



# SUDBURY PUBLIC SCHOOLS

Food Services Office

Phone 978-639-3228 / Fax 978-443-6707

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## Offer vs Serve Food Services Procedure

In accordance with the Healthy and Hunger Free Kids Act of 2010 (HHFKA), Sudbury Public Schools has elected to follow an offer versus serve procedure in the School Breakfast and Lunch Program in grades K-8. In an effort to reduce food waste, offer versus serve (OVS) allows students to decline some meal components and to choose those food items they would like to eat. As such, it is incumbent upon students and cafeteria staff to understand meal pattern requirements and reimbursable meal requirements. Signs and posters are available in the school food service lines for students to picture what meal components are required during breakfast and lunch.

The information outlined below is to aid parents and staff in identifying a nutritious and reimbursable meal as required by the USDA HHFKA. All meals must be planned to meet the meal pattern requirements of HHFKA.

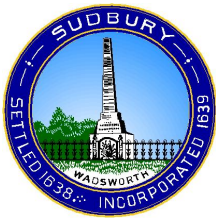
**Reimbursable meal:** A reimbursable meal meets all USDA HHFKA requirements and therefore is eligible for state and federal reimbursement.

**Meal Component:** A meal component is one of five food groups that comprises a reimbursable lunch or one of three food groups that comprises a reimbursable breakfast. All five components must be offered at lunch (three at breakfast) in minimum daily requirements.

**Meal Item:** A meal item is a specific food item offered within a meal component.

**Serving Sizes:** The serving sizes for all food components must be equal to the minimum daily required quantities for each age group specified in the HHFKA.

**Meal Prices:** In accordance with HHFKA OVS policy, school meal prices are set as a unit price. Students who take 3, 4 or 5 meal components for lunch are charged the same price. Similarly, students who take 3 or 4 meal items for breakfast are charged the same price. The unit price is also not affected if the student selects the required serving sizes for 3 food components for lunch (or 3 food items for breakfast) and then also selects less than the required serving size of additional food components/items.



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The HHFKA meal pattern daily minimum requirements are listed below.

Breakfast Minimum Daily Requirements	Grains/Meat/Meat Alternative	Fruits/Vegetables	Milk
Grades k-8	1 oz	1 cup	1 cup fat free unflavored/flavored or low-fat unflavored

Lunch Minimum Daily Requirements	Grains	Meat/Meat Alternative	Fruits	Vegetables	Milk
Grades K-8	1 oz	1 oz	½ cup	¾ cup	1 cup fat free unflavored/flavored or low-fat unflavored

Listed below are the meal components required by the USDA HHFKA guidelines. OVS requires that schools offer all 5 meal components at lunch and offer 4 meal items from the 3 meal components at breakfast. All components must be offered at the minimum daily requirements.

Meal Component	Meat/meat alternative	Fruits	Vegetables	Grains	Milk
<b>Lunch</b>	X	X	X	X	X

Meal Component	Grains/Meat/meat alternative	Fruits/Vegetables	Milk
<b>Breakfast</b>	X	X	X



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Reimbursable Lunch: For a lunch to be reimbursable under OVS:

- All five meal components to include milk, grains, meat or meat alternative, fruits and vegetables must be offered.
- The serving sizes for all food components must equal the minimum daily required quantities.
- Meals must be priced as a unit. Students pay the same price whether they take 3, 4, or 5 of the components.
- **Students must take at least 3 of 5 food components AND one of the choices selected must be at least a ½ cup serving of the fruit or vegetable** or a ½ cup total serving of both fruit and vegetable. If ½ cup of fruit is selected, the student must also select the full required daily serving of the vegetable component for the vegetable to be counted as a component. For example, if a student chooses ½ cp cut strawberries, corn nuggets and milk, then the corn must be equal to ¾ cp for it to be counted as a component. If not, then the student only has 2 components and must select a grain or entrée.
- 100% fruit juice may serve as a fruit up to ½ the weekly minimum of fruit servings.

Reimbursable Breakfast: For a breakfast to be reimbursable under OVS:

- The meal must offer four food items from three meal components. A meat/meat alternative may be offered only once the grain component is offered. For example, 1 slice whole wheat toast, 1 hard-boiled egg, ½ cp orange slices, 1/2 cup 100% apple juice, and milk offers at least 4 food items in the 3 meal components. A student who chooses the egg, orange slices and milk has a reimbursable meal. A student may also choose whole wheat toast, apple juice, and milk as a reimbursable meal.
- The serving sizes for all food components must equal the minimum daily required quantities.
- Meals must be priced as a unit. Students pay the same price whether they take 3, or 4 of the food items.
- Students must take the full serving of at least 3 of the 4 food items offered AND one of the choices selected must be at least ½ cup serving of fruit or vegetable.
- 100% fruit juice may serve as a fruit up to ½ the weekly minimum of fruit servings.



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