



Summer Meals Annual Sponsor Training

Offer versus Serve (OVS) in the Summer Food Service Program (SFSP)

CONNECTICUT Education

Connecticut State Department of Education
 Bureau of Child Nutrition Programs

Connecticut State Department of Education • April 2025

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This Module

Applies to

- School food authority (SFA) sponsors of SFSP that follow the SFSP meal patterns

Does not apply to

- Non-SFA sponsors of SFSP
- Sponsors of Seamless Summer Option (SSO) of National School Lunch Program (NSLP) that follow

SFSP OVS requirements are different from NSLP and SBP

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Summer Meals Recorded Training Modules

- Part of CSDE's required annual training for Summer Meals sponsors
- Reflects current requirements of SFSP regulations



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Summer Meals Recorded Training Modules



<https://portal.ct.gov/sde/nutrition/summer-food-service-program/annual-training>

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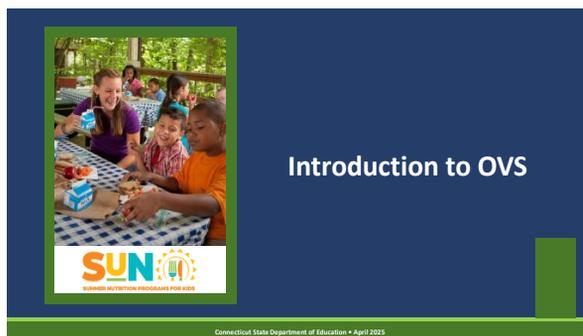
Topics

- Introduction to OVS
- OVS requirements for breakfast
 - Menu planning requirements
 - Selecting reimbursable meals
 - Knowledge check: Meal or No Meal Breakfast Edition
- OVS requirements for lunch/supper
 - Menu planning requirements
 - Selecting reimbursable meals
 - Knowledge check: Meal or No Meal Lunch/Supper Edition

- Meal count requirements for OVS
- Identifying reimbursable meals
- OVS requirements for second meals
- Menu planning strategies for OVS
- Resources

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Introduction to OVS

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Approval of OVS at Summer Meals Sites

- Sponsors must indicate which sites intend to implement OVS in annual online SFSP application packet
 - Submitted to CSDE in CNP System
- Must be approved by CSDE prior to implementing OVS



<https://ct.cnps.com/prod/Splash.aspx>
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Offer versus Serve (OVS)

An optional approach to menu planning and meal service for school food authority (SFA) sponsors of the SFSP that allows children to decline some of the offered foods and select the foods they prefer to eat



Terms to Know

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Purpose of OVS

- Simplify program administration and reduce food waste and costs while maintaining nutritional integrity of SFSP meals



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Allowed Meals for OVS

- Breakfast
- Lunch
- Supper

Not allowed for snack



<https://www.ecfr.gov/current/title-7/subtitle-B/chapter-II/subchapter-A/part-225#225.16>
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Different OVS Requirements

- **Breakfast**
Food items
- **Lunch and supper**
Meal components



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Meal Components

The four food groups that comprise reimbursable meals

- Meats/meat alternates (MMA)
- Grains/breads
- Vegetables/fruits
- Milk



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Food Items

Specific foods offered within the four meal components

Examples

- Yogurt-strawberry parfait
- Pizza
- Carrot sticks
- Pasta
- Milk

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Combination Foods

Contain more than one food item from different meal components that cannot be separated or are not intended to be separated

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OVS Menu Planning Requirements for Breakfast

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Breakfast Menu Must Offer At Least 4 Food Items

1. Grains/breads (1 serving)
2. Vegetables/fruits (½ cup)
3. Milk (1 cup)
4. Additional food item from any meal component except milk
 - Grains/breads (1 serving)
 - Vegetables/fruits (½ cup)
 - MMA (1 ounce)



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All Food Items Must Be Different

- Cannot include two servings of same food item



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Example 1: Two Servings of Toast



Not allowed

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Example 2: Two Servings of Cereal



Not allowed

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Planned Servings Must Be At Least Minimum Quantity

- Must offer full serving of each food item to all children



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Larger Food Items Count as 1 Food Item



3 ounces of waffles =
1 grains/breads



1 cup of green grapes
= 1 vegetables/fruits

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Splitting Minimum Quantity into 2 Different Servings

- Children must select both servings to count as 1 food item



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Example for Vegetables/Fruits Component

- Breakfast meal pattern = $\frac{1}{2}$ cup
- Children must select both servings to count as 1 food item



$\frac{1}{2}$ cup fruit salad



$\frac{1}{2}$ cup blueberries

Consider offering each food item as one serving

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Offering Choices within Meal Components

- May offer variety of food items within a meal component and allow children to select one or more servings
 - Assortment of fresh fruits, canned fruits, and juices
 - Variety of grain items, e.g., breakfast cereals, bagels, and granola bars
- Must have clear instructions/signage



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Offer versus Serve (OVS) in the Summer Food Service Program (SFSP)

How to Count Choices as Food Items at Breakfast

- Depends on
 - number of servings children are allowed to select
 - if choices are different from each other



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Examples of Counting Choices as Food Items at Breakfast

Child may select	Counts as	Example	Additional food items (must be ≥ 4 total)
1 serving	1 food item	Choose 1 serving Strawberries, blueberries, orange juice, or peaches = 1 vegetables/fruits	<ul style="list-style-type: none"> Low-fat milk Grains/breads 1 food item from any meal component except milk
2 servings	2 food items	Choose 2 different servings Strawberries, blueberries, orange juice, or peaches = 2 vegetables/fruits	<ul style="list-style-type: none"> Low-fat milk Grains/breads

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Breakfast Menu Planning Quiz

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Reminder for OVS Menu Planning at Breakfast

- At least 4 food items
 - 1 from each meal component
 - Additional food item from any meal component except milk
- Each food item must be different



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Breakfast Menu 1: Meets OVS Requirements?

- 2 slices of toast **Grains/breads**
 - ½ cup pineapple **Vegetables/fruits**
 - 1 cup low-fat milk **Milk**
- No** 3 food items



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Breakfast Menu 2: Meets OVS Requirements?

- 3-ounce enriched blueberry muffin **Grains/breads**
 - ¾ cup whole-grain flaked cereal **Grains/breads**
 - ½ cup banana **Vegetables/fruits**
 - 1 cup low-fat milk **Milk**
- Yes** 4 food items



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Breakfast Menu 3: Meets OVS Requirements?

- 2-ounce whole-grain bagel **Grains/breads**
- 2 tablespoons peanut butter **MMA**
- ½ cup strawberries **Vegetables/fruits**
- 1 cup low-fat milk **Milk**



Yes 4 food items

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Breakfast Menu 4: Meets OVS Requirements?

- 1 ounce enriched flaked cereal **Grains/breads**
- 1 ounce whole-grain round cereal
- ½ cup blueberries **Vegetables/fruits**
- 1 cup low-fat milk **Milk**



No 3 food items

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Breakfast Menu 5: Meets OVS Requirements?

- 2 ounces whole-grain pancakes **Grains/breads**
- ½ cup orange slices **Vegetables/fruits**
- ½ cup orange juice
- 1 cup low-fat milk **Milk**



No 3 food items

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Breakfast Menu 6: Meets OVS Requirements?

- 1 hard-boiled egg **MMA**
- ½ cup red apple **Vegetables/fruits**
- ½ cup fresh plums **Vegetables/fruits**
- 1 cup low-fat milk **Milk**



No 4 food items but missing grains/breads

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Required Selections for Reimbursable Breakfast



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Children's Selections for Reimbursable Breakfast

- Children must select at least 3 food items
- Children decide which foods to decline, if any
 - May decline any required food item, including milk
 - May take smaller portions (do not count)



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**Knowledge Check:
Meal or No Meal
Breakfast Edition**

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Instructions for Meal or No Breakfast Edition

- Review 3 breakfast menus that meet SFSP meal pattern
- Determine if children chose a reimbursable meal
 - Must select at least 3 food items



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Breakfast Menu 1: Four Food Items

- 3 ounce enriched corn muffin
- ½ cup strawberries
- 1 ounce Swiss cheese cubes
- 1 cup low-fat milk



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Child 1 Selects

- 2 food items = No meal



1 grains/breads 1 milk

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Child 2 Selects

- 3 food items = Meal



1 grains/breads 1 MMA 1 milk

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Child 3 Selects

- 3 food items = Meal



1 grains/breads 1 vegetables/fruits 1 milk

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Child 4 Selects

- 3 food items = Meal



1 vegetables/fruits



1 MMA



1 milk

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Child 5 Selects

- 3 food items = Meal



1 grains/breads



1 vegetables/fruits



1 MMA

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Breakfast Menu 2: Five Food Items

- 2 ounce whole-grain bagel
- 2 tablespoons peanut butter
- ½ cup orange slices
- ½ cup red grapes
- 1 cup low-fat milk



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Child 1 Selects

- 2 food items = No meal



1 grains/breads



1 MMA

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Child 2 Selects

- 3 food items = Meal



1 grains/breads



1 vegetables/fruits



1 milk

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Child 3 Selects

- 3 food items = Meal



1 grains/breads



1 MMA



1 vegetables/fruits

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Offer versus Serve (OVS) in the Summer Food Service Program (SFSP)

Child 4 Selects

- 3 food items = Meal



1 grains/breads



1 vegetables/fruits



1 vegetables/fruits



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Child 5 Selects

- 3 food items = Meal



1 vegetables/fruits



1 vegetables/fruits



1 milk



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Child 6 Selects

- 3 food items = Meal



1 grains/breads



1 MMA



1 milk



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Breakfast Menu 3: Five Food Items

- Breakfast sandwich
 - 2-ounce enriched English muffin
 - 1 egg, 1/2 ounce cheese, 1/2 ounce ham
- 1 cup fruit salad
- 1 cup low-fat milk



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Child 1 Selects

- 2 food items = No meal



1 grains/breads
1 MMA



53

Child 2 Selects

- 3 food items = Meal



1 grains/breads
1 MMA



1 vegetables/fruits



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Offer versus Serve (OVS) in the Summer Food Service Program (SFSP)

Child 3 Selects

- 3 food items = Meal



1 grains/breads
1 MMA



1 milk

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OVS Menu Planning Requirements for Lunch and Supper



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Lunch/Supper Menus Must Offer

- All 4 meal components (5 items total)
 - 1 serving of MMA
 - 2 **different** servings of vegetables/fruits
 - 1 serving of grains/breads
 - 1 serving of milk



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Vegetables/Fruits at Lunch and Supper

- Must be two different servings
 - 2 different fruits
 - 2 different vegetables
 - 1 fruit and 1 vegetable



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Vegetables/Fruits at Lunch and Supper

- Cannot include two servings of same food item





Not allowed

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Vegetables/Fruits at Lunch and Supper

- Cannot include two servings of same food item





Not allowed

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Planned Servings Must Be At Least Minimum Quantity

- Must offer full serving of the four meal components to all children



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Larger Food Items Count As 1 Food Item



2 ounce roll =
1 grains/breads



3 ounce hamburger =
1 MMA

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Splitting Minimum MMA or Grains/Breads Between 2 Food Items

- Children must select both servings to count as 1 meal component
- Sponsor's signage must indicate choices for reimbursable meal



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Example of Split MMA at Lunch/Supper

- 2 tablespoons peanut butter = 1 ounce MMA
- 1 ounce cheese stick = 1 ounce MMA



Must select both to count as MMA

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Example of Split Grains/Breads at Lunch/Supper

- ¼ cup brown rice = ¼ serving grains/breads
- ½ ounce whole-wheat roll = ¼ serving grains/breads



Must select both to count as grains/breads

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Required Selections for Reimbursable Lunch/Supper



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Offer versus Serve (OVS) in the Summer Food Service Program (SFSP)

Reimbursable Lunch/Supper with OVS

- Children must select at least 3 meal components
- Children decide which meal components to decline, if any
 - May decline any meal component, including milk
 - May take smaller portions (do not count)



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Children's Selection of Vegetables/Fruits

- SFSP menus must offer 2 different servings
- Children not required to take vegetables/fruits
- May select 1 or both servings to count as vegetables/fruits



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Knowledge Check: Meal or No Meal Lunch/Supper Edition



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Instructions for Meal or No Meal Lunch/Supper Edition

- Review 4 lunch/supper menus that meet SFSP meal patterns
- Determine if child selected reimbursable meal
 - Must select at least 3 food components



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Lunch/Supper Menu 1: Turkey Sandwich

- Turkey Sandwich
 - 3 ounces turkey
 - ¼ cup lettuce and tomato
 - Two 1-ounce slices whole-wheat bread
- ½ cup carrot sticks
- ½ cup red apple
- 1 cup low-fat milk



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Child 1 Selects

- 4 meal components = Meal



Grains/breads
MMA
Vegetables/fruits

Milk

Vegetables/fruits

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Child 2 Selects

- 4 meal components = Meal



Grains/breads
MMA
Vegetables/fruits

Milk

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Child 3 Selects

- 4 meal components = Meal



Grains/breads
MMA
Vegetables/fruits

Milk

Vegetables/fruits

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Child 4 Selects

- 2 meal components = No meal



Vegetables/fruits

Milk

Vegetables/fruits

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Child 5 Selects

- 4 meal components = reimbursable meal



Grains/breads
MMA
Vegetables/fruits

Milk

Vegetables/fruits

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Child 6 Selects

- 3 meal components = Meal



Grains/breads
MMA
Vegetables/fruits

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Lunch/Supper Menu 2: Spaghetti and Meat Sauce

- Spaghetti and meat sauce
 - 1 cup enriched spaghetti
 - 2 ounces cooked beef
 - ½ cup tomato sauce
- 1 cup tossed salad
- 1 ounce whole-grain roll
- ½ cup of fresh peach
- 1 cup low-fat milk



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Child 1 Selects

- 3 meal components = Meal



Grains/breads
MMA
Vegetables/fruits



Vegetables/fruits

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Child 2 Selects

- 4 meal components = Meal



Grains/breads
MMA
Vegetables/fruits



Vegetables/fruits



Milk

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Child 3 Selects

- 2 meal components = No meal



Grains/breads



Vegetables/fruits



Grains/breads

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Child 4 Selects

- 2 meal components = No meal



Grains/breads



Vegetables/fruits



Vegetables/fruits

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Child 5 Selects

- 3 meal components = Meal



Grains/breads
MMA
Vegetables/fruits

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Lunch/Supper Menu 3: Yogurt and Cheese Stick

- ½ cup yogurt
- 1 ounce low-fat string cheese
- 1 ounce whole-grain crackers
- ½ cup orange slices
- ½ cup broccoli florets
- 1 cup low-fat milk



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Offer versus Serve (OVS) in the Summer Food Service Program (SFSP)

Child 1 Selects

- 2 meal components = No meal



½ MMA



Grains/breads



Vegetables/fruits



Vegetables/fruits

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Child 2 Selects

- 3 meal components = Meal



MMA



Grains/breads



Vegetables/fruits

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Child 3 Selects

- 3 meal components = Meal



½ MMA



Grains/breads



Vegetables/fruits



Milk

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Child 4 Selects

- 3 meal components = Meal



Grains/breads



Vegetables/fruits



Vegetables/fruits



Milk

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Child 5 Selects

- 3 meal components = Meal



Grains/breads



Vegetables/fruits



Milk

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Lunch/Supper Menu 4: Chicken and Black Beans

- 1 ounce grilled chicken
- ¼ cup kidney beans (planned as MMA)
- ½ cup brown rice
- ½ cup green beans
- ½ cup canned peaches
- 1 cup low-fat milk



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Offer versus Serve (OVS) in the Summer Food Service Program (SFSP)

Child 1 Selects

2 meal components = No meal



½ MMA



½ MMA



Milk

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Child 2 Selects

3 meal components = Meal



Grains/breads



Vegetables/fruits



Vegetables/fruits



Milk

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Child 3 Selects

2 meal components = No meal



½ MMA



Vegetables/fruits



Milk

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Child 4 Selects

3 meal components = Meal



½ MMA



½ MMA



Grains/breads



Milk

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Child 5 Selects

3 meal components = Meal



½ MMA



Grains/breads



Vegetables/fruits



Milk

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Child 6 Selects

3 meal components = Meal



½ MMA



Grains/breads



Vegetables/fruits



Milk

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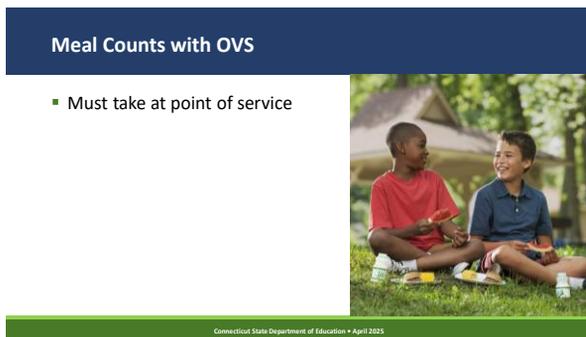


Meal Count Requirements for OVS



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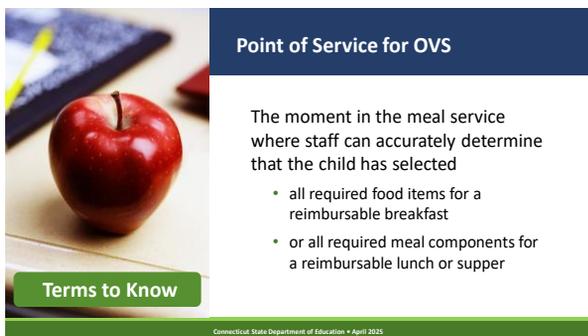
Meal Counts with OVS

- Must take at point of service



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Point of Service for OVS

The moment in the meal service where staff can accurately determine that the child has selected

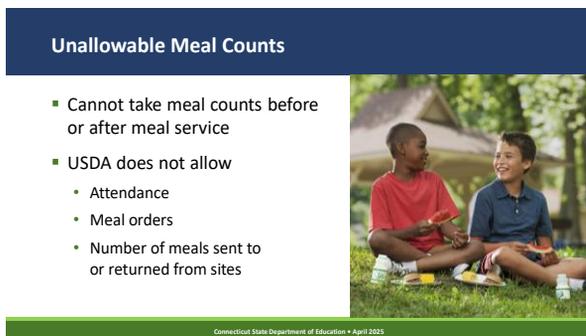
- all required food items for a reimbursable breakfast
- or all required meal components for a reimbursable lunch or supper



Terms to Know

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Unallowable Meal Counts

- Cannot take meal counts before or after meal service
- USDA does not allow
 - Attendance
 - Meal orders
 - Number of meals sent to or returned from sites



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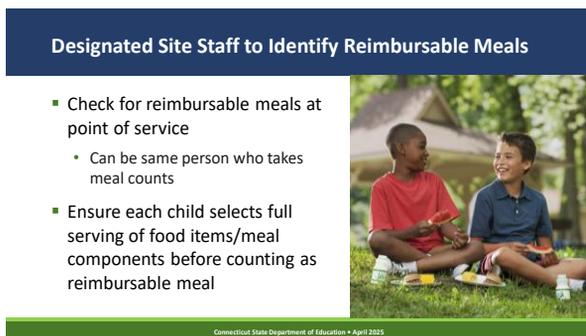
Recording Meal Counts

- Must be recorded by trained staff who
 - are familiar with SFSP meal pattern and OVS requirements
 - can recognize reimbursable meals



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Designated Site Staff to Identify Reimbursable Meals

- Check for reimbursable meals at point of service
 - Can be same person who takes meal counts
- Ensure each child selects full serving of food items/meal components before counting as reimbursable meal



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Identifying Reimbursable Meals

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Provide Staff Training

- Site staff must understand OVS requirements so they can identify reimbursable meals at point of service



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Provide Clear Communication to Children

- Assist children with identifying reimbursable meals
 - Posters, signs, and factsheets
 - Menus that indicate choices
 - Verbal guidance from staff



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OVS Requirements Second Meals

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OVS with Second Meals

- Follow same OVS requirements as first meals
- Allowed only after all children present have been offered first meal
- Must be counted separately from first meals
 - Reimbursement limited to 2% of first meals



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Menu Planning Strategies for OVS

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Offer versus Serve (OVS) in the Summer Food Service Program (SFSP)

Importance of Menu Planning

- Determines what and how much children must take for reimbursable meal



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OVS Menu Planning Goal

- Make it easy for
 - children to select reimbursable meals
 - Summer Meals staff to identify reimbursable meals



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Be Consistent with Menu Planning and Crediting

- Minimizes confusion among children and Summer Meals staff about requirements for reimbursable meals



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Example for Beans, Peas, and Lentils

- Menu planners may decide whether to credit as vegetables/fruits or MMA
- Choose how to credit then credit the same way each time



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Offer Combination Foods

- Easier to choose reimbursable meals when already have at least 2 meal components
- Inform site staff and children what combination foods contain



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Make All Meal Component Choices the Same Meal Pattern Contribution

- Each food item counts the same toward OVS requirements
- Examples
 - Assortment of fruits and vegetables in ½-cup servings
 - Two entree choices that each contain 2 ounces of MMA and 2 servings of grains/breads



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Offer Food Items at Breakfast as 1 Serving Not 2

Example

- Offer food item from vegetables/fruits component as ½ cup instead of two different ¼-cup servings



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Offer Grains/Breads at Lunch/Supper as 1 Food Item

- Ensures child's selection counts as one meal component for OVS

Example

- Offer 1 serving of enriched rice or a whole-grain roll instead of
 - ½ serving of enriched rice (¼ cup) and
 - ½ serving of a whole-grain roll (13 grams)



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Offer MMA at Lunch/Supper as 1 Food Item

- Ensures child's selection counts as one meal component for OVS

Example

- Offer 1 cup of yogurt or 2 ounces of cheese instead of
 - ½ cup of yogurt (1 ounce MMA) and
 - 1 ounce of cheese (1 ounce MMA)



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Package Smaller Grains/Breads or MMA Foods Together at Lunch/Supper

Examples

- Wrap ½ cup of yogurt with a 1-ounce cheese stick to provide 2 ounces of MMA
- Wrap two ½-ounce packages of whole-grain crackers together to provide 1 serving of grains/breads



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Provide Clear Communication About Daily Menu Options

- Summer Meals staff
- Children



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Resources



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USDA Resource

USDA Memo SP 10-2017 and SFSP 06-2017: Meal Service Requirements in the Summer Meal Programs, with Questions and Answers – Revised



<https://www.fns.usda.gov/cn/meal-service-requirements-summer-meal-programs-questions-and-answers-revised>

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CSDE Resource

Guide to Offer versus Serve (OVS) in the Summer Food Service Program



https://portal.ct.gov/-/media/sde/nutrition/sfsp/mealpattern/guide_ovs_sfsp.pdf

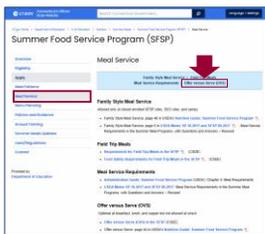
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CSDE Webpage

Summer Food Service Program (SFSP)

- Meal Service section
 - Offer versus Serve



<https://portal.ct.gov/sde/nutrition/summer-food-service-program/meal-service#OVS>

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CSDE Resource

Resources for the Summer Food Service Program Meal Patterns



https://portal.ct.gov/-/media/sde/nutrition/sfsp/mealpattern/resources_sfsp_meal_patterns.pdf

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Questions?
 Contact CSDE's
 Summer Meals Staff

https://portal.ct.gov/-/media/sde/nutrition/cnstaff/county_assign_summer_meals.pdf

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Thanks for participating!

- More guidance and resources



<https://portal.ct.gov/sde/nutrition/summer-food-service-program/annual-training>

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Offer versus Serve (OVS) in the Summer Food Service Program (SFSP)

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Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at:

<https://www.usda.gov/sites/default/files/documents/ad-3027.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

1. mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410; or
2. fax: (833) 256-1665 or (202) 690-7442; or
3. email: program.intake@usda.gov

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