Supper & OVS

- Offer one food item from each of the 5 components:
  - Milk*
  - Meat/Meat Alternate
  - Vegetable
  - Fruit
  - Grains

- Must take at least three food components
Activity: OVS

Offer Versus Serve (OVS)

Breakfast

Review the following menus and list the different combinations of food items that must be taken to create a creditable meal:

Breakfast: Must take 3 food items.

Menu 1: ½ cup berries
        ½ cup grapefruit
        1 serving pancake
        1 cup of 1% fluid milk

Menu 2: ½ cup cantaloupe
        1 cup yogurt
        1 serving WW Toast
        1 cup of 1% fluid milk

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Breakfast

<table>
<thead>
<tr>
<th>½ cup berries</th>
<th>½ cup cantaloupe</th>
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</thead>
<tbody>
<tr>
<td>½ cup grapefruit</td>
<td>1 cup yogurt</td>
</tr>
<tr>
<td>1 serving pancake</td>
<td>1 serving WW Toast</td>
</tr>
<tr>
<td>1 cup 1% milk</td>
<td>1 cup 1% milk</td>
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</table>
Lunch/Supper

- 2 ounces Parmesan Chicken
- 1 cup spinach salad
- ¼ cup strawberries
- 1 cup pasta
- 1 cup of 1% fluid milk

- Turkey & Cheese Sandwich (HM), 2 slices WW bread, 1 oz turkey, 1 oz cheese
- ¼ cup oranges
- ½ cup carrot Sticks
- 1 cup of 1% fluid milk
Q&A

Additional Questions? Contact your specialist.
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