

OVS in the NSLP/SBP

Shawn Shaw

Director of Technical Assistance

mdek12.org



MISSISSIPPI
DEPARTMENT OF
EDUCATION

June 2025

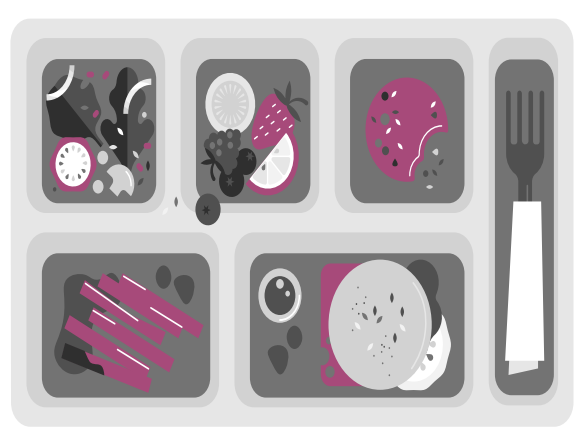


Offer Versus Serve

Basics for NSLP/SBP

Offer Versus Serve (OVS)

OVS is a strategy that allows students to decline some components or items and select foods that they intend to eat.

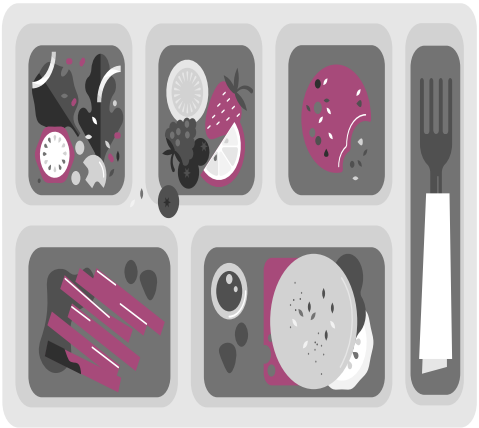


- Reduces food waste and its impact on cost
- Mandatory in the NSLP for high schools
- Optional in SBP (all grades)
- Not available for Snack Service

Basic Requirements

If implementing OVS, the site must:

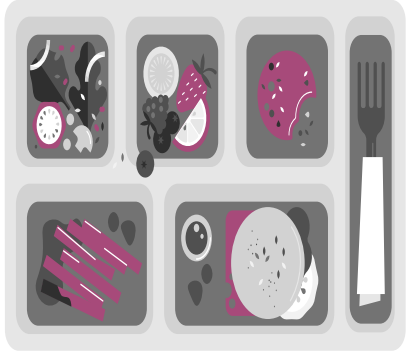
- OFFER all required meal pattern components in minimum quantities.
- Identify near or at the beginning of the serving line those items that constitute a reimbursable meal.
- Have a trained cashier at the end of the serving line to identify reimbursable meals (*any alternate POS must be pre-approved by the SA*).



OVS for the PreK Meal Pattern

5

NOT ALLOWED!



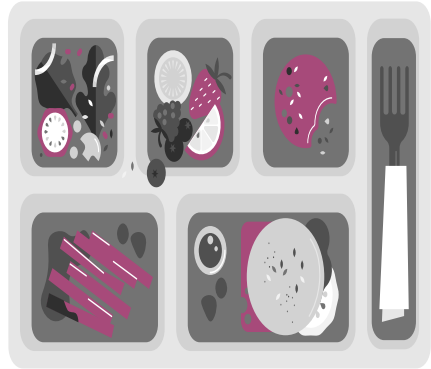
- If you are implementing the PreK meal pattern, you are not allowed to implement OVS. You must practice straight plate
- If your PreK students are co-mingled with your elementary, you are not required to implement the PreK pattern, and OVS would be allowed. (SA *generally allows a fifteen minute grace period between PreK and Elementary service, in which we would still consider the 2 to be comingled*)

OVS at Lunch

NSLP

OVS Rules at Lunch

7 CFR 210.10 (e) and SP 41 - 2015



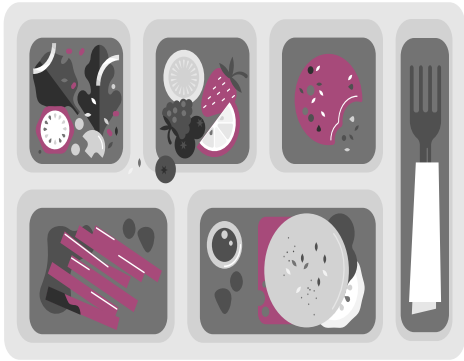
- Students must be allowed to decline 2 of the 5 required components
- Students must have 3 components on their tray
- One of those components must be at least a half a cup of fruit or vegetable.

At the very minimum, the student needs two full components plus a half cup of fruit/veg to be considered a reimbursable meal.

OVS Rules at Lunch

SP 41 – 2015 (OVS Manual Pg. 10)

- If only 3 components are selected and 2 of those are fruit and vegetable, the student may only select the half cup portion for the fruit OR the vegetable. For the other two components, the students must select at least the minimum daily required serving of the components for them to be counted.



For example, if a high school student selects a half cup of corn, a half cup of grapes, and a milk, this is NOT a reimbursable meal!

NSLP Meal Pattern

9

Knowledge of Meal Pattern is essential to OVS implementation

NSLP Meal Pattern – Daily Minimum Requirements

	K-8	6-8	9-12
Meat	1 oz eq.	1 oz eq.	2 oz eq.
Grain	1 oz eq.	1 oz eq.	2 oz eq.
Vegetable	$\frac{3}{4}$ cup	$\frac{3}{4}$ cup	1 cup
Fruit	$\frac{1}{2}$ cup	$\frac{1}{2}$ cup	1 cup
Milk	1 cup	1 cup	1 cup



- **We recommend that when you are training your staff on OVS, you provide separate trainings for Elementary Cashiers and High School Cashiers because there is so much variation.**
- **Training separately can cut down on confusion.**

- If you have a child that approaches the POS and they do not have a reimbursable meal, a best practice is to offer them choices rather than being prescriptive.
- For example, you should say " would you like to pick up an additional item? Maybe a milk or a grain or a fruit?"
- Don't just say "go pick up a milk"
- In most cases, there are multiple components that the child could pick up to get them to a reimbursable tray.

Let's Practice!

OVS at Lunch (NSLP)

MENU OVERVIEW

13

All Items Offered on the Menu for the Day



REQUIRED COMPONENTS	ITEMS OFFERED	COMPONENT CONTRIBUTION
Milk	White Milk	1 cup
	Chocolate Milk	1 cup
Meat	Meatloaf	2 oz eq.
	Roll	2 oz eq.
Grain		
Fruit	Mandarin Oranges	½ cup
	Pineapple Tidbits	½ cup
Veg	Potatoes	½ cup
	Broccoli	½ cup



Is this a reimbursable meal ?	
Elementary	High School
YES	YES

Components Served		
	Elementary	High School
Milk	FULL	FULL
Meat	FULL	FULL
Grain	FULL	FULL
Fruit	FULL	PARTIAL
Veg	PARTIAL	PARTIAL



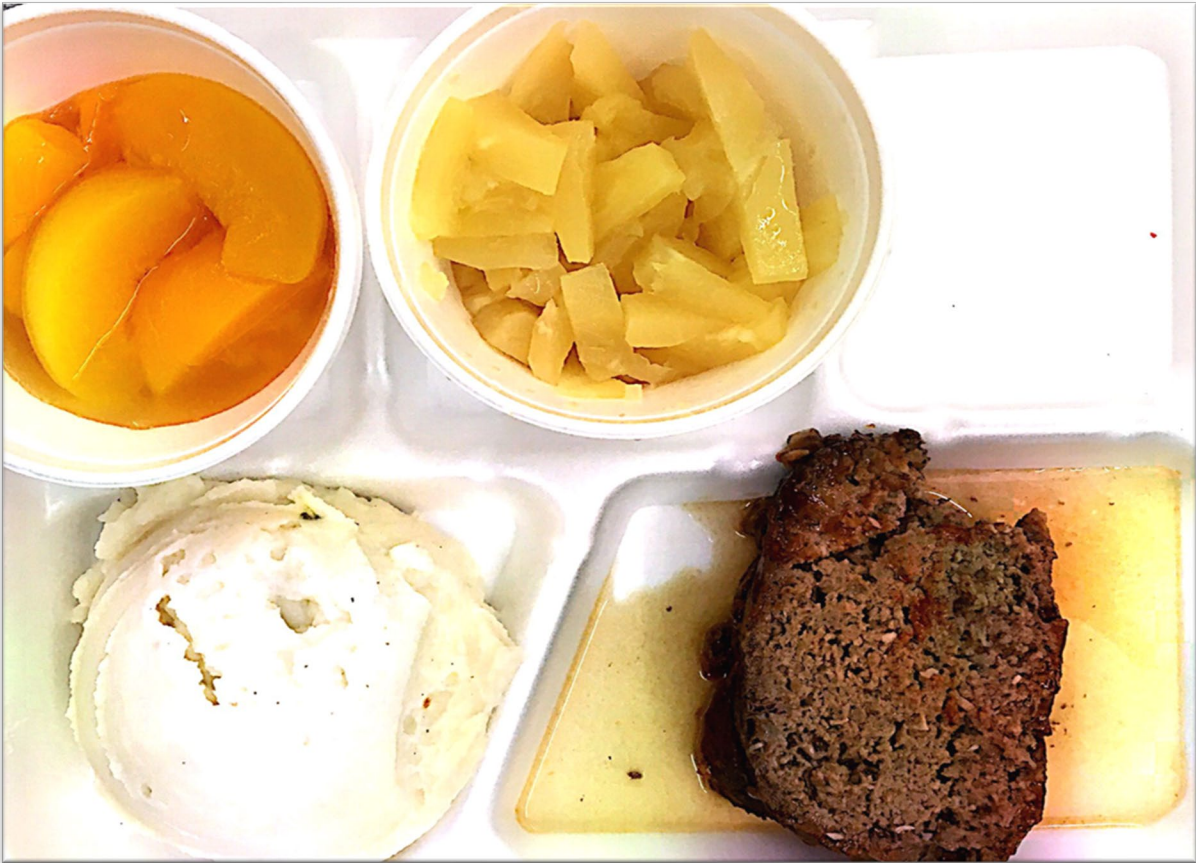
Is this a reimbursable meal ?	
Elementary	High School
YES	NO

	Components Served	
	Elementary	High School
Milk		
Meat	FULL	FULL
Grain		
Fruit	FULL	PARTIAL
Veg	PARTIAL	PARTIAL



Is this a reimbursable meal ?	
Elementary	High School
YES	YES

	Components Served	
	Elementary	High School
Milk	FULL	FULL
Meat	FULL	FULL
Grain		
Fruit	FULL	PARTIAL
Veg	PARTIAL	PARTIAL



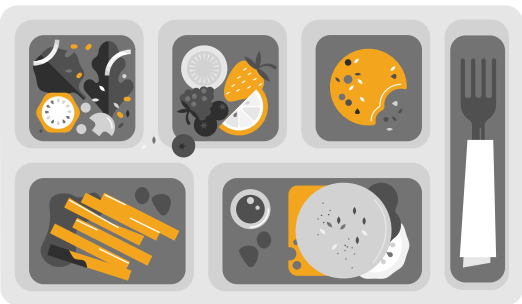
Is this a reimbursable meal ?	
Elementary	High School
YES	YES

Components Served		
	Elementary	High School
Milk		
Meat	FULL	FULL
Grain		
Fruit	FULL	FULL
Veg	PARTIAL	PARTIAL

NEW MENU ALERT!

18

All Items Offered on the Menu for the Day



REQUIRED COMPONENTS	ITEMS OFFERED	COMPONENT CONTRIBUTION
Milk	White Milk	1 cup
	Chocolate Milk	1 cup
Meat	Hamburger Patty	2 oz eq.
	Hamburger Bun	2 oz eq.
Grain	Mandarin Oranges	½ cup
	Banana	½ cup
Fruit	Corn	½ cup
	Broccoli	½ cup
Veg	Green Beans	½ cup



Is this a reimbursable meal?	
Elementary	High School
YES	YES

	Components Served	
	Elementary	High School
Milk	FULL	FULL
Meat	FULL	FULL
Grain	FULL	FULL
Fruit	FULL	PARTIAL
Veg	PARTIAL	PARTIAL



Is this a reimbursable meal?	
Elementary	High School
NO	NO

	Components Served	
	Elementary	High School
Milk		
Meat		
Grain		
Fruit		
Veg	FULL	FULL



Is this a reimbursable meal ?	
Elementary	High School
NO	NO

Components Served		
	Elementary	High School
Milk		
Meat		
Grain	FULL	FULL
Fruit		
Veg	FULL	FULL



Is this a reimbursable meal ?	
Elementary	High School
YES	YES

Components Served		
	Elementary	High School
Milk		
Meat		
Grain	FULL	FULL
Fruit	FULL	PARTIAL
Veg	FULL	FULL



Is this a reimbursable meal ?	
Elementary	High School
YES	YES

Components Served		
	Elementary	High School
Milk		
Meat	FULL	FULL
Grain	FULL	FULL
Fruit	FULL	PARTIAL
Veg	FULL	FULL



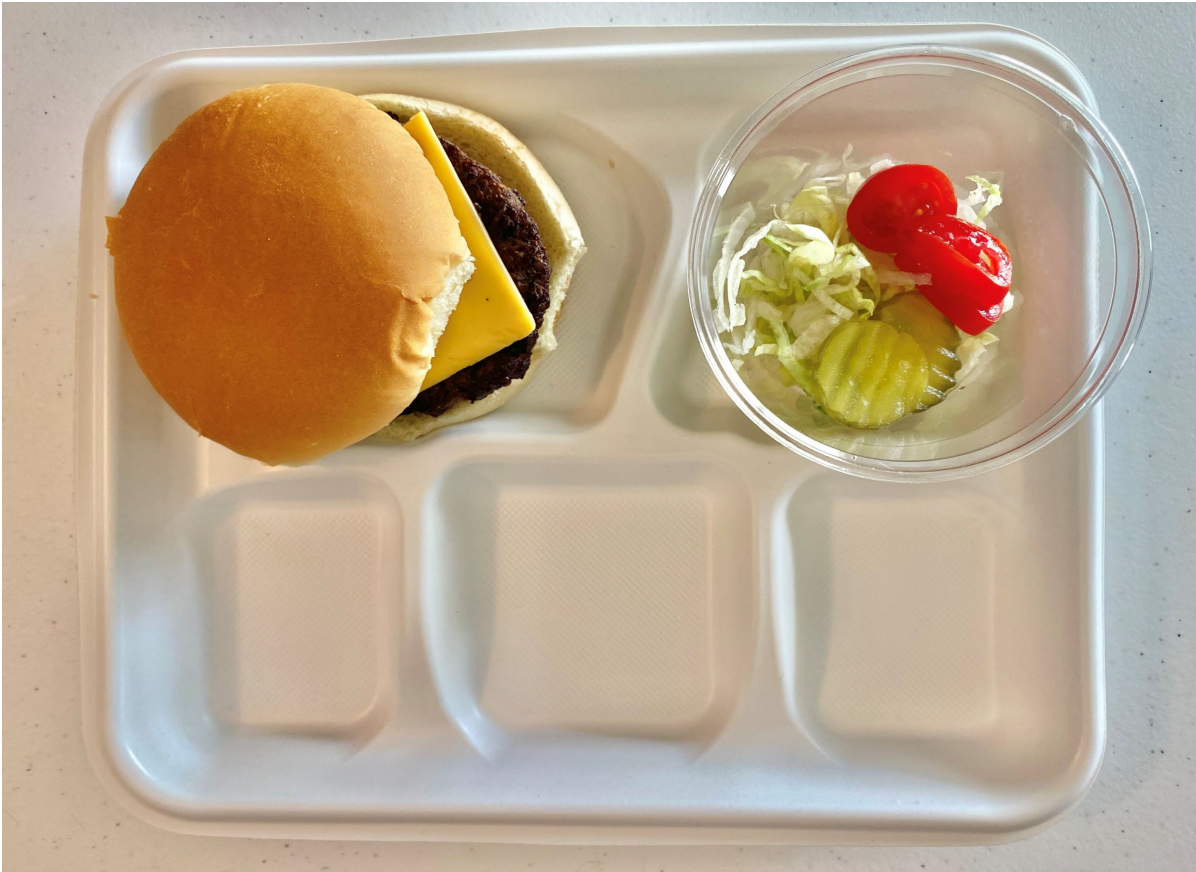
Is this a reimbursable meal ?	
Elementary	High School
YES	YES

Components Served		
	Elementary	High School
Milk		
Meat	FULL	FULL
Grain	FULL	FULL
Fruit	FULL	PARTIAL
Veg	PARTIAL	PARTIAL



Is this a reimbursable meal ?	
Elementary	High School
NO	NO

Components Served		
	Elementary	High School
Milk	FULL	FULL
Meat	FULL	FULL
Grain	FULL	FULL
Fruit		
Veg		



Is this a reimbursable meal ?	
Elementary	High School
NO	NO

Components Served		
	Elementary	High School
Milk		
Meat	FULL	FULL
Grain	FULL	FULL
Fruit		
Veg		



- Hamburger trimmings do not count toward the vegetable component
- While this may give you some veg, this is not a full serving of veg, **not even a half a cup veg as required to count toward OVS!**
- Considered an “Additional Food” rather than a veg component

Source: MRS 2021

MRS: 8290 – Condiments/Other (8000s)

TRIMMINGS

MEAL COMPONENT CONTRIBUTION:

None

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** 1 servings

RECIPE HACCP PROCESS: #1 - No cook



Is this a reimbursable meal ?	
Elementary	High School
YES*	YES*

Components Served		
	Elementary	High School
Milk		
Meat	FULL	FULL
Grain	FULL	FULL
Fruit	FULL	PARTIAL
Veg	PARTIAL	PARTIAL

*SALT SHOULD NEVER BE SERVED FOR ANY REASON!!!



Is this a reimbursable meal ?	
Elementary	High School
NO	NO

Components Served		
	Elementary	High School
Milk		
Meat		
Grain		
Fruit	FULL	FULL
Veg	PARTIAL	PARTIAL



Is this a reimbursable meal ?	
Elementary	High School
YES	YES

	Components Served	
	Elementary	High School
Milk	FULL	FULL
Meat		
Grain		
Fruit	FULL	FULL
Veg	PARTIAL	PARTIAL



Is this a reimbursable meal ?	
Elementary	High School
NO	NO

Components Served		
	Elementary	High School
Milk	FULL	FULL
Meat		
Grain		
Fruit	FULL	PARTIAL
Veg		



Is this a reimbursable meal ?	
Elementary	High School
NO	NO

Components Served		
	Elementary	High School
Milk		
Meat		
Grain		
Fruit	FULL	FULL
Veg	FULL	FULL



Is this a reimbursable meal ?	
Elementary	High School
YES	YES

Components Served		
	Elementary	High School
Milk		
Meat	FULL	FULL
Grain	FULL	FULL
Fruit	FULL	PARTIAL
Veg		



Is this a reimbursable meal ?	
Elementary	High School
YES	YES

	Components Served	
	Elementary	High School
Milk	FULL	FULL
Meat	FULL	FULL
Grain	FULL	FULL
Fruit	FULL	PARTIAL
Veg	PARTIAL	PARTIAL



Is this a reimbursable meal ?	
Elementary	High School
NO	NO

Components Served		
	Elementary	High School
Milk		
Meat		
Grain		
Fruit	FULL	PARTIAL
Veg	FULL	FULL



Is this a reimbursable meal ?	
Elementary	High School
NO	NO

Components Served		
	Elementary	High School
Milk		
Meat		
Grain		
Fruit	FULL	PARTIAL
Veg	FULL	FULL



Is this a reimbursable meal ?	
Elementary	High School
NO	NO

Components Served		
	Elementary	High School
Milk		
Meat		
Grain		
Fruit	FULL	FULL
Veg	PARTIAL	PARTIAL



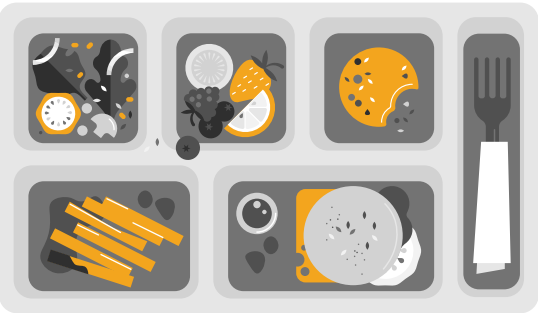
Is this a reimbursable meal ?	
Elementary	High School
NO	NO

Components Served		
	Elementary	High School
Milk	FULL	FULL
Meat		
Grain		
Fruit		
Veg	FULL	FULL

NEW MENU ALERT!

39

All Items Offered on the Menu for the Day



REQUIRED COMPONENTS	ITEMS OFFERED	COMPONENT CONTRIBUTION
Milk	Variety of Milk	1 cup
Meat	Taco Meat Cheese	2 oz eq. 1 oz eq.
Grain	Taco Shell Tortilla Chips (*about 9)	1 oz eq. 1 oz eq.
Fruit	Mandarin Oranges Mixed Fruit	½ cup ½ cup
Veg	Corn Taco Trimmings Refried Beans	½ cup ¼ cup ½ cup



Is this a reimbursable meal ?	
Elementary	High School
NO	NO

Components Served		
	Elementary	High School
Milk	FULL	FULL
Meat	FULL	FULL
Grain	FULL	PARTIAL
Fruit		
Veg	1/4 cup!	1/4 cup!



- If you look at the recipe, you see that the trimmings are not enough to give you the half cup required by the OVS rules

Source: MRS 2021

MEAL COMPONENT CONTRIBUTION:

3 oz. eq. meat/meat alternate, 1 oz. eq. whole grain, 1/8 cup of other vegetable, 1/8 cup of red/orange vegetable

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** 1 taco

RECIPE HACCP PROCESS: #2 - Same day service

MRS: 1150 – Beef (1000s)

CRISPY BEEF TACO



MEAT/MEAT ALTERNATE : WHOLE GRAINS : VEGETABLES (RED/ORANGE)
: VEGETABLES (OTHER)



Is this a reimbursable meal ?	
Elementary	High School
YES	NO

Components Served		
	Elementary	High School
Milk		
Meat	FULL	FULL
Grain	FULL	PARTIAL
Fruit		
Veg	PARTIAL	PARTIAL



- The taco shell only gives you 1 oz eq of Grain
- This is a full component for the Elementary level, but not the High School level.
- High School students may have to pick up an additional serving of chips to get the full grain component

Source: MRS 2021

MEAL COMPONENT CONTRIBUTION:

3 oz. eq. meat/meat alternate, **1 oz. eq. whole grain**, 1/8 cup of other vegetable, 1/8 cup of red/orange vegetable

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** 1 taco

RECIPE HACCP PROCESS: #2 - Same day service

MRS: 1150 – Beef (1000s)

CRISPY BEEF TACO



MEAT/MEAT ALTERNATE : WHOLE GRAINS : VEGETABLES (RED/ORANGE)
: VEGETABLES (OTHER)



Is this a reimbursable meal ?	
Elementary	High School
YES	YES

Components Served		
	Elementary	High School
Milk	FULL	FULL
Meat	FULL	FULL
Grain	FULL	PARTIAL
Fruit		
Veg	FULL	PARTIAL



Is this a reimbursable meal ?	
Elementary	High School
YES	NO

Components Served		
	Elementary	High School
Milk		
Meat	FULL	FULL
Grain	FULL	PARTIAL
Fruit		
Veg	FULL	PARTIAL



Is this a reimbursable meal ?	
Elementary	High School
YES	NO

	Components Served	
	Elementary	High School
Milk	FULL	FULL
Meat		
Grain		
Fruit	FULL	PARTIAL
Veg	PARTIAL	PARTIAL



Is this a reimbursable meal ?	
Elementary	High School
YES	YES

	Components Served	
	Elementary	High School
Milk	FULL	FULL
Meat		
Grain		
Fruit	FULL	FULL
Veg	PARTIAL	PARTIAL



Is this a reimbursable meal ?	
Elementary	High School
YES	YES

	Components Served	
	Elementary	High School
Milk	FULL	FULL
Meat		
Grain		
Fruit	FULL	PARTIAL
Veg	FULL	FULL

REMEMBER! As a meal planner there are ways to set your cashiers up for success and make OVS implementation easier. For example:

- On days when you serve tacos, you know you are short on a grain. So put extra chips on the menu and train your servers to serve the chips with the taco shells (bundled presentation)
- Don't serve fruits and vegetables that are all the same color. For example, don't serve corn, pineapple, pears, peaches all on the same day. It gets visually confusing.

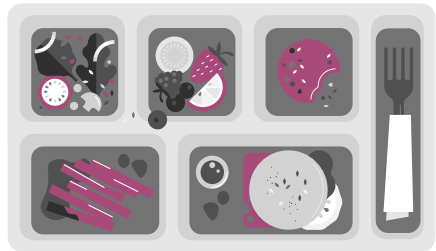
OVS at Breakfast

SBP

OVS Rules at Breakfast

51

7 CFR 220.8(e) and SP 41-2015

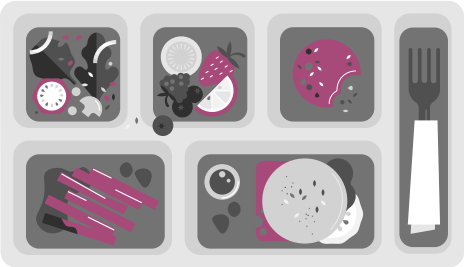


- The site must offer at least 4 food items (*not to be confused with components, remember there are 3 required components at breakfast*)
- Students must be allowed to decline 1 of the 4 items that are offered at breakfast
- Students must select at least a half cup of fruit (or veg)

At minimum, the student must select 3 items, 1 of which must be a fruit (veg)!

Component Versus Item

- **Component:** one of three food groups that comprise a reimbursable breakfast.



1. Grains and meat/meat alternates (Grain & M/MA)
2. Fruit &
3. Milk

- **Item:** a specific food offered within the three food components.

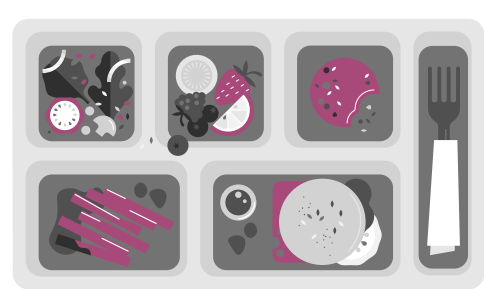
In this menu example, we see three components and four items represented. Two of the items (muffin and toast) come from the same component (grain).

Menu: Muffin, Toast, Apple, Milk

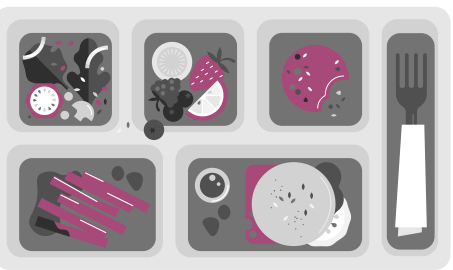
Remember, at lunch we deal with components. At Breakfast we deal with items!

Menu Planner Discretion & Counting Items

- The Menu planner decides how to count items.
- Combination foods can count as multiple items.
- For example, a muffin with 2 oz eq. of grain can count as two items, or a sausage biscuit can count as two items.
- The menu planner must communicate this information to the Cashier!



Knowledge of Meal Pattern is essential to OVS implementation



	SBP Meal Pattern – Daily Minimum Requirements		
	K-8	6-8	9-12
Grain & M/MA	1 oz eq.	1 oz eq.	1 oz eq.
Fruit/Veg	1 cup	1 cup	1 cup
Milk	1 cup	1 cup	1 cup

***NOTE:** Meats are optional at breakfast. If served, they can count toward the Grain & Meat/ Meat Alternate (**Grain & M/MA**) component at the discretion of the menu planner. However, you must offer the full component of a true grain.


Let's Practice!

OVS at Breakfast (SBP)

MENU OVERVIEW

57

All Items Offered on the Menu for the Day



REQUIRED COMPONENTS	ITEMS OFFERED <small>*must serve at least 4</small>	CONTRIBUTION	COUNTS AS HOW MANY ITEMS <small>*menu planner discretion</small>
Milk	Variety of Milk	1 cup	1
Grain & M/MA	Biscuit	2 oz eq G	1 (*menu planner could decide to count this as 2!)
	Sausage Patty	1 oz eq. M	1
	Chicken Patty	1 oz eq. M	1
	Eggs	1.5 oz eq M	1
Fruit / Veg	Apple	½ cup	1
	Orange	½ cup	1
	Juice	½ cup	1
	Hashbrown	½ cup (*2 patties)	1

Additional Foods: Bacon



Is this a reimbursable meal ?

YES

	Items Served
Milk	1
Grain & M/MA	3
Fruit/Veg	2



Is this a reimbursable meal ?
YES

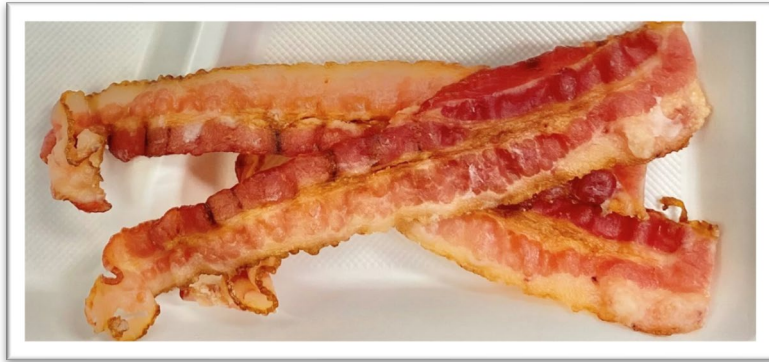
	Items Served
Milk	
Grain & M/MA	2
Fruit/Veg	1



Is this a reimbursable meal ?

NO

Items Served	
Milk	1
Grain & M/MA	
Fruit/Veg	1



- Bacon does not count toward the meat component
- Considered an “Additional Food” rather than a meat component
- Cannot count as an item at breakfast

Source: MRS 2021

MRS: 8110 – Condiments/Other (8000s)

BACON STRIPS

MEAL COMPONENT CONTRIBUTION:

None

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** 2 slices

RECIPE HACCP PROCESS: #2 - Same day service



Is this a reimbursable meal ?

NO

	Items Served
Milk	
Grain & M/MA	3
Fruit/Veg	



Is this a reimbursable meal ?

YES

	Items Served
Milk	
Grain & M/MA	3
Fruit/Veg	1



Is this a reimbursable meal ?

NO

	Items Served
Milk	
Grain & M/MA	1
Fruit/Veg	



Is this a reimbursable meal ?

YES

	Items Served
Milk	
Grain & M/MA	2
Fruit/Veg	3



Is this a reimbursable meal ?

YES

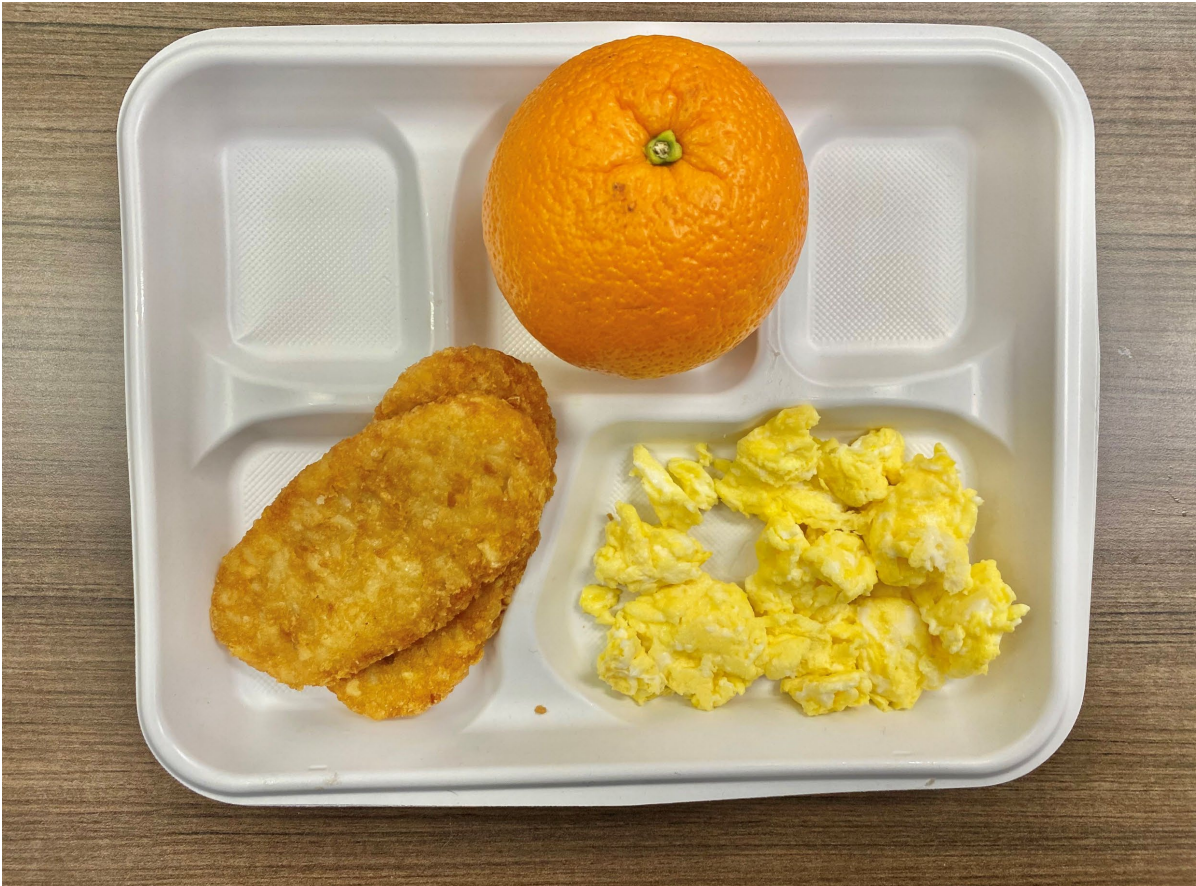
	Items Served
Milk	1
Grain & M/MA	2
Fruit/Veg	1



Is this a reimbursable meal ?

NO

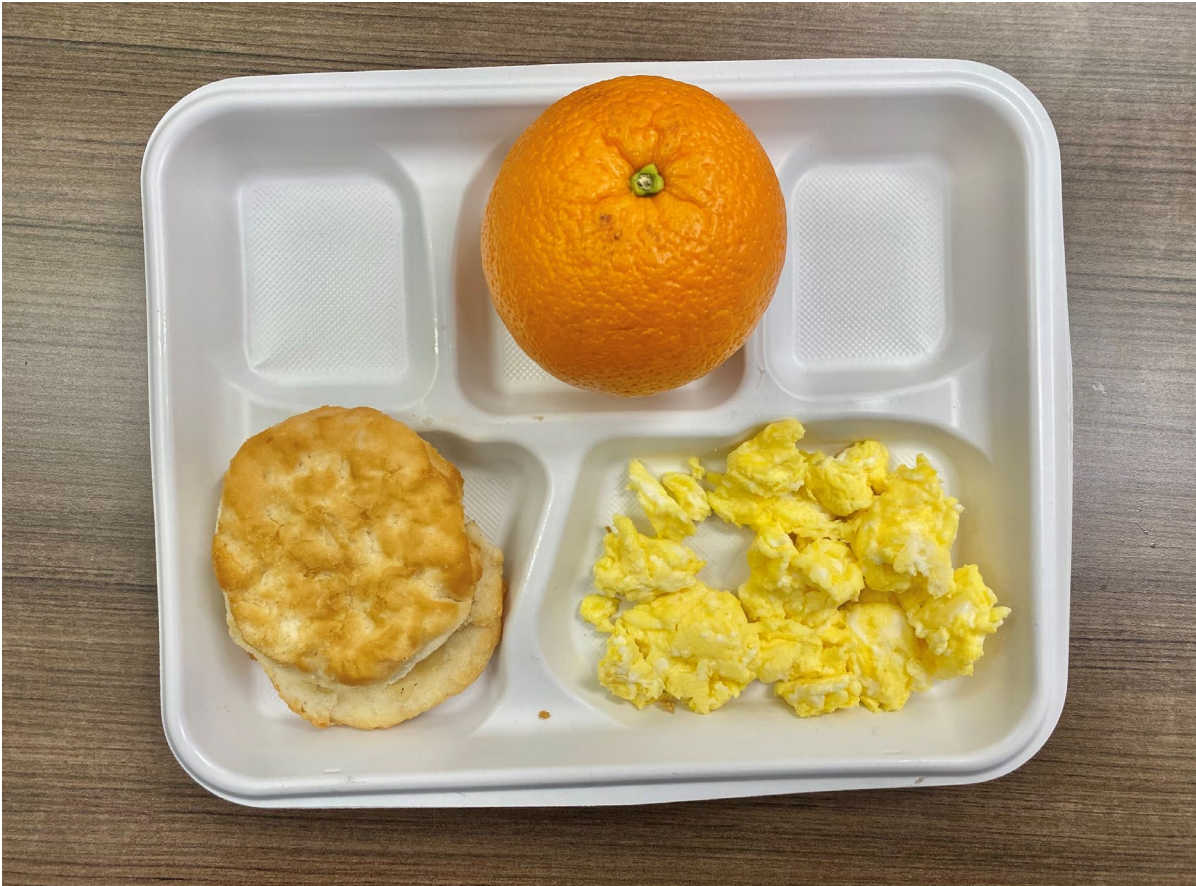
	Items Served
Milk	
Grain & M/MA	4
Fruit/Veg	



Is this a reimbursable meal ?

YES

	Items Served
Milk	
Grain & M/MA	1
Fruit/Veg	2



Is this a reimbursable meal ?

YES

	Items Served
Milk	
Grain & M/MA	2
Fruit/Veg	1



Is this a reimbursable meal ?

YES

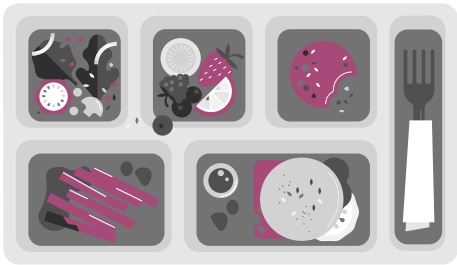
	Items Served
Milk	1
Grain & M/MA	1
Fruit/Veg	1



Is this a reimbursable meal ?
YES

	Items Served
Milk	
Grain & M/MA	
Fruit/Veg	3

When it comes to allowing 3 Fruits



- Even though technically allowed by USDA, the menu planner could decide that children are not allowed to pick up three different fresh fruits at breakfast
- That many fresh fruits can be a plate cost issue
- Children **MUST** be allowed to pick up the maximum allowed quantity according to the meal pattern (for example, they must have access to at least a full cup of fruit)
- While picking up three fruits as a reimbursable meal is allowed at breakfast, it would **NOT** be allowed at lunch. At lunch OVS is based on components, not items. Three apples at lunch would only be one component and therefore a non-reimbursable meal.



Is this a reimbursable meal ?

YES

	Items Served
Milk	
Grain & M/MA	
Fruit/Veg	3



Is this a reimbursable meal ?

YES

	Items Served
Milk	
Grain & M/MA	1
Fruit/Veg	2



Is this a reimbursable meal ?

YES

	Items Served
Milk	
Grain & M/MA	1
Fruit/Veg	2



Is this a reimbursable meal ?

YES

	Items Served
Milk	
Grain & M/MA	4
Fruit/Veg	1



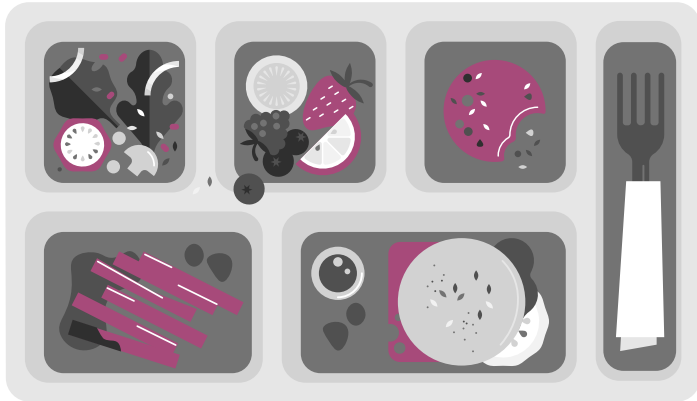
Is this a reimbursable meal ?

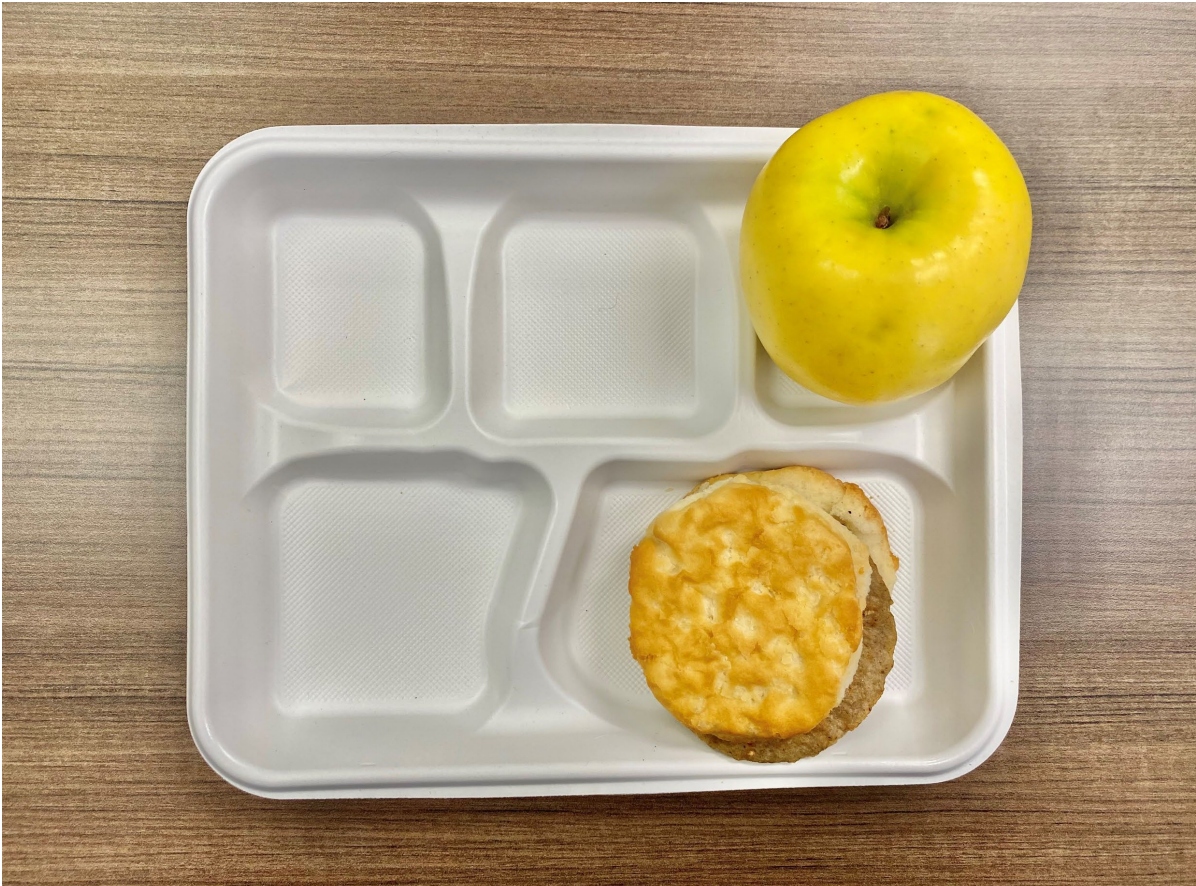
NO

	Items Served
Milk	
Grain & M/MA	2
Fruit/Veg	

Not part of the reimbursable meal

- Cannot count as a component or an item in OVS
- Water should NOT compete with milk on the serving line





Is this a reimbursable meal ?
YES

	Items Served
Milk	
Grain & M/MA	2
Fruit/Veg	1



Is this a reimbursable meal ?

NO

	Items Served
Milk	1
Grain & M/MA	2
Fruit/Veg	



Is this a reimbursable meal ?

YES

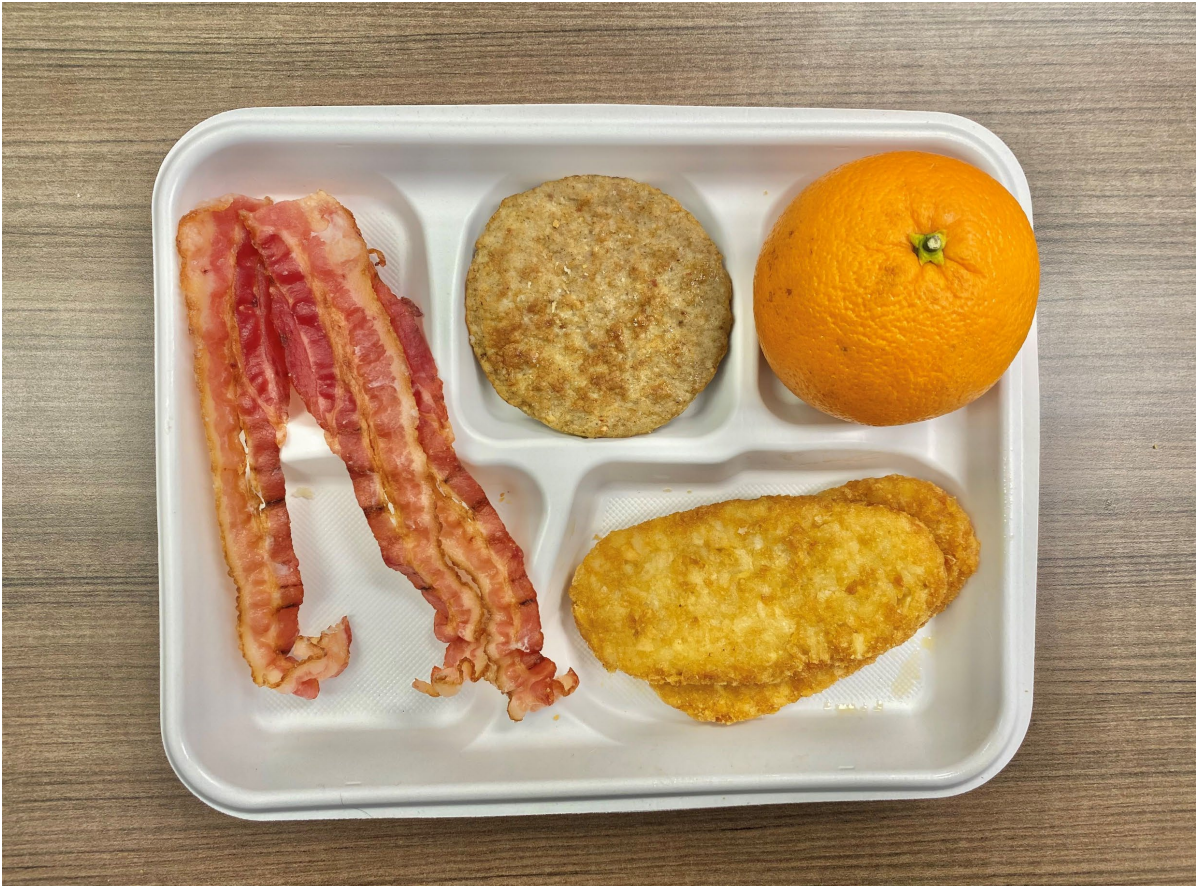
	Items Served
Milk	
Grain & M/MA	2
Fruit/Veg	1



Is this a reimbursable meal ?

NO

	Items Served
Milk	
Grain & M/MA	1
Fruit/Veg	1



Is this a reimbursable meal ?

YES

	Items Served
Milk	
Grain & M/MA	1
Fruit/Veg	2



Is this a reimbursable meal ?

NO

	Items Served
Milk	1
Grain & M/MA	2
Fruit/Veg	



Is this a reimbursable meal ?

YES

	Items Served
Milk	
Grain & M/MA	4
Fruit/Veg	1



Is this a reimbursable meal ?

YES*

	Items Served
Milk	1
Grain & M/MA	2
Fruit/Veg	1

*SALT SHOULD NEVER BE SERVED FOR ANY REASON!!!



Is this a reimbursable meal ?
<p>NO</p>

	Items Served
Milk	
Grain & M/MA	1
Fruit/Veg	1



Is this a reimbursable meal ?

NO

	Items Served
Milk	
Grain & M/MA	1
Fruit/Veg	1



Is this a reimbursable meal ?

YES

	Items Served
Milk	1
Grain & M/MA	2
Fruit/Veg	1

What
Questions do
you have?



- **OVS Manual**



Shawn Shaw

Director of Technical Assistance

sshaw@mdek12.org

mdek12.org



MISSISSIPPI
DEPARTMENT OF
EDUCATION

