




TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER





**AT-RISK AFTERSCHOOL
PROGRAM**
Offer VS Serve (OVS)
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Acknowledgment Statement

You understand and acknowledge that:

- ☐ the training you are about to take does not cover the entire scope of the program; and that
- ☐ you are responsible for knowing and understanding all handbooks, manuals, alerts, notices and guidance, as well as any other forms of communication that provide further guidance, clarification or instruction on operating the program.

Class Objectives



By the end of this training, participants will be able to:



Understand the definition of Offer vs Serve (OVS) in CACFP and NSLP



Know how to plan menus for breakfast, lunch/supper to comply with OVS requirements



Know what food items or components participants must take for a reimbursable meal



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Introduction



At-Risk Afterschool Program OVS

- ☐ OVS is optional in the At-Risk Afterschool Program
- ☐ OVS is allowed for all age groups
- ☐ OVS is a method to serve meals at:
 - ☐ Breakfast
 - ☐ Lunch
 - ☐ Supper
 - ☐ OVS is NOT allowed for snacks



Definitions

A Food Component

- Is one of the food categories (milk, grains, fruit, vegetable, meat/meat alternate) that make up a reimbursable meal.

A Food Item

- Is a specific food offered within the food components comprising the reimbursable meal.

A Combination Food

- Contains more than one food item from different food components that cannot be separated, such as a vegetable pizza.



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At-Risk Afterschool CACFP

At-Risk Afterschool OVS CACFP

Breakfast

- ☐ Three food components are required for breakfast – milk, vegetable/fruit, and grains
- ☐ Must offer at least 4 food items in the required minimum serving sizes from:
 1. A serving of milk
 2. A food item from the fruit and vegetable component
 3. A food item from the grains component; and
 4. A food item from the meat/meat alternate component or one additional item from the fruit and vegetable component or grains component

OVS Menu Breakfast

At-Risk Program CACFP

- ✓ ½ cup berries
- ✓ ½ grapefruit
- ✓ 1 serving of pancakes
- ✓ 1 cup low-fat 1% milk



OVS Menu Breakfast

At-Risk Program CACFP

- ✓ ¼ cup melon
- ✓ ¼ cup banana
- ✓ 1 cup cereal
- ✓ 1 cup yogurt
- ✓ 1 cup low-fat 1% milk



Meat/Meat Alternate for Grain

Breakfast At-Risk Program CACFP

- ☐ If the CE used this option then the 3 food components are:
 - ☐ Milk
 - ☐ Vegetable/Fruit
 - ☐ Meat/Meat Alternates

Example of 4 food items:

- ☐ Milk
- ☐ Orange wedges
- ☐ Scrambled Egg
- ☐ Yogurt



At-Risk Afterschool OVS CACFP

Lunch or Supper

- ☐ Five food components are required at Lunch or Supper: milk, meat/meat alternates, vegetables, fruits, and grains.
 - ☐ At least one food item from each of the 5 food components, in the required minimum serving must be offered
 - ☐ A child must take at least 3 food components (rather than 3 items) for a reimbursable meal
 - ☐ Programs may not specify what food components a child must select

At-Risk Afterschool OVS CACFP

Lunch or Supper

- ✓ 2 oz. Parmesan Chicken
- ✓ 1 cup spinach salad
- ✓ ¼ cup peaches
- ✓ 1 cup pasta
- ✓ 1 cup low-fat 1% milk



At-Risk Afterschool OVS CACFP

Combination Foods

Lunch or Supper

- ✓ Macaroni & Cheese (¾ cup macaroni & 1 oz. natural cheese)
- ✓ Pizza (1 serving grain, ½ cup vegetable, 2 oz. Meat/Meat Alternate)
- ✓ Taco (1 serving grain, 1 oz. ground beef, 1 oz. cheese)





At-Risk Afterschool OVS NSLP

Breakfast

- ☐ Three food components are required for breakfast – (1) Fruits (or vegetables substitution) (2) Grains (or optional credited meats/meat alternates) and (3) Milk
- ☐ Must offer at least 4 food items in the required minimum serving sizes from:
 1. A serving of milk
 2. A food item from the fruit (or vegetable substitution) component
 3. A food item from the grains component; and
 4. A food item from the meat/meat alternate component or one additional item from the fruit and vegetable component or grains component

At-Risk Afterschool OVS NSLP

Breakfast

- ☐ Student must select at least three food items.
- ☐ One selection must be at least $\frac{1}{2}$ cup of fruit(s)
- ☐ Vegetable(s) may be offered to meet all or part of the fruit requirement
- ☐ Fruits and vegetables are two separate components
- ☐ Double servings of components/food items allowed for fruits (or vegetables) and grains (or meats/meat alternates) components.



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OVS Menu NSLP

Breakfast

- ✓ $\frac{1}{2}$ cup orange juice
- ✓ $\frac{1}{2}$ cup berries
- ✓ 1 oz. eq. cereal
- ✓ 1 cup low-fat 1% milk

The student could select cereal, milk, and $\frac{1}{2}$ cup of juice for a reimbursable breakfast.



At-Risk Afterschool OVS NSLP

Lunch or Supper

- ☐ Five food components are required at Lunch or Supper: milk, meat/meat alternates, vegetables, fruits, and grains.
 - ☐ At least one food item from each of the 5 food components, in the required minimum serving must be offered
 - ☐ A student must take at least 3 food components (rather than 3 items) for a reimbursable meal
 - ☐ Programs may not specify what food components a student must select



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At-Risk Afterschool OVS NSLP

Lunch or Supper

- ☐ Student must select at least three components
- ☐ One of which must be $\frac{1}{2}$ cup of fruits or vegetables, or a combined total of $\frac{1}{2}$ cup of both
- ☐ If a student does not select at least a $\frac{1}{2}$ cup serving total of fruits and/or vegetables, the lunch is not reimbursable, even if they have three other components (e.g., m/ma, grains, and milk).
- ☐ Fruits and vegetables are two separate components
- ☐ Number of food items offered varies



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OVS Menu Lunch/Supper

NSLP

- ✓ 1 cup low-fat 1% milk
- ✓ 2 oz. Roasted Chicken
- ✓ 1.5 cups Spinach Salad
- ✓ ½ cup frozen strawberries
- ✓ 2 oz. eq. whole grain roll



OVS Menu Lunch/Supper

NSLP Combination Foods


- ✓ Turkey Sandwich(2 oz. eq. grain, 2 oz. turkey)
- ✓ Pizza (1 oz. eq. grain, ½ cup vegetable, 1 oz. Meat/Meat Alternate)
- ✓ Hamburger on bun (2 oz. eq. grain & 2 oz. ground beef)





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Extended/Expanded Learning Time – Afterschool Programs for NSLP & CACFP



Afterschool Programs for NSLP & CACFP

USDA allows sites the option to offer a snack or meal before the end of the regular school day if the school:

- ☐ Operates an extended/expanded instructional day, **and**
- ☐ Ends the extended/expanded school day one hour later than the school would have if not providing an extended/expanded instructional day.

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Extended/Expanded Learning Programs – SFA CEs

- ☐ Schools participating in NSLP
 - ☐ Operate an extended/expanded instructional day *at least* one (1) hour longer than the end of the regular school day; **and**
 - ☐ Instructional day purposefully focuses on one or more of the following: rigorous coursework, mentoring, tutoring, physical activity, academic support, or educational enrichment in one or more subjects including fine arts, civic engagement, science, technology, engineering, and mathematics.



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Extended/Expanded Learning Programs – Non-SFA CEs

- ☐ Non-SFA participating in CACFP (at-risk)
 - ☐ SFA participating in NSLP operates an extended/expanded instructional day *at least* one (1) hour longer than the end of the regular school day; **and**
 - ☐ Instructional day purposefully focuses on one or more of the following: rigorous coursework, mentoring, tutoring, physical activity, academic support, or educational enrichment in one or more subjects including fine arts, civic engagement, science, technology, engineering, and mathematics.



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Questions



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