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Meat/Meat Alternate (M/MA) - Lunch

The m/ma component may be offered in a main dish *OR* in a main dish and one other item. If the m/ma component is split between two food items, the student may need to select both food items to meet the required daily minimum for their grade group, in order for the m/ma component to be credited.

Grades	Daily Minimum Requirement Offered
K-5	1 ounce equivalent
6-8	1 ounce equivalent
9-12	2 ounce equivalent
K-8	1 ounce equivalent

Example 2

M/MA choices at lunch:

- Beef stew (3 oz equivalents m/ma)
- Roast pork over brown rice (2 oz. equivalents m/ma)
- Peanut butter sandwich (1.5 oz equivalent m/ma) and cheese stick (0.75 oz. equivalents m/ma)
- Entrée salad with chick peas (1 oz. equivalent m/ma) and yogurt (1 oz equivalent m/ma)
- Students at any grade level could select the beef stew *OR* roast pork over brown rice for the m/ma component to credit in OVS.
- Students in grades K-5 or 6-8 could select the peanut butter sandwich *OR* the entrée salad with chick peas *OR* the yogurt for the m/ma component to be credited.
- If a student in grade 9-12 selected only the peanut butter sandwich *OR* the entrée salad with chick peas *OR* the yogurt, the m/ma component would not be credited because each of these selections is below the daily minimum requirements for m/ma for grades 9-12.
- If only the cheese stick was selected by a student at any grade level, it cannot be credited as meeting the m/ma component since it does not meet the daily minimum m/ma required for any grade group.

Vegetable Component - Lunch

- Students in grades K-8 must be offered at least $\frac{3}{4}$ cup of vegetables, and students in grades 9-12 must be offered at least 1 cup of vegetables daily.

- To be credited as part of a reimbursable lunch for OVS, the minimum serving a student must select is: $\frac{1}{2}$ cup vegetables, *OR* $\frac{1}{2}$ cup total from the fruit and vegetable components (credits as one component), *OR* $\frac{1}{2}$ cup of an item with both fruits and vegetables (e.g. carrot/raisin salad).
- A student may take two $\frac{1}{4}$ cup servings of either the same or different vegetables to meet the $\frac{1}{2}$ cup requirement.
- The minimum amount that can be credited toward the vegetable component is $\frac{1}{8}$ cup.
- If a student in grades 9-12 selects a fruit, vegetable, and one other component, he/she must take 1 cup of either the fruit or vegetable for the meal to be reimbursable.
- If a student can select more than the minimum daily required serving of vegetables, the component is credited only once. (For example, if a student makes a salad with 2 cups of vegetables, he/she must still select at least two other components in order to have a reimbursable meal.)

Grades	Daily Minimum Requirement Offered
K-5	$\frac{3}{4}$ cup
6-8	$\frac{3}{4}$ cup
9-12	1 cup
K-8	$\frac{3}{4}$ cup

Example 3

Food items at lunch containing vegetables:

- Beef stew (contains $\frac{1}{2}$ cup vegetables)
- Corn (1/2 cup vegetables)
- Carrot/raisin salad (1/2 cup fruit/vegetable combo)
- Green bean casserole (contains $\frac{1}{4}$ cup vegetables)
- Green peas (1/4 cup vegetables)

Possible selections meeting the $\frac{1}{2}$ cup vegetable requirement for OVS:

- Beef stew
- Corn
- Carrot/raisin salad
- Green bean casserole and green peas
- 2 servings of green bean casserole
- 2 servings of green peas

Fruit Component - Lunch

- Students in grades K-8 must be offered at least $\frac{1}{2}$ cup of fruit, and students in grades 9-12 must be offered at least 1 cup of fruit daily.
- To be credited as part of a reimbursable lunch for OVS, the minimum serving a student must select is: $\frac{1}{2}$ cup fruit, *OR* $\frac{1}{2}$ cup total from the fruit and vegetable components (credits as one component), *OR* $\frac{1}{2}$ cup of an item with both fruits and vegetables (e.g. carrot/raisin salad).
- A student may take two $\frac{1}{4}$ cup servings of either the same or different fruit to meet the $\frac{1}{2}$ cup requirement.
- The minimum amount that can be credited toward the fruit component is $\frac{1}{8}$ cup.

Grades	Daily Minimum Requirement Offered
K-5	$\frac{1}{2}$ cup
6-8	$\frac{1}{2}$ cup
9-12	1 cup
K-8	$\frac{1}{2}$ cup

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Grain Component – Breakfast

A grains component selection may be credited as a food item for OVS if the total amount selected equals at least 1 ounce equivalent.

If a grain item is greater than 1 ounce equivalent it may be counted as one food item (if served whole) *OR* two food items (if divided for serving separately). If divided, it must

be done in a way to allow students to take the 1 ounce minimum. For example, a 1 ½ ounce product could be divided into a 1 ounce product and a ½ ounce product. If divided into two ¾ ounce products both items must be offered together.

Grades	Daily Minimum Requirement Offered
K-5	1 ounce equivalent
6-8	1 ounce equivalent
9-12	1 ounce equivalent
K-8	1 ounce equivalent

Example 2

Menu offering up to five items:

- Choice of: 2 oz eq muffin [counted as 1 item] *OR* 1 oz eq cereal bowl (may take two) [1-2 food items]
- ½ cup applesauce [1 food item]
- ½ cup 100% orange juice [1 food item]
- 1 cup choice of milk [1 food item]

Examples of reimbursable breakfasts:

- Muffin, applesauce, and milk
- Muffin, applesauce, and juice
- Cereal bowl, milk, and applesauce
- 2 cereals bowls, milk, and juice

Meat/Meat Alternate Component Offered in Place of the Grains Component

Schools are not required to offer the meat/meat alternate (m/ma) component at breakfast, but they have two options for doing so if they wish:

1. **Schools may offer a m/ma if the minimum daily grains requirement (1 ounce equivalent) is provided in the planned breakfast.** The student does not have to select the grains item in order for the a m/ma to credit as a food item.

2. **Schools may offer a m/ma as an additional food and not credit it toward any component.** In this case, the m/ma cannot be counted as a food item for the purposes of OVS. Four food items, in addition to the m/ma, must be offered. If the student selects the m/ma, s/he must select three other food items to have a reimbursable meal. (The m/ma is still included in the nutrient analysis and counted toward the weekly limits on calories, fat, and sodium.)

Example 3

Menu A: Meat/Meat Alternate as food item on breakfast menu:

- 1 oz eq whole grain cereal [1 food item]
- Hard-boiled egg (credited as grain) [1 food item]
- ½ cup oranges slices [1 food item]
- 1 banana [1 food item]
- 1 cup choice of milk [1 food item]

Menu B: Meat/Meat Alternate as "extra" item on menu:

- 2 slices of whole wheat toast [2 food items]
- Hard-boiled egg ["extra" food]
- ½ cup oranges slices [1 food item]
- 1 banana [1 food item]
- 1 cup choice of milk [1 food item]

In Menu A, the student may select the hard-boiled egg, orange slices, and milk and this would be considered a reimbursable meal.

In Menu B, the hard-boiled egg, orange slices, and milk would NOT be a reimbursable meal because the hard-boiled egg does not count as a food item. The student would need to select one other food item.

Fruit Component

- At least 1 cup of fruit must be offered for all age/grade groups. Schools may allow students to select more than the daily minimum of the fruit component if the weekly dietary specifications, including calories, are not exceeded.
- Vegetables may be offered to meet the fruit requirement at breakfast. Full-strength fruit or vegetable juice may also be offered to meet up to half (50%) of the weekly fruit requirement. Because of the weekly juice limit, it is important to notify staff and students when juice is limited to one ½-cup serving at the meal.
- To be credited as part of a reimbursable breakfast for OVS, the minimum quantity a student must select is:
 - ½ cup fruit
 - ½ cup juice
 - ½ cup vegetables offered in place of fruit
 - ½ cup total of a fruit and a vegetable (e.g., ¼ cup of fruit and ¼ cup of vegetables)
 - ½ cup of an item with both fruit and vegetable (such as salsa made with tomatoes and fruit)

Grades	Daily Minimum Requirement Offered
K-5	1 cup
6-8	1 cup
9-12	1 cup
K-8	1 cup

Example 4

Menu with seven food items:

- Slice of toast [1 food item]
- ½ cup yogurt (credited as grain) [1 food item]
- Select one (and up to all four):
- ½ cup apple slices [1 food item]
- ½ cup pineapple tidbits [1 food item]
- ½ cup 100% fruit/vegetable juice [1 food item]
- 1 banana [1 food item]
- 1 cup choice of milk [1 food item]

In the menu in Example 4, there are four (4) fruit items offered because the student is permitted to select up to all four (4). Some examples of reimbursable breakfasts include:


- Toast, yogurt, apple slices, and juice
- Toast, banana, and milk
- Apple slices, pineapple tidbits, and juice

Milk Component

- One cup of milk must be offered daily for all grades.
- At least two varieties of milk must be offered.
- One cup of milk counts as one food item under OVS.

Grades	Daily Minimum Requirement Offered
K-5	1 cup
6-8	1 cup
9-12	1 cup
K-8	1 cup

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