

# Orientation to School Nutrition Management Meal Pattern Participant's Workbook

Time: 4 Hours

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**Key Area 1: Nutrition**  
**Learning Code 1110**

**Key Area 2: Operations**  
**Learning Code: 2220**

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# Institute of Child Nutrition

## The University of Mississippi

The Institute of Child Nutrition was authorized by Congress in 1989 and established in 1990 at The University of Mississippi in Oxford and is operated in collaboration with The University of Southern Mississippi in Hattiesburg. The Institute operates under a grant agreement with the United States Department of Agriculture, Food and Nutrition Service.

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The purpose of the Institute of Child Nutrition is to improve the operation of child nutrition programs through research, education and training, and information dissemination.

### **MISSION**

The mission of the Institute of Child Nutrition is to provide information and services that promote the continuous improvement of child nutrition programs.

### **VISION**

The vision of the Institute of Child Nutrition is to be the leader in providing education, research, and resources to promote excellence in child nutrition programs.

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## Competencies, Knowledge, and Skills

These are the competencies, knowledge, and skills that apply to this training. A full listing can be found on the Institute of Child Nutrition (ICN) website.

### **Managers**

#### **Functional Area 1: Nutrition and Menu Planning**

**Competency 1.2:** Ensures all meals served in the School Nutrition Program (SNP) meet current nutritional standards and meal pattern requirements, including children with special diet needs.

#### **Knowledge Statements**

- Knows the important relationships between nutrition and learning and nutrition and health.

#### **Skill Statement**

- Encourages students to make wise food choices that result in healthy, well-balanced meals.

Institute of Child Nutrition. (2006). *Competencies, knowledge, and skills of effective school nutrition managers*. Available on the ICN website:

<http://theicn.org/documentlibraryfiles/PDF/20090310022657.pdf>

## Competencies, Knowledge, and Skills, continued

### Assistance and Technicians

#### **Functional Area 4:** Program Regulations and Accountability

**Competency 4.1:** Maintains integrity and accountability of the school nutrition program (SNP) through compliance with all federal, state, and local regulations.

#### **Knowledge Statements**

- Knows USDA meal component requirements for a reimbursable meal.
- Monitors and ensures that reimbursable meals meet requirements.

#### **Skill Statement**

- Demonstrates ability to identify a reimbursable meal on the serving line.

Institute of Child Nutrition. (2006). *Competencies, knowledge, and skills of effective school nutrition assistants/technicians*. Available on the ICN website:

<http://theicn.org/documentlibraryfiles/PDF/20080716085837.pdf>

## Professional Standards and Key Areas

### Professional Standards

#### USDA Professional Standards for School Nutrition Professionals:

##### **Nutrition: 1100**

- Plan menus that meet USDA nutrition requirements for reimbursable meals including calculating meal components.

##### **Operations: 2220**

Use Offer Versus Serve correctly.

### Key Areas

#### 1- Nutrition

#### 2- Operations

2220 Use Offer Versus Serve correctly.

United States Department of Agriculture. (2015). *Professional standards for school nutrition professionals*. Available on the USDA website: <https://professionalstandards.nal.usda.gov/>





### Learning Objectives

**Objective:** Discuss the components required for a lunch and breakfast reimbursable meal.

**Objective:** Discuss the Offer vs Serve (OVS) similarities between school lunch and breakfast meals.

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

**Objective:** Discuss considerations for OVS menu planning.

**Objective:** Create signage that identifies food components/food items for a reimbursable lunch and breakfast and promotes nutrition education messages in the cafeteria.



## Terms and Definitions

### **“Extra” Foods**

A school may offer “extra” foods, such as grits, ice cream or pudding, which are not creditable. 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).

### **Food Bars**

Schools are encouraged to use food bars and salad bars as a way to offer a wider variety of vegetables and fruits and to lower plate waste. Food and salad bars are permitted with OVS because they offer a lot of variety, which may facilitate students selecting foods they will consume.

### **Food Component—Breakfast**

A food component is one of the three food groups that comprise a reimbursable breakfast. The three food components to be offered to all students at breakfast are: fruits (or vegetables as substitute); grains (with optional meats/meat alternates items allowed); and fluid milk. For the purposes of OVS, a school must offer at least four food items from the three required food components (grains, fruits, fluid milk) in at least the daily minimum quantities. Under OVS, the student must select three food items, including at least ½ cup of fruits, to have a reimbursable breakfast.

### **Food Component—Lunch**

Food component means one of the five food groups that comprise a reimbursable lunch. For OVS, a reimbursable lunch includes the selection of three or more of the components (meats/meat alternates, grains, vegetables, fruits, and fluid milk) and one of the components must be a minimum ½ cup of fruits and/or vegetables. For other components

## Terms and Definitions, continued

to be credited for OVS, the student must have the minimum daily required serving for each component.

### **Food Item—Breakfast**

A food item is a specific food offered in a reimbursable breakfast from the three food components. For the purposes of OVS, a school must offer at least four food items from the three required food components (fruits, grains, milk). Under OVS, the student must select three food items, including at least  $\frac{1}{2}$  cup of fruits or vegetables, to have a reimbursable breakfast. The food items selected may be from any of the required components and must be in the required minimum quantities. Depending on the planned menu, the student may need to select more than one food item to have the minimum quantity needed for a component to be credited.

### **Food Item—Lunch**

A food item is a specific food offered in a reimbursable lunch from the five food components. For example, a hamburger patty on a bun is one food item with two of the five food components (meats/meat alternates and grains). Separate  $\frac{1}{2}$  cup servings of peaches, applesauce and pears are three food items that, when selected, comprise one component (fruit).

## **Terms and Definitions, continued**

### **Grade Groups**

Schools must plan lunch and breakfast menus using the grade groups K-5, 6-8, and 9-12. These groups reflect predominant school grade configurations and are consistent with the National Academies of Medicine's Dietary Reference Intake (DRI) groupings. Specific amounts of foods and average calories levels are required for a meal to be considered a healthy school meal depending on the grade groups.

### **National School Lunch Program (NSLP)**

The National School Lunch Program is a federally assisted meal program operating in over 100,000 public and non-profit private schools and residential child care institutions. In 1998, Congress expanded the National School Lunch Program to include reimbursement for snacks served to children in afterschool educational and enrichment programs to include children through 18 years of age. The USDA Food and Nutrition Service administers the program at the Federal level. At the State level, the National School Lunch Program is usually administered by State education agencies, which operate the program through agreements with school food authorities.

### **Offer Versus Serve (OVS)**

Offer versus serve or 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. At the senior high school level, OVS is required at lunch unless the school or SFA demonstrates to the State agency that their system does not accommodate OVS. The goals of OVS are to reduce food waste and to permit students to choose the foods they want to eat.

## **Terms and Definitions, continued**

### **Offer Versus Serve (OVS), continued**

OVS is optional for SFAs providing meals through the at-risk afterschool meals component of the Child and Adult Care Food Program. OVS is also optional for summer meals offered by SFAs through the Summer Food Service Program. When used for these programs, SFAs must follow the applicable requirements outlined in this guidance. OVS cannot be used for snacks in any program since the meal patterns for snack service do not include enough food for a child to decline food and have a reimbursement snack.

### **Pre-Packaged Meals (Bagged or “Grab and Go” Meals)**

Pre-packaged meals are allowed at all levels. For senior high schools, if this is the only system available for the NSLP, OVS for all or some components must be implemented unless a school was approved by the State agency to not implement OVS. Even with such approval, schools are encouraged to have some food components/food items with choices and/or the option to decline, such as milk. If these meals are offered as part of breakfast in the classroom, field trips, or for students leaving the campus for work study, OVS is not required, even at the senior high level with State agency approval.

### **Production and Menu Records**

Schools or SFAs, as applicable, must keep production and menu records for the meals they produce. These records must show how the meals offered contribute to the required food components and food quantities for each age/grade group every day.

### **School Breakfast Program (SBP)**

The School Breakfast Program is a federally assisted meal program operating in public and nonprofit private schools and residential child care institutions. It began as a pilot project in 1966, and was made permanent in 1975. The School Breakfast Program is administered at the Federal level by the Food and Nutrition Service. At the State level, the program is usually administered by State education agencies, which operate the program through agreements with local school food authorities in more than 89,000 schools and institutions.

## **Terms and Definitions, continued**

### **School Day**

The school day is defined as the midnight before to 30 minutes after the end of the instructional day. If such programs are operated in the school during the school day, or if afterschool snacks or meals are provided within the 30 minute window after the end of the instructional day, any other food available for sale to students at that time must comply with the Smart Snacks requirements.

### **School Food Authority (SFA)**

The school food authority is the governing body responsible for the administration of one or more schools and has legal authority to operate the National School Lunch Program and/or School Breakfast Program.

### **School Week**

School week means the period of time used to determine compliance with the meal requirements. The period shall be a normal school week of five consecutive days. For schools with occasional decreases in the school week length due to holidays, for example, the menus do not have to be adjusted, but menu planners must plan their menus in a way that is consistent with the intent of the meal patterns. Planners should make sure they do not consistently fail to offer certain vegetable subgroups, or offer grains and meat/meat alternates in portions that would exceed the weekly requirements.

### **Smart Snacks**

The Healthy Hunger-Free Kids Act of 2010 directed the USDA to establish nutrition standards for all foods and beverages sold to students in school during the school day. Please refer to guidance on the Smart Snacks (<http://www.fns.usda.gov/healthierschoolday/tools-schools-smart-snacks>).

## Terms and Definitions, continued

### Unit Pricing

School meals must be priced (for the paid and reduced price categories) as a unit. This 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. The SFA may set different unit prices for various combinations of foods offered. For example, if students are offered reimbursable meals centered around a variety of entrées, such as a hamburger, chef's salad, lasagna or a turkey sandwich, the SFA may set four unit prices depending on which entrée is selected. Students who are eligible for reduced price meals must have access to all reimbursable meal combinations. If different unit prices are charged for menu options students who are eligible for reduced price meals must pay only the reduced rate regardless of the unit prices for paid lunches.



### **Qualifying Legumes (Beans/Peas)**

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

**Qualifying Legumes (Beans/Peas), continued**

Beans, Pinto, dehydrated

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, shelled

Beans, Soy, dry, shelled

Lentils, dry

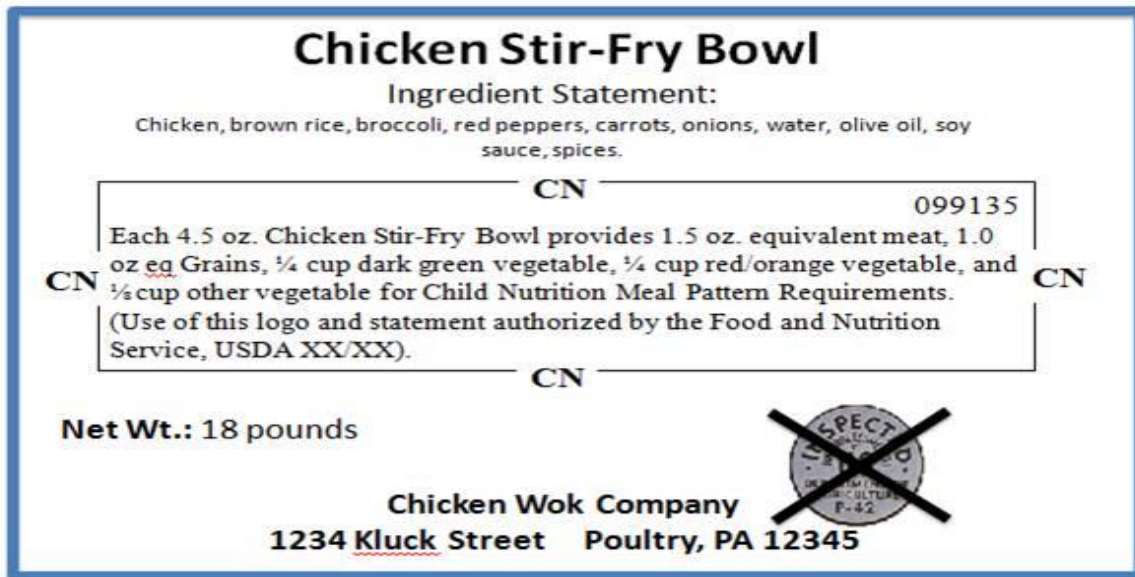
Pea soup, dry peas, canned, condensed, (1 part soup to 1 part water), includes cream of pea soup

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

Peas, dry, split

Peas, dry, whole

## Sample CN Label



The CN Label product will always contain the following:

- the CN Label, which has a distinctive border,
- the meal pattern contribution statement,
- a unique 6-digit product identification number (assigned by FNS) appearing in the upper right hand corner of the CN logo,
- the USDA/FNS authorization statement,
- the month and year of final FNS approval appearing at the end of the authorization statement, and
- the remaining required label features: product name, inspection legend, ingredients, USDA statement, signature/address line, and net weight.



## Vegetable Menu Worksheet

### Instructions:

- Locate the Sample CN Label for Chicken Stir Fry Bowl, the White Chicken Chile recipe, the K-8 Sample Lunch Menu, and the Vegetables K-8 Menu Worksheet located in your Participant's 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.



# Meal Pattern Participant's Workbook

## Main Dish

### White Chicken Chile Recipe HACCP: #2 Same Day Service

### Healthier Kansas Recipe 128 Iowa Gold Star

Ingredients	100 Servings		_____ Servings		PREPARATION INSTRUCTIONS
	Weight	Measure	Weight	Measure	
Onions, yellow, AP Garlic, fresh, minced Chicken, cooked, diced Great Northern Beans, canned, low sodium, undrained Water Chicken Base, low sodium White Pepper Cumin, ground	3 lb. 8 oz. 5 oz. 10 lb.   17 oz. 7 oz. 2 oz.	3 #10 cans plus 28 oz.    3 Tbsp			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.
Green Chili Peppers, canned, diced Chicken Stock, prepared from low-sodium base	15 oz. 12 lb. 8 oz.				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	4 lb. 11 oz.				6. Top chili with ½ oz. mozzarella cheese.

Serving Size	1 Serving Provides	Yield
3/4 cup (6 oz. spoodle)	2.25 oz. equivalent M/MA and 0.25 cup vegetable, BP (legumes)	K-8: 100 servings

### Nutrients Per Serving

Calories	176	Vitamin A	8.09 IU	Iron	2.5 mg
Protein	23.53 gm	Vitamin C	3.2 mg	Calcium	190.38 mg
Carbohydrate	12.36 gm	Fiber	3.19 gm	Cholesterol	48.63 mg
Fat	4.6 gm	% Fat	23.53 %	Sodium	590.92 mg
Saturated Fat	2.34 gm	% Saturated Fat	11.98 %		





# Meal Pattern Participant's Workbook

## K-8 Sample Lunch Menu

Notes: Garden Bar & Vegetable Offerings: Leafy Greens (1 cup = ½ cup serving),  
Vegetables (½ cup unless otherwise noted), Fruits (½ cup)  
All lunches include fat-free unflavored or flavored Fluid Milk (1 cup)

Monday	Tuesday	Wednesday	Thursday	Friday
Lentils of the Southwest (2 oz eq M/MA)	Chicken Stir Fry Bowl (1.5 oz eq M/MA + 1 oz eq Grain+ 5/8 cup Vegetable)	Beef & Pinto Bean Taco Salad (Shredded Romaine/Spinach w/ 1 oz eq Beef, 1 oz eq Cheese, & 1/8 cup Pinto Beans (V))	White Chicken Chile (2. ¼ M/MA oz eq + ¼ cup Vegetable)	Crispy Fish Taco (1 oz eq + 1 oz eq) on WW Tortilla (1 oz eq) Cabbage ¼ cup
Carrot Coins	Roasted Corn			Sweet Potato Fries
WW Roll (2 oz eq)		Whole Grain Pita Chips (2 oz eq)	WW Roll (2 oz eq)	
Garden Bar: Romaine/Spinach, Celery, Tomatoes, Vegetarian Baked Beans	Garden Bar Romaine, Garbanzo Beans, Baby Carrots, Cucumber	Garden Bar Romaine, Celery, Cabbage/Carrot Slaw (¼ cup Cabbage, 1/8 cup Carrot), Tomato Salsa	Romaine Salad (Romaine, ¼ cup tomatoes, ¼ cup cucumbers )	Garden Bar Romaine/Spinach, Salsa, Cucumbers, Garbanzo Beans
Peaches	Mandarin Oranges	Pineapple Tidbits	Mixed Fruit	Pears
Fresh Banana	Fresh Apples	Fresh Kiwi	Fresh Orange Smiles	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.

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# Meal Pattern Participant's Workbook

## Vegetables K-8 Menu Worksheet

### Instructions:

Locate in your Participant's Workbook the Sample CN Label, the White Chicken Chile recipe, and the K-8 Sample Lunch Menu. 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 credible serving size such as ½ cup. Monday menu has been completed on the worksheet as an example.

Day	Dark Green Servings	Red/ Orange Servings	Legumes 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					

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### Whole Grain-Rich Foods

<b>Whole Grain-Rich Foods</b>
<ul style="list-style-type: none"> <li>• The word <i>whole</i> listed before a grain, for example, <i>whole</i> corn.</li> <li>• The words <i>berries</i> and <i>groats</i> are also used to designate whole grains, for example, wheat berries or oat groats.</li> <li>• Rolled oats and oatmeal (including old-fashioned, quick-cooking, and instant oatmeal.)</li> <li>• Reconstituted whole wheat can be considered whole grain when the reconstitution is done by the original milling facility to ensure the same batch of whole grain is returned to natural proportions. Request documentation from the milling company to state that they recombined the grain components to natural proportions of bran, germ, and endosperm.</li> <li>• Other whole-grain products that do not use the word “whole” in their description, for example, brown rice, brown rice flour, wild rice, quinoa, millet, triticale, teff, amaranth, buckwheat, or sorghum.</li> </ul>
<ul style="list-style-type: none"> <li>• Amaranth</li> <li>• Cracked wheat</li> <li>• Crushed wheat</li> <li>• Whole-wheat flour</li> <li>• Graham flour</li> <li>• Entire-wheat flour</li> <li>• Bromated whole-wheat flour</li> <li>• Millet flakes</li> <li>• Whole durum wheat flour</li> <li>• Quinoa</li> </ul>
<ul style="list-style-type: none"> <li>• Brown rice, wild rice, cracked wheat</li> </ul>
<ul style="list-style-type: none"> <li>• Bulgur or whole-grain barley or whole specialty grains</li> </ul>
<ul style="list-style-type: none"> <li>• Whole-wheat pasta, such as macaroni, spaghetti, vermicelli, or whole-grain noodles</li> </ul>
<ul style="list-style-type: none"> <li>• Soba noodles (with whole buckwheat flour as primary ingredient)</li> </ul>

**Grain Products (Ingredients) That Are Not Whole Grains**

<b>Grain Products (Ingredients) That Are Not Whole Grains</b>	
Flour	Durum flour
White flour	Bread flour
Wheat flour	Cake flour
Enriched wheat flour	Rice flour
All-purpose flour	Corn grits
Unbleached flour	Hominy grits
Bromated flour	Hominy
Enriched bromated flour	Farina
Enriched flour	Degerminated corn meal
Instantized flour	Semolina
Phosphated flour	Pearled (also called pearl) barley
Self-rising flour	Enriched rice
Self-rising wheat flour	Long-grain white rice
Enriched self-rising flour	Couscous

**Overview of Menu Planning/OVS at Lunch**

Function	Requirement
Implementation of OVS	Mandatory at the senior high level.  Optional below senior high school level.
Reimbursable meals  Number of food components/food items offered	Offer five food components/number of food items offered varies.
Required number of selections for OVS	At all grade levels, student must select at least three components, one of which must be ½ cup of fruits or vegetables.
OVS and fruits and vegetables food components/food items	Fruits and vegetables are two separate components.  Student must select at least a ½ cup of fruits or vegetables or a combined total of ½ cup of both.
"Extra" foods offered	Not credited for OVS but must be included in dietary specifications.

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## Fruit and Vegetable Selection Worksheet Sample

### Beef Stew Scenario

**Instructions:** List possible options the K-5 and 6-8 grade students must select to meet the minimum fruit/or vegetable quantity requirement for a reimbursable lunch.

#### Beef Stew Menu

- Beef stew (contains  $\frac{1}{2}$  cup vegetables)
- Seasoned corn ( $\frac{1}{2}$  cup vegetables)
- Carrot/raisin salad ( $\frac{1}{2}$  cup fruit/vegetable combo)
- Green bean (contains  $\frac{1}{4}$  cup vegetables)
- Steamed green peas ( $\frac{1}{4}$  cup vegetables)
- Chilled peaches ( $\frac{1}{4}$  cup fruit)
- Fresh red apple ( $\frac{1}{2}$  cup fruit)

#### Grades

K-5	Daily minimum fruit requirements <u><math>\frac{1}{2}</math> cup</u>
6-8	Daily minimum fruit requirements <u><math>\frac{1}{2}</math> cup</u>
K-5	Daily minimum vegetable requirements <u><math>\frac{3}{4}</math> cup</u>
6-8	Daily minimum vegetable requirements <u><math>\frac{3}{4}</math> cup</u>

**What are the menu items options a K-5 or a 6-8 grade student could select for a  $\frac{1}{2}$  cup serving of fruit and/or vegetables?**

**Possible responses:**

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### Reimbursable Lunch Worksheet Sample

**Instructions:** Review the students' lunch selections for each scenario. Determine if the students' selection qualifies for a reimbursable lunch for OVS. If the students' selections do not meet the reimbursable lunch requirements, note the recommended solutions. Remember, schools are encouraged to allow students to select more items as long as the weekly dietary specifications are not exceeded.

#### OVS Lunch Menu for Grades 9-12

<b>Entrée Meal Contribution</b> 2 oz eq of grains, 2 oz eq of m/ma  <b>May select one choice.</b>	<b>Vegetables Meal Contribution</b> ½ cup each  <b>May select up to three of the choices.</b>	<b>Fruit Meal Contribution</b> ½ cup of each  <b>May select up to three of the choices.</b>	<b>Milk Meal Contribution</b> 1 cup  <b>May select one choice</b>
Hamburger on a Bun or Turkey Sandwich	Corn Green Beans Potato Wedges	Orange Fruit Cocktail Banana Apple Juice	Nonfat Unflavored Milk or Nonfat Flavored Milk

#### Scenario: Grades 9-12 (High School)

<b>High School Student</b>	<b>Lunch Meal Selection</b>
<b>Student A</b>	½ cup seasoned corn and ½ cup green beans; ½ cup orange slices; 1 cup unflavored milk
<b>Student B</b>	½ cup seasoned corn and ½ cup green beans; ½ cup orange slices and ½ cup fruit cocktail
<b>Student C</b>	½ cup potato wedges, ½ cup orange slices, 1 cup unflavored milk

**Reimbursable Lunch Worksheet, continued**

**How many food components did Student A select for this lunch meal?**

**Is this a reimbursable meal for OVS?**

**How many food components did Student B select for this lunch meal?**

**Is this a reimbursable meal for OVS?**

**How many food components did Student C select for this lunch meal?**

**Is this a reimbursable meal for OVS?**

**Overview of Menu Planning/OVS at Breakfast**

Function	Requirement
Implementation of OVS	Optional at all levels.
Number of Food Components/Food Items Offered for Reimbursable Meals under OVS	Offer four food items from three components.
Required Number of Selections for OVS	<p>Student must select at least three food items.</p> <p>One selection must be at least ½ cup of fruits.</p>
<p>OVS and the Fruit Food Component</p> <p>OVS and Food Items for the Fruit Component</p>	<p>Vegetables may be offered to meet all or part of the fruit requirement.</p> <p>The one cup required quantity may be offered as more than one food item.</p> <p>One selection must be at least ½ cup of fruit (or vegetable or a combination of both).</p>
“Extra” Foods Offered	Not credited for OVS but must be counted in dietary specifications.
Double Servings of Components/Food Items	Allowed for fruits (or vegetables) and grains (or meats/meat alternates) components.

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### Menu Option: Four Food Items Breakfast Menu Worksheet

**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 (or meats/meat alternates if offered for this component) and milk, the student must select the minimum daily required serving; and
- For the fruit component, the student must select at least ½ 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:

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

**Answer:**

### Menu Option: Five Food Items Breakfast Menu Worksheet

**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 grain) | [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 (or meats/meat alternates if offered for this component) and milk, the student must select the minimum daily required serving; and
- 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:



### Menu Option: Combination Food Breakfast Menu Worksheet

**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 + ½ cup fruit) [2 food items]

**OR**

- 2 slices of toast (2 oz eq grains) [2 food items]

- Orange slices (½ cup fruit) [1 food item]

- Apple juice (½ 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 (or meats/meat alternates if offered for this component) and milk, the student must select the minimum daily required serving; and
- For the fruit component, the student must select at least ½ cup of fruit (or vegetables if offered) or fruit/vegetable combined.

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

**Answer:**

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

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

**Menu Option: Meats/Meat Alternates in Place of Grains Worksheet**

**Instructions:** Review the Meats/Meat Alternates in Place of Grains Menu Example and answer the corresponding questions.

**Meats/meat alternates in Place of Grains Breakfast Menu Example**

Menu with 4 food items:

- |                           |                             |                |
|---------------------------|-----------------------------|----------------|
| • Whole grain-rich cereal | (1 oz eq grain)             | [1 grain item] |
| • Hard-boiled egg         | (1 oz eq credited as 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 (or meats/meat alternates if offered for this component) and milk, the student must select the minimum daily required serving; and
- For the fruit component, the student must select at least ½ 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:**

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

**Answer:**

### Menu Option: "Extra" Food Breakfast Menu Worksheet

**Instructions:** Review "Extra" Food Breakfast Menu Example and provide feedback to the corresponding questions.

#### "Extra" Food Breakfast Menu Example

Menu with 4 food items with meats/meat alternates offered as an "extra" food:

- Slice of toast (1 oz eq grain) [1 grain item]
- Hard-boiled egg "Extra" food
- Orange slices (½ cup fruit) [1 fruit item]
- Apple juice (½ 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 (or meats/meat alternates if offered for this component) and milk, the student must select the minimum daily required serving; and
- For the fruit component, the student must select at least ½ cup of fruit (or vegetables if offered) or fruit/vegetable combined.

**How many food items are offered on this menu? What are the food items?**

**Answer:**

**If a student selects the hard-boiled egg could this food item be credited as one of the three food items required for a reimbursable meal?**

**Answer:**

**What must a student select to have a reimbursable breakfast?**

**Answer:**



## Menu Signage Worksheet Sample

### Lunch Scenario 9-12 Grade Group Scenario

**Instructions:** Review the scenario. Create signage that identifies allowable choices and what constitutes a reimbursable meal. The signage must reflect the grade group requirements for the intended school meal. Answer the corresponding questions when applicable.

#### Scenario

Students at this high school are offered choices. The menu planner determined students are allowed to select one entrée, up to two vegetables, up to two fruits, and one type of milk. For the 9-12 grade group a minimum one cup serving for fruits and a minimum one cup serving for vegetables must be offered to meet the meal requirements. For this scenario, the grains component is included as part of the entrée.

### OVS Lunch Menu for Grades 9-12 Activity

<b>Menu Signage for Grades 9-12 Possible Answer 1</b>			
<b>Entrée Meal Contribution</b> 2 oz eq of grains and 2 oz eq of meats/meat alternates	<b>Vegetables Meal Contribution</b> ½ cup each	<b>Fruit Meal Contribution</b> ½ cup of each	<b>Milk Meal Contribution</b> 1 cup
<b>Select one choice.</b>	<b>May select up to two of the choices.</b>	<b>May select up to two of the choices.</b>	<b>Select one choice.</b>
Hamburger on a Bun OR Turkey Sandwich	Corn Green Beans Potato Wedges	Orange Fruit Cocktail Banana Apple Juice	Nonfat Unflavored Milk OR Nonfat Flavored Milk

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## Menu Signage Worksheet Sample

### **Breakfast Fruit Choices Scenario**

**Instructions:** Review the scenario and create signage that provides clear information to students, servers, and cashiers how the menu selection contributes to a reimbursable lunch meal. Answer the corresponding questions.

#### **Scenario:**

The menu planner may offer the fruit component as more than one food item in order to meet the required number of food items needed for OVS. The minimum quantity that may be credited towards this component is  $\frac{1}{8}$  cup.

This K-8 elementary school uses the OVS concept and offers a variety of choices for breakfast. Under OVS, the student must select at least  $\frac{1}{2}$  cup of any fruit, vegetable, or combination of fruits or fruit/vegetable to have a reimbursable meal. Students at this K-8 school must select at least three breakfast food items. The menu planner has determined the Breakfast Fruit Choices. This scenario is an example of how a menu planner can choose to offer amounts of less than  $\frac{1}{2}$  cup of the fruit component across multiple foods.

#### **Breakfast Fruit Choices**

Here is a sample list (NOT a menu) of food items with fruits and/or vegetables that credit toward the breakfast fruit component:

- Egg frittata with peppers ( $\frac{1}{8}$  cup vegetable)
- 8 oz 100% orange juice (1 cup fruit)
- Mango/black bean salsa ( $\frac{1}{8}$  cup fruit/vegetable combo)
- Diced pineapple ( $\frac{1}{4}$  cup fruit)
- Apple slices ( $\frac{1}{4}$  cup fruit)

**Menu Signage Worksheet Sample**

**What are some possible combinations the student may select from the Breakfast Fruit Choices for the fruit/vegetable item to be credited as a reimbursable meal?**

**Answer:**

**What fruit/vegetable combination selection from the Breakfast Fruit Choices would not be credited as a reimbursable meal?**

**Answer:**



### Menu Signage Worksheet Sample

**Instructions:** The menu planner has created the Breakfast Fruit Choices Mock Signage Example. Review the mock signage and answer the corresponding questions.

#### Breakfast Fruit Choices Mock Signage Example

The menu offers a variety of choices to help you build a nutritious breakfast. Select a combination of fruits and/or vegetables of your choice. Your selection will need to equal at least a  $\frac{1}{2}$  cup serving.

**Does this signage communicate to students the how many choices a student may select? For OVS, what must the menu planner indicate?**

**Answer:**

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## Menu Signage Worksheet Sample

### Practice Breakfast Menu Examples Signage

**Instructions:** Review the K-8 Menu OVS Breakfast Example Signage. Answer the corresponding questions.

**Scenario:**

The menu planner offers a variety of choices on the breakfast menu. The menu planner has created K-8 Menu OVS Breakfast Example Signage.

#### **K-8 Menu OVS Breakfast Example Signage**

- Slice of toast (1 oz eq grain) [1 grain item]
- Whole grain cereal (1 oz eq grain) [1 grain item]
  
- 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]
  
- Variety of milk (1 cup) [1 milk item]

## Menu Signage Worksheet Sample

**How many breakfast food items are offered on the K-8 Menu Example Signage?**

**Answer:**

**Is the signage for the K-8 Menu Example Signage clear and reinforce the menu planner's intent of how much of a food component/food item a student may select?**

**Answer:**

## Menu Signage Worksheet Sample

**Instructions:** Review the items listed on the K-8 Breakfast Menu Example Signage. Create signage that identifies allowable choices and what constitutes a reimbursable meal. Answer the corresponding questions.

### K-8 Breakfast Menu Example Signage

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 (or meats/meat alternates offered for this component) and milk, the student must select the minimum re daily required serving; and
- For the fruit component, the student must select at least ½ cup of fruit (or vegetables if offered) or fruit/vegetable combined.

### **Menu Signage Worksheet Sample**

**What are some ways your district communicates to the students and cashiers the selection of a reimbursable meal?**

**Possible responses:**

**What are some nutrition education messages that can be included in the cafeteria?**

**Possible responses:**

## References

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## **Answer Keys**

- Vegetables K-8 Menu Worksheet Answer Key
- Fruit and Vegetable Selection Worksheet Sample Answer Key
- Reimbursable Lunch Worksheet Sample Answer Key
- Menu Option: Four Food Items Breakfast Menu Worksheet Answer Key
- Menu Option: Five Food Items Breakfast Menu Worksheet Answer Key
- Menu Option: Combination Food Breakfast Menu Worksheet Answer Key
- Menu Option: Meats/Meat Alternates in Place of Grains Worksheet Answer Key
- Menu Option: "Extra" Food Breakfast Menu Worksheet Answer Key
- Menu Signage Worksheet Sample Answer Key

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## Meal Pattern Participant's Workbook

### Vegetables K-8 Menu Worksheet Answer Key

#### Instructions:

Locate in your Participant's Workbook the Sample CN Label, the White Chicken Chile recipe, and the K-8 Sample Lunch Menu. 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 credible serving size such as  $\frac{1}{2}$  cup. Monday menu has been completed on the worksheet as an example.

Day	Dark Green Servings	Red/ Orange Servings	Legumes 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 Dark Green  <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>Cucumber</b> $\frac{1}{2}$ cup
Wednesday	<b>Romaine and Spinach</b> $\frac{1}{2}$ cup  <b>Romaine</b> $\frac{1}{2}$ cup	<b>Carrot</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.**

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## Fruit and Vegetable Selection Worksheet Sample Answer Key

### Beef Stew Scenario

**Instructions:** List possible options the K-5 and 6-8 grade students must select to meet the minimum fruit/or vegetable quantity requirement for a reimbursable lunch.

#### Beef Stew Menu

- Beef stew (contains  $\frac{1}{2}$  cup vegetables)
- Seasoned corn ( $\frac{1}{2}$  cup vegetables)
- Carrot/raisin salad ( $\frac{1}{2}$  cup fruit/vegetable combo)
- Green bean (contains  $\frac{1}{4}$  cup vegetables)
- Steamed green peas ( $\frac{1}{4}$  cup vegetables)
- Chilled peaches ( $\frac{1}{4}$  cup fruit)
- Fresh red apple ( $\frac{1}{2}$  cup fruit)

#### Grades

K-5	Daily minimum fruit requirements <u><math>\frac{1}{2}</math> cup</u>
6-8	Daily minimum fruit requirements <u><math>\frac{1}{2}</math> cup</u>
K-5	Daily minimum vegetable requirements <u><math>\frac{3}{4}</math> cup</u>
6-8	Daily minimum vegetable requirements <u><math>\frac{3}{4}</math> cup</u>

**What are the menu items options a K-5 or a 6-8 grade student could select for a  $\frac{1}{2}$  cup serving of fruit and/or vegetables?**

#### **Possible responses:**

- The beef stew is a main dish that contains  $\frac{1}{2}$  cup of vegetables.
- The corn is a side item containing  $\frac{1}{2}$  cup of vegetables.
- The carrot raisin salad is a  $\frac{1}{2}$  cup combination of both fruits and vegetables in the same dish.
- Since the green beans, peas, and peaches are each  $\frac{1}{4}$  cup portions, taking two out of the three of these items meets the  $\frac{1}{2}$  cup requirement.
- Taking two selections of the same fruit or vegetable item (such as the peaches or the green beans) is allowable in order to reach the  $\frac{1}{2}$  cup minimum fruit, vegetable, or fruit/vegetable requirement for OVS.

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**Reimbursable Lunch Worksheet  
Sample Answer Key**

**Instructions:** Review the students' lunch selections for each scenario. Determine if the students' selection qualifies for a reimbursable lunch for OVS. If the students' selections do not meet the reimbursable lunch requirements, note the recommended solutions. Remember, schools are encouraged to allow students to select more items as long as the weekly dietary specifications are not exceeded.

**OVS Lunch Menu for Grades 9-12**

<b>Entrée Meal Contribution</b> 2 oz eq of grains, 2 oz eq of m/ma  <b>May select one choice.</b>	<b>Vegetables Meal Contribution</b> ½ cup each  <b>May select up to three of the choices.</b>	<b>Fruit Meal Contribution</b> ½ cup of each  <b>May select up to three of the choices.</b>	<b>Milk Meal Contribution</b> 1 cup  <b>May select one choice</b>
Hamburger on a Bun or Turkey Sandwich	Corn Green Beans Potato Wedges	Orange Fruit Cocktail Banana Apple Juice	Nonfat Unflavored Milk or Nonfat Flavored Milk

**Scenario: Grades 9-12 (High School)**

<b>High School Student</b>	<b>Lunch Meal Selection</b>
<b>Student A</b>	½ cup seasoned corn and ½ cup green beans; ½ cup orange slices; 1 cup unflavored milk
<b>Student B</b>	½ cup seasoned corn and ½ cup green beans; ½ cup orange slices and ½ cup fruit cocktail
<b>Student C</b>	½ cup potato wedges, ½ cup orange slices, 1 cup unflavored milk

**Reimbursable Lunch Worksheet  
Sample Answer Key, continued**

**How many food components did Student A select for this lunch meal?** Student A selected three food components for this lunch.

**Is this a reimbursable meal for OVS?** The student's selections do qualify as a reimbursable lunch. Student A has selected 1 cup vegetables total, (the full vegetable component) plus the  $\frac{1}{2}$  cup fruit meets minimum fruit requirement and selected 1 cup unflavored milk meeting the milk component requirement.

**How many food components did Student B select for this lunch meal?**

Student B selected two food components for this lunch.

**Is this a reimbursable meal for OVS?** The student's selections do not qualify as a reimbursable lunch. Although Student B selected a cup of fruit and a cup of vegetables which are the minimum daily required serving sizes and are counted as two components, a minimum of 3 components are required.

**How many food components did Student C select for this lunch meal?**

Student C selected three food components for this lunch.

**Is this a reimbursable meal for OVS?** No, for OVS, if a high school student selects only three components and two of these are a fruit and a vegetable, the student must select the full required serving size for either the fruit or vegetable (or for both) to have them credited as components. Student C did not select at least a full 1 cup serving of either fruit or vegetables, so only the fruit, for example, may be credited as a component under OVS as  $\frac{1}{2}$  cup was selected. The  $\frac{1}{2}$  cup of vegetable cannot be credited as meeting that component as at least one cup must be selected since only  $\frac{1}{2}$  cup of fruit was selected and credited. In this scenario, either the fruit or vegetable selection must be one cup to credit it



**Reimbursable Lunch Worksheet  
Sample Answer Key, continued**

as a full food component for both of those components to be credited. Alternately, the student could select a grain or meats/meat alternates choice as the third component, instead of more fruits or vegetables.

## Menu Option: Four Food Items Breakfast Menu Worksheet Answer Key

**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 (or meats/meat alternates if offered for this component) and milk, the student must select the minimum daily required serving; and
- For the fruit component, the student must select at least ½ 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 ounce equivalent and provides the minimum daily required serving.

### Menu Option: Five Food Items Breakfast Menu Worksheet Answer Key

**Instructions:** Review the Five Food Items 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 grain) | [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 (or meats/meat alternates if offered for this component) and milk, the student must select the minimum daily required serving; and
- For the fruit component, the student must select at least ½ 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

### Menu Option: Combination Food Breakfast Menu Worksheet Answer Key

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

#### Combination Food Breakfast Menu Example

- Waffle with fruit (1 oz eq grain + ½ cup fruit) [2 food items]

**OR**

- 2 slices of toast (2 oz eq grains) [2 food items]
- Orange slices (½ cup fruit) [1 food item]
- Apple juice (½ 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 (or meats/meat alternates if offered for this component) and milk, the student must select the minimum daily required serving; and
- For the fruit component, the student must select at least ½ cup of fruit (or

**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 daily required serving for the grains component 1 ounce equivalent and the minimum daily required serving for the fruit component for OVS (½ cup), and milk
- One slice of toast, the orange slices, and milk
- Waffle with fruit and orange slices
- 2 slices of toast and orange slices

## Menu Option: Meats/Meat Alternates in Place of Grains Breakfast Menu Worksheet Answer Key

**Instructions:** Review the Meats/Meat Alternates in Place of Grains Menu Example and answer the corresponding questions.

### Meats/Meat Alternates in Place of Grains Breakfast Menu Example

Menu with 4 food items:

- |                           |                             |                |
|---------------------------|-----------------------------|----------------|
| • Whole grain-rich cereal | (1 oz eq grain)             | [1 grain item] |
| • Hard-boiled egg         | (1 oz eq credited as 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 (or meats/meat alternates if offered for this component) and milk, the student must select the minimum daily required serving; and
- For the fruit component, the student must select at least ½ 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 daily required 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.

## Menu Option: "Extra" Food Breakfast Menu Worksheet Answer Key

**Instructions:** Review "Extra" Food Menu Example and provide feedback to the corresponding questions.

### "Extra" Food Breakfast Menu Example

Menu with 4 food items with meats/meat alternates offered as an "extra" food:

- Slice of toast (1 oz eq grain) [1 grain item]
- Hard-boiled egg "Extra" food
- Orange slices (½ cup fruit) [1 fruit item]
- Apple juice (½ 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 (or meats/meat alternates if offered for this component) and milk, the student must select the minimum daily required serving; and
- For the fruit component, the student must select at least ½ cup of fruit (or vegetables if offered) or fruit/vegetable combined.

**How many food items are offered on this menu? What are the food items?**

**Answer:** This OVS menu example contains only four items-- toast, orange slices, apple juice, and milk.

**If a student selects the hard-boiled egg could this food item be credited as one of the three food items required for a reimbursable meal?**

**Answer:** No, the egg is an "extra" food and may not be counted as one of the three food items required for a reimbursable breakfast.

**What must a student select to have a reimbursable breakfast?**

**Answer:** A student must take at least one of the fruit items plus two additional items.

## Menu Signage Worksheet Sample Answer Key

### Lunch Scenario 9-12 Grade Group Scenario

**Instructions:** Review the scenario. Create signage that identifies allowable choices and what constitutes a reimbursable meal. The signage must reflect the grade group requirements for the intended school meal. Answer the corresponding questions when applicable.

#### Scenario

Students at this high school are offered choices. The menu planner determined students are allowed to select one entrée, up to two vegetables, up to two fruits, and one type of milk. For the 9-12 grade group a minimum one cup serving for fruits and a minimum one cup serving for vegetables must be offered to meet the meal requirements. For this scenario, the grains component is included as part of the entrée.

### OVS Lunch Menu for Grades 9-12 Activity

Menu Signage for Grades 9-12 Possible Answer 1			
Entrée Meal Contribution 2 oz eq of grains and 2 oz eq of meats/meat alternates  Select one choice.	Vegetables Meal Contribution ½ cup each  May select up to two of the choices.	Fruit Meal Contribution ½ cup of each  May select up to two of the choices.	Milk Meal Contribution 1 cup  Select one choice.
Hamburger on a Bun OR Turkey Sandwich	Corn Green Beans Potato Wedges	Orange Fruit Cocktail Banana Apple Juice	Nonfat Unflavored Milk OR Nonfat Flavored Milk

#### Menu Signage for Grades 9-12 Possible Answer 2

- Choose 1:** hamburger on bun **OR** turkey sandwich (2 oz eq of grains, 2 oz eq of m/ma)
- Choose up to 2:** corn, green beans, potato wedges (½ cup of vegetables each)
- Choose up to 2:** orange, fruit cocktail, banana, apple juice (½ cup of fruit each)
- Choose 1:** nonfat unflavored milk **OR** nonfat flavored milk (1 cup)





## Menu Signage Worksheet Sample Answer Key, continued

### **Breakfast Fruit Choices Scenario**

**Instructions:** Review the scenario and create signage that provides clear information to students, servers, and cashiers how the menu selection contributes to a reimbursable lunch meal. Answer the corresponding questions.

#### **Scenario:**

The menu planner may offer the fruit component as more than one food item in order to meet the required number of food items needed for OVS. The minimum quantity that may be credited towards this component is  $\frac{1}{8}$  cup.

This K-8 elementary school uses the OVS concept and offers a variety of choices for breakfast. Under OVS, the student must select at least  $\frac{1}{2}$  cup of any fruit, vegetable, or combination of fruits or fruit/vegetable to have a reimbursable meal. Students at this K-8 school must select at least three breakfast food items. The menu planner has determined the Breakfast Fruit Choices. This scenario is an example of how a menu planner can choose to offer amounts of less than  $\frac{1}{2}$  cup of the fruit component across multiple foods.

#### **Breakfast Fruit Choices**

Here is a sample list (NOT a menu) of food items with fruits and/or vegetables that credit toward the breakfast fruit component:

- Egg frittata with peppers ( $\frac{1}{8}$  cup vegetable)
- 8 oz 100% orange juice (1 cup fruit)
- Mango/black bean salsa ( $\frac{1}{8}$  cup fruit/vegetable combo)
- Diced pineapple ( $\frac{1}{4}$  cup fruit)
- Apple slices ( $\frac{1}{4}$  cup fruit)

**Menu Signage Worksheet Sample Answer Key, continued**

**What are some possible combinations the student may select from the Breakfast Fruit Choices for the fruit/vegetable item to be credited as a reimbursable meal?**

**Answer:**

- A student may take the egg frittata ( $\frac{1}{8}$  cup of vegetable), the salsa ( $\frac{1}{8}$  cup of fruit/vegetable) and the pineapple ( $\frac{1}{4}$  cup fruit) for the  $\frac{1}{2}$  cup total and this combination is a reimbursable meal.
- A student could take two servings of salsa ( $\frac{1}{4}$  cup for 2 servings) with the diced pineapple ( $\frac{1}{4}$  cup), for a combined total of  $\frac{1}{2}$  cup of fruit.

**What fruit/vegetable combination selection from the Breakfast Fruit Choices would not be credited as a reimbursable meal?**

**Answer:** If the student selects only the egg frittata and the apple slices, this only totals  $\frac{3}{8}$  cup and does not meet the daily OVS minimum of  $\frac{1}{2}$  cup. In this case, the student must also select, for example, the salsa or the orange juice to provide at least the  $\frac{1}{2}$  cup of fruit required under OVS.

### **Menu Signage Worksheet Sample Answer Key, continued**

**Instructions:** The menu planner has created the Breakfast Fruit Choices Mock Signage Example. Review the mock signage and answer the corresponding questions.

#### **Breakfast Fruit Choices Mock Signage Example**

The menu offers a variety of choices to help you build a nutritious breakfast. Select a combination of fruits and/or vegetables of your choice. Your selection will need to equal at least a  $\frac{1}{2}$  cup serving.

**Does this signage communicate to students how many choices a student may select? For OVS, what must the menu planner indicate?**

**Answer:** The signage does not communicate the number of choices a student may select. For OVS, the menu planner must indicate:

- what choices the student may select to have at least the required  $\frac{1}{2}$  cup of fruit and
- the number of selections that may be made of the various fruit/vegetable food items.

**Menu Signage Worksheet Sample Answer Key, continued****Practice Breakfast Menu Examples Signage**

**Instructions:** Review the K-8 Menu OVS Breakfast Example Signage. Answer the corresponding questions.

**Scenario:**

The menu planner offers a variety of choices on the breakfast menu. The menu planner has created K-8 Menu OVS Breakfast Example Signage.

**K-8 Menu OVS Breakfast Example Signage**

- |                      |                 |                |
|----------------------|-----------------|----------------|
| • Slice of toast     | (1 oz eq grain) | [1 grain item] |
| • Whole grain cereal | (1 oz eq grain) | [1 grain item] |
| • 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] |
| • Variety of milk    | (1 cup)         | [1 milk item]  |

**Menu Signage Worksheet Sample Answer Key, continued**

**How many breakfast food items are offered on the K-8 Menu Example Signage?**

**Answer:** This OVS menu example contains seven breakfast food items.

**Is the signage for the K-8 Menu Example Signage clear and reinforce the menu planner's intent of how much of a food component/food item a student may select?**

**Answer:** No, the signage does not provide clear information about all the allowable choices and what constitutes a reimbursable meal. The signage only identifies what fruit/vegetable a student can select and does not identify what or how much of the grains or milk items a student may select. The signage does not identify a specific group.

### Menu Signage Worksheet Sample Answer Key, continued

**Instructions:** Review the items listed on the K-8 Menu Example Signage. Create signage that identifies allowable choices and what constitutes a reimbursable meal. Answer the corresponding questions.

#### K-8 Breakfast Menu Example Signage

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 (or meats/meat alternates offered for this component) and milk, the student must select the minimum re daily required serving; and
- For the fruit component, the student must select at least ½ cup of fruit (or vegetables if offered) or fruit/vegetable combined.

**Menu Signage Worksheet Sample Answer Key, continued**

**What are some ways your district communicates to the students and cashiers the selection of a reimbursable meal?**

**Possible responses:**

- Display menu on school's marquis
- Make morning menu announcements
- Place menu on cafeteria doorways

**What are some nutrition education messages that can be included in the cafeteria?**

**Possible responses:**

- Ask students to create nutrition education messages
- Ask a class to do a nutrition education skit
- Include nutrition education message by a food component (i.e., calcium messages by the milk cooler or the importance vitamins and minerals by the food bar.)

Source: United States Department of Agriculture. (March 32, 2014). Core Nutrition Messages. Available at: <http://www.fns.usda.gov/core-nutrition/core-nutrition-messages>









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