



**Lunch
Time!**

**Is It
Reimbursable?**



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Georgia School
Nutrition
Program

Healthy School Meal Pattern 2013-14

Breakfast

- Effective July 1, 2013
- 3 Grade Groups
- 3 Food Components
 1. juice/fruit/veggie
 2. grains (optional: meats/meat alternates)
 3. milk

Lunch

- Effective July 1, 2012
- 3 Grade Groups
- **5 Food Components**
 1. fruit
 2. veggie
 3. meats/meat alternates
 4. milk
 5. grains



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Just the basics of the HSMP at LUNCH are:

- A single **food-based menu planning approach** is now required for school lunch.
- Lunch changes became effective July 1, 2012, last year.
- We've already discussed the changes in the breakfast pattern that began July 1, 2013; **additional changes will be required in 2014.**

This approach to menu planning:

- serves as a **teaching tool** to help children choose a **balanced** meal, and
- ensures that your students have access to key food groups recommended by the 2010 Dietary Guidelines.
- There are **3 Grade Groups** for the purpose of meeting different dietary requirements of students. K-5 6-8 and 9-12
- There are **5 food components for LUNCH** – Note that fruit is a component and veggies is a component.
- For each component, there is a weekly requirement and a minimum per day requirement
- We'll be discussing these in depth when we talk about FULL components.
- Questions?

Reimbursable Lunch Definitions

Serve –all 5 components must be taken by a student, regardless of choices

Offer vs. Serve (OVS) – Allows students to decline up to **any 2 components** at **lunch** to minimize plate waste; **GA** schools are required to offer more food item choices

Choice – several food items available as a component selection; choice is not OVS 



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Read slide;

Ask who has OVS in their school? What type of school do they manage? (HS, MS, Elem)

Signage is very important.

Little kids can learn how to participate in OVS.

Cashier and servers must understand these definitions

Serve – is not Offer; there may be choices of food items, but the student does not have the chance to decline any of the 5 components.

Offer vs. Serve allows students to have options. A student can decline no more than 2 of the 5 food components to meet their preferences. Offer vs. Serve also minimizes plate waste and encourages schools to offer more choices to their customers

Choices can be offered in "Serve" and are required in GA when schools participate in OVS.

Choices is not OVS; You can have several choices and not be operating under OVS, (Serve). However, if your school participates in OVS, you must offer choices. This is a Georgia Rule! This rule was intended to give a student more options within a component, but remember the student may decline any 2 full components (except both fruit and veggie must have 1/2 cup.)

QUESTIONS?

Reimbursable Breakfast Definitions

Serve – 3 components must be taken by a student, regardless of choices

Offer vs. Serve (OVS) – Students must:
(1) be offered at least **4 food items** from the 3 components, in at least the minimum daily portions, and (2) **select 3 food items** to count as reimbursable (identified by menu planner)

Choice – several food items available as a component selection; choice is not OVS



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Read slide;

NOTE: OVS at LUNCH is different from LUNCH.

If you're discussing Lunch prior to brkfst OVS, you may want to omit this slide or come back to it later.

QUESTIONS?

Lunch Definitions (cont.)

Food Component - One of **five** food groups that comprise reimbursable school lunch

Full Component(ex. lunch daily requirements)-

Fruits			Vegetables			Grains			Meats/MA			Milk
K-5	6-8	9-12	K-5	6-8	9-12	K-5	6-8	9-12	K-5	6-8	9-12	ALL
½ c	½ c	1 c	¾ c	¾ c	1 c	1oz.eq.	1oz.eq.	2oz.eq.	1oz.	1oz.	2oz.	1 c

Food Item - A specific food offered within the five food components for lunch



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A **food component** is a group of foods that comprise a reimbursable school lunch or breakfast.

What are the 5 Components for lunch?

1. Fruits
2. Vegetables
3. Grains
4. Meats/Meat Alternates
5. Fluid Milk

Full component, from the HSMP chart for lunch;

Knowing and understanding **FULL Component** becomes very important for schools participating in OVS.

See the meal pattern chart amounts by Grade Group and by component.

What is the Full component of Veggies for 6-8 graders? 3/4c

What is the Meats/Meat Alternates full component for 9-12 graders? 2 oz. eq.

A **food item** is one of the required foods that comprise a reimbursable school meal.

Example: A hamburger with bun is a food item. The hamburger patty is the **meats** component, and the bun is the **grains** component.

*Note: if you have some schools that do not participate in OVS, they do "Serve" – where **all** students must take **all** 5 components regardless of choices that are offered.*

Offer vs. Serve - Requirements

- OVS is required in High Schools (9-12) at **lunch** (NSLP)
- OVS is optional in Elem. and Middle Schools (K-8) at **lunch** (NSLP)
- OVS is optional in Elem., Middle and High Schools at Breakfast (SBP)



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Read the slide:

Make sure everyone understands.

Questions?

(Note: this slide may be omitted or used to identify which of your schools are OVS.- Local decision.)

Lunch Offer vs. Serve - Rules

1. Full (5) components must be offered
2. A student may decline 1 or 2 **food components** offered; must take 3
3. **Student in all grades (K-12) must select at least ½ cup veggie or fruit AND at least 2 additional FULL components**



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READ the RULES.... LUNCH First:

The option to decline items remains with the **child** although he/she must take at least ½ cup of **fruit** or **veggie**

Review:

Meal is still priced as a unit and the price is the same whether the child takes the full reimbursable meal, or 3 components or 4 components.

If the child takes only 2 components and does not want a 3rd or refuses, what do you do? It cannot be counted as a reimbursable meal.

You can charge a la carte. Do your cashiers know your a la carte pricing?

Full amount of each component must be made available to choose.

For example, if the fruit component requirement of one cup for Grades 9-12 is offered in two half cup servings, the student must be able to take both ½ servings if she/he wants the full serving of fruit.

Questions

What counts as the required $\frac{1}{2}$ cup of Veggie or Fruit?

- 1 or more servings of any fruit that equal $\frac{1}{2}$ cup
- 1 or more servings of any veggie that equal $\frac{1}{2}$ cup
- 1 or more servings of a mixture of fruits and veggies that equal $\frac{1}{2}$ cup
- 1 serving of a combination of fruits **and** veggies equal to $\frac{1}{2}$ cup



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-Can select one or more fruit, by mixing different fruits to reach minimum required serving. For example, a student can choose $\frac{1}{4}$ cup of peaches and $\frac{1}{4}$ cup of apples to arrive at the $\frac{1}{2}$ cup.

-Can mix different veggies to reach minimum required serving. For example, can a student could choose a pizza with $\frac{1}{8}$ th cup veggie and a serving of $\frac{3}{8}$ th cup of broccoli? Yes

-Can choose a food item that combines a fruit and a veggie. (ex. Carrot and raisin salad)

-Can take $\frac{1}{4}$ cup of fruit and $\frac{1}{4}$ cup of veggies to meet the requirement.(ex. $\frac{1}{4}$ cup plum, and $\frac{1}{4}$ corn) Keep this in mind when we look at the OVS activity coming up.

Mention: $\frac{1}{8}$ cup is the smallest amount that can be contribute to a fruit or veggie component.

Let's look at some examples.

What does the required Veggie or Fruit look like in OVS?

1. One or more servings of any fruit that equals **at least $\frac{1}{2}$ cup for lunch**



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Can mix different fruits to reach minimum required serving. For example, a student can choose $\frac{1}{4}$ cup of peaches and $\frac{1}{4}$ cup of apples to arrive at the $\frac{1}{2}$ cup.

*(note: if students select $\frac{1}{2}$ cup of veggies or fruit, then for OVS the **2 additional full components**, must be things other than fruit or veg components.)*

Mention: $\frac{1}{8}$ cup is the minimal amount creditable toward a component

Examples of Required Veggie or Fruit in OVS (cont.)

2. One or more servings of any veggie that equals at least **½ cup for lunch**



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Can mix different veggies to reach minimum required serving. For example, the student could choose a pizza with 1/8th cup veggie and a 3/8th cup of broccoli.

*(note: if students select ½ cup of veggies or fruit, then for OVS the **2 additional full components**, must be things other than fruit or veg components.)*

Examples of Required Veggie or Fruit in OVS (cont.)

3. One or more servings of **a mixture** of veggies and fruits that equals **at least ½ cup for lunch**



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The student can take any combination of fruits and veggies to meet the ½ cup.

Students may select a ¼ cup of fruit and ¼ cup of veggies to meet the requirement.
Students may also select a carrot raisin salad to meet the requirement.

This one is a little tricky when looking at the 2 additional FULL components; the 2 additional FULL components must come from m/ma, grains, or milk.

Another way to say it:

(Note: if students select ½ cup of veggies and fruit, then for OVS the 2 additional full components, must be things other than fruit or veg components.)

If carrot raisin salad is selected and credited as 1/2 cup (1/4 cup carrots and 1/4 cup raisins/pineapple), can one or the other of fruit or veggie be one of the additional (2) full components? NO

If the serving of carrot raisin salad is credited at 3/4 cup, with 1/2 cup carrots and 1/4 cup fruit, CAN ONE OF THE additional 2 FULL COMPONENTS BE FRUIT? YES, because you are counting the carrots as the required 1/2 cup of veggie or fruit.

You'll see some visual examples of this in the OVS Activity.

Examples of Required Veggie or Fruit in OVS (cont.)

4. One serving of **a combination** of veggie **and** fruit that equals **at least ½ cup for lunch**



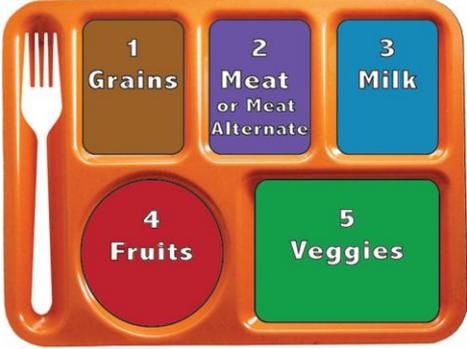
Equal to at least ½ cup

Again here, if the coleslaw is 1/4 cup and the apple is 1/4 cup, then what must the additional 2 FULL components be?
m/ma or grains, or milk

Questions?

OFFER vs SERVE
The Five Meal Components for School Lunch

Choose *at least 3* including:



- ½ Cup of **Fruits** or **Vegetables**
- **At Least 2 Other Food Groups**

For best nutrition, *choose all 5*





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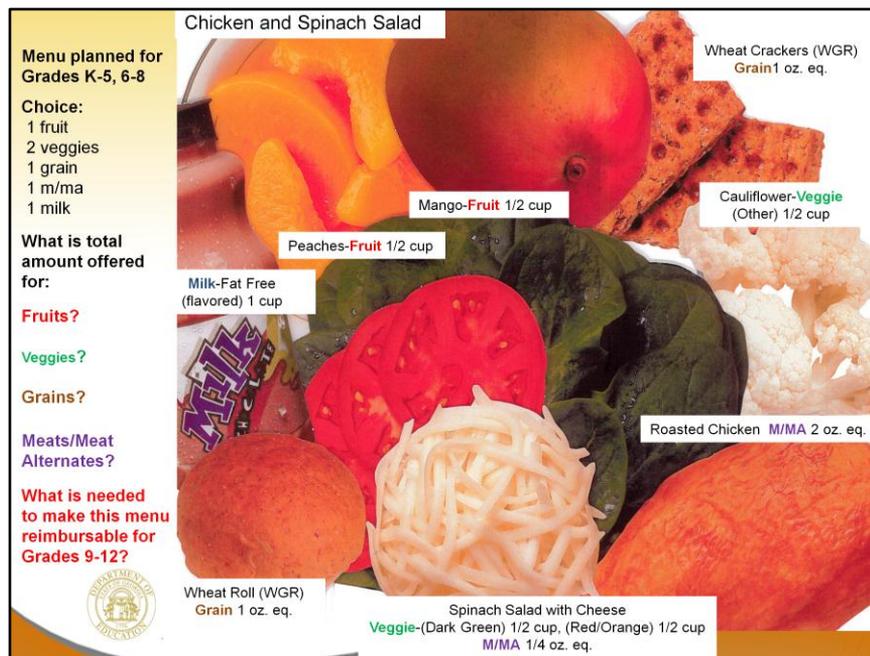
This is the sign from the Ga Dept of Ed – School Nutrition Program office. It was distributed last year to the systems. This sign should help with students understanding of Offer vs. Serve at lunch.

This sign is primarily for use in helping your students identify what they must have on their tray for reimbursement. It is also a great tool for managers, food assistants and school administrators and teachers.

Remember

A single priced, nutritious meal is the goal of a reimbursable meal.

In order to enhance a student’s ability to choose wisely, the Healthy School Meal Pattern (HSMP) requires that all serving lines have an easy method of identifying reimbursable food components in front or near the front of the serving line that constitute the unit priced reimbursable school meal(s).



The menu planner has planned this menu for grades **K-5 and 6-8**.

Students have a choice of **1 fruit**-that included: peaches or mango

a choice of **2 veggies**: salad and cauliflower (Can the tomatoes be served by themselves? possibly-dependent upon how the menu planner writes the menu)

a choice of **1 grain**: wheat roll or crackers

only 1 selection for **meats/meat alternates** (roasted chicken)

What about **milk**? You must always have a choice of milk.

Remember a choice is at least 2 types, whether it is: skim (non-fat) flavored or unflavored, or low-fat unflavored.

What is total amount offered for: (what can the child select within the reimbursable meal?)

Fruit? 1/2 cup (peaches or mango) See page 5 of OVS guidance (top paragraph).

“Although 2 half cups are offered...”

Veggies? 1 cup or 1 1/2 cup if the salad is one food item (max 2 veggies)

What amount of spinach credits as 1/2 cup? 1 cup

Grains? 1 oz. eq. (can the students take 2 rolls? No, why? Because the menu planner has stipulated choice of 1.

Meats/Meat Alternate? 2 1/4 oz. eq. (don't forget the cheese)

What about **milk**? You must always have a choice of milk.

(Remember a choice is at least 2 types, whether it is: skim (non-fat) flavored or unflavored, or low-fat unflavored.)

Check you meal pattern chart to make sure that the minimum component amounts for K-8 are being met for each component.

Will this menu also work for **9-12**? No, Why not? Review your meal pattern chart lunch, 9-12.

Look at the **fruit**. Students must also be able to select a total of 1 cup., perhaps 2 bowls of peaches, or 2 mangos, or 1 of each would need to be offered.

How about **veggies**? 1 cup must be offered for 9-12, and it is.

m/ma is ok at 2 oz. eq.; it meets the minimum required daily offered.

And **grains**? 9-12 students must be able to select 2 oz. eq. grains; the wheat roll and the wheat crackers or possibly 2 rolls or twice the crackers.

What did the student choose?

Is there at least 1/2 cup veggie or fruit on the tray?

YES NO

Is there at least 2 **other full** components on the tray?

YES NO

Is this a reimbursable tray?

YES NO

Roasted Chicken M/MA 2 oz. eq.

Wheat Roll WGR) Grain 1 oz. eq.

Spinach Salad with Cheese Veggie-(Dark Green) 1/2 cup, (Red/Orange) 1/2 cup M/MA 1/4 oz. eq.

This (K-8) student chooses the roll, spinach salad with cheese and roasted chicken. Is this reimbursable using the HSMP and OVS?

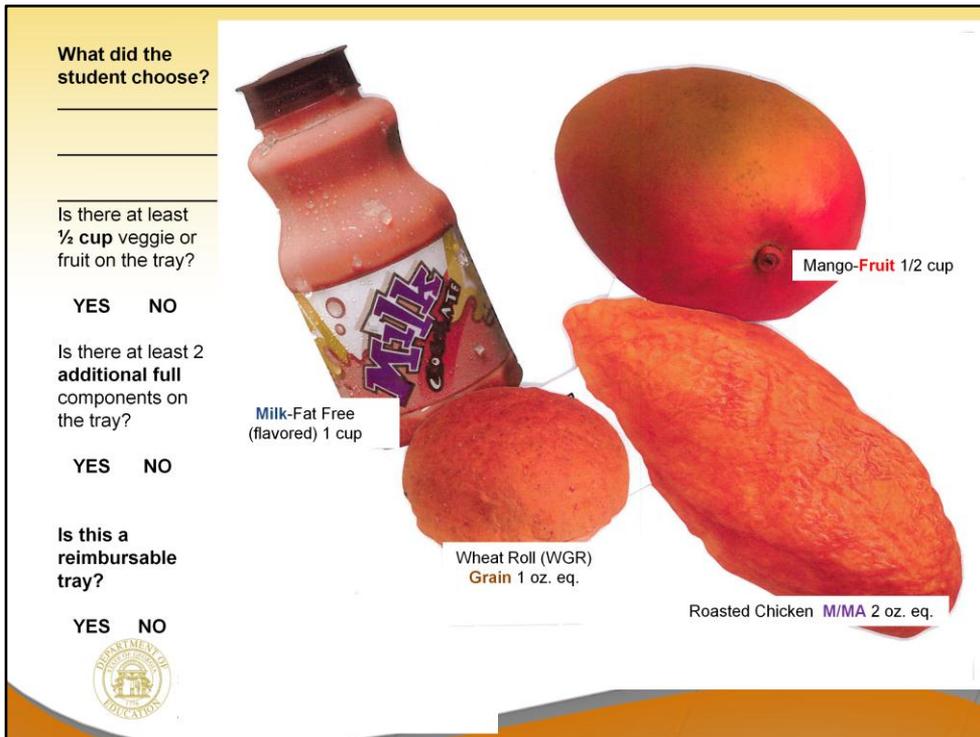
1st question, does it have at least 1/2 cup veg or fruit?

Yes, 1 cup spinach/tomato salad (In this example the menu planner has planned this together.)

2nd question, does it have at least 2 **other** FULL components (for K-5, 6-8)?

Yes, it has 2 additional full components; cheese and chicken, 2 1/4 oz. eq. m/ma, and roll, 1 oz. eq. grain

Is this reimbursable? **YES**

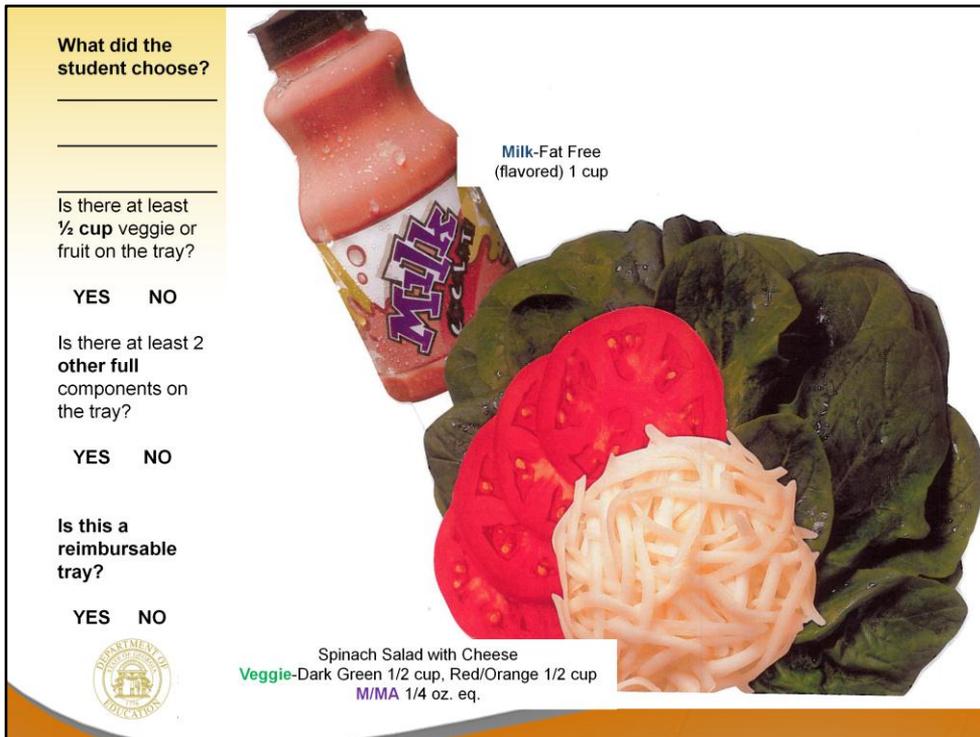


This (K-8) student chooses the milk, roll, mango and chicken.
 Is this reimbursable with OVS and HSMP?

1st question, does it have at least ½ cup veggie or fruit?
Yes, 1/2 cup mango

2nd question, does it have at least 2 **additional** FULL components (for K-5, 6-8)?
Yes, it has **3** additional full components:
 Roll, 1 oz. eq. grain,
 milk, and
 Chicken, 2 oz. eq. m/ma

Is this reimbursable? **YES**



This (K-8) student chooses the milk, spinach salad with tomatoes and cheese. Is this reimbursable with OVS?

1st question, does it have at least ½ cup veg or fruit?

Yes, 1/2 cup spinach (and 1/2 cup tomato) In this example the menu planner has planned this together.

2nd question, does it have at least 2 **additional** FULL components (for K-5, 6-8)?

NO, it has milk, and Cheese, 1/4 oz. eq. m/ma

Note: What is a full component of veggie? ¾ cup. If the tomato and spinach were separate, choices, this tray is still not reimbursable. NO Why?

First, the full amount of veggie is 3/4 cup for K-8 (see meal pattern chart), and Second, spinach and tomato are both counted as a veggie component, and therefore, does not meet the requirement of being from “other full component” (grain, meat, fruit);

Is this reimbursable? **NO, there is not 2 other FULL components.**

What did the student choose?

Is there at least ½ cup veggie or fruit on the tray?

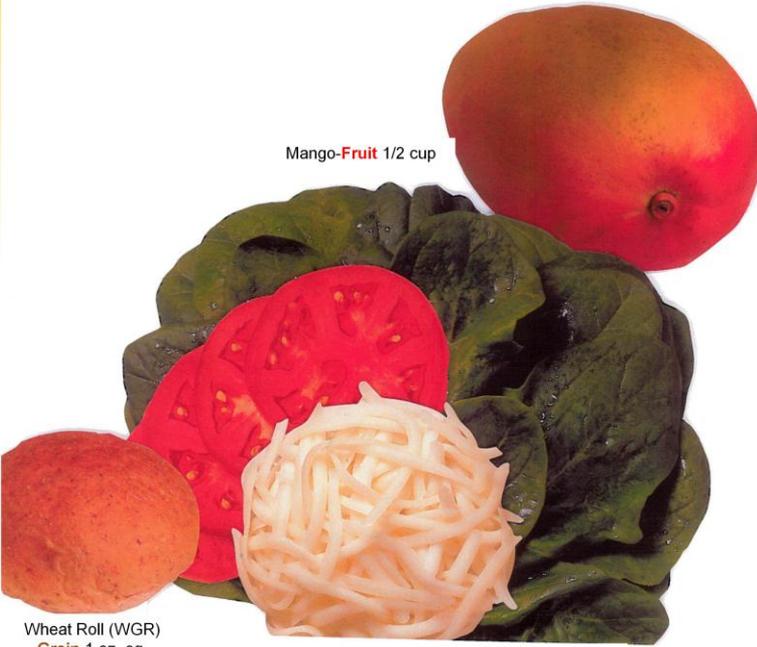
YES NO

Is there at least 2 other full components on the tray?

YES NO

Is this a reimbursable tray?

YES NO



Mango-Fruit 1/2 cup

Wheat Roll (WGR)
Grain 1 oz. eq.

Spinach Salad with Cheese
Veggie-(Dark Green) 1/2 cup, (Red/Orange) 1/2 cup
M/MA 1/4 oz. eq.



This (K-8) student chooses the roll, spinach salad with tomatoes and cheese, and the mango.

Is this reimbursable with OVS?

1st question, does it have at least ½ cup veg or fruit?

Yes, 1/2 cup mango (and 1/2 cup tomato, 1/2 cup spinach)

2nd question, does it have at least **2 other** FULL components (for K-5, 6-8)?

Yes, it has **2** other full components

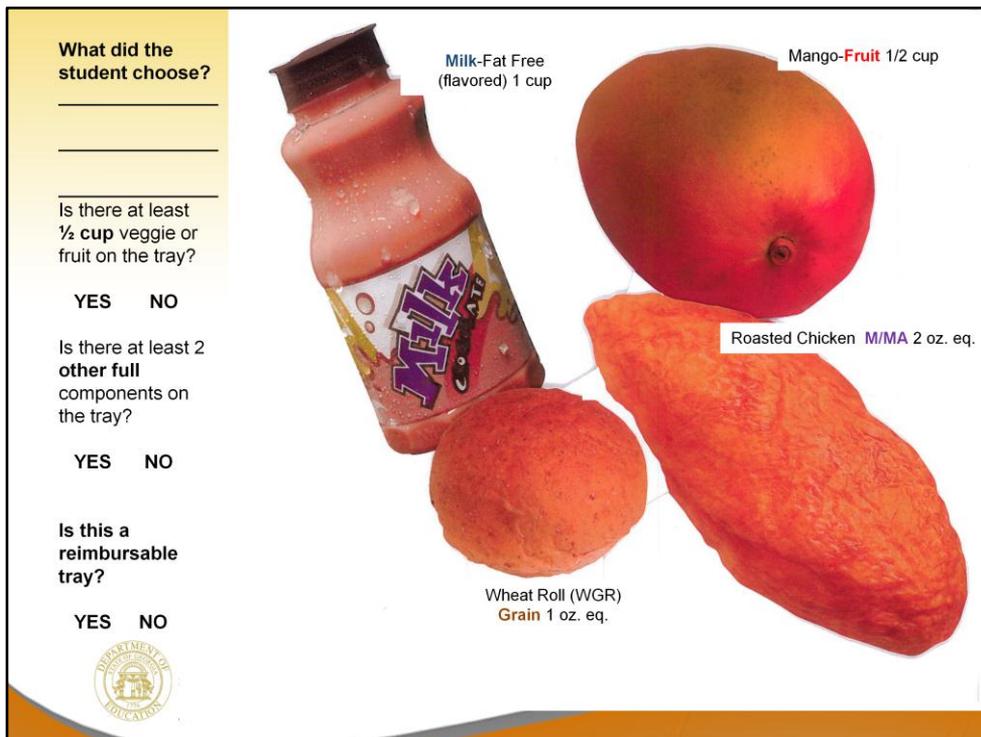
Roll, 1 oz. eq. grain, and

Spinach/tomatoes, 1 cup of veggies (FULL component is 3/4 cup)

The cheese, 1/4 oz. eq. m/ma is not a full component.

Note: A full component of veggie would be ¾ cup, so spinach and tomato or the mango can be counted as a FULL component for K-8 on this tray.

Is this meal reimbursable? **YES**



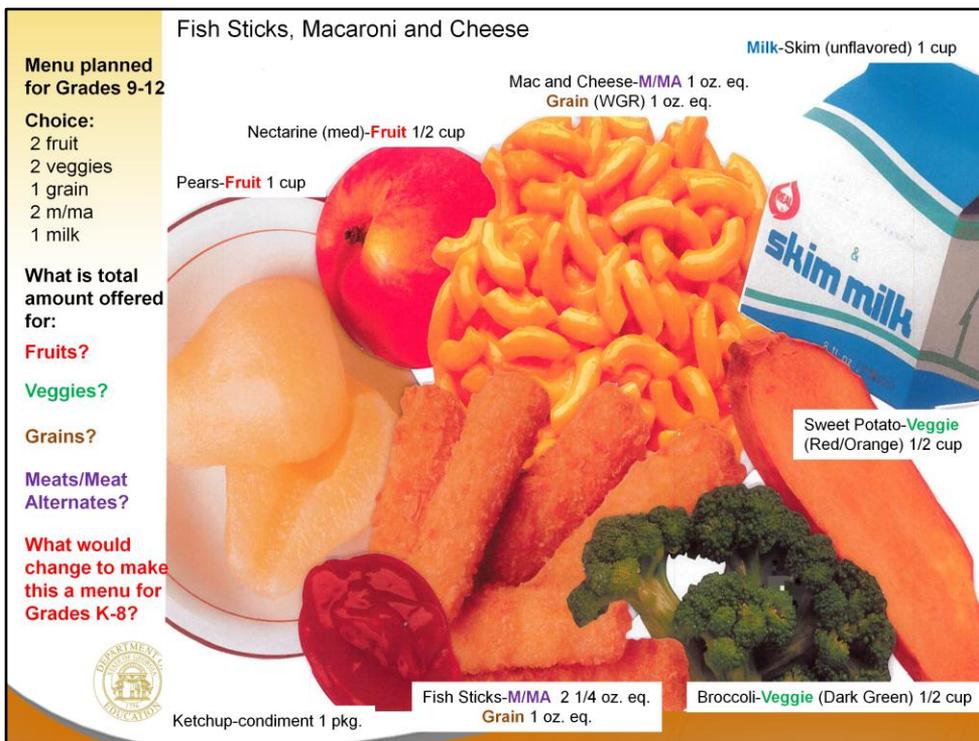
This (K-8) student chooses the roll, the mango, chicken and milk.
Is this reimbursable with HSMP and OVS?

1st question, does it have at least 1/2 cup veg or fruit?
Yes, 1/2 cup mango

2nd question, does it have **2 other** FULL components (for K-5, 6-8)?
Yes, it has **3** FULL components,
Roll, 1 oz. eq. grain,
Chicken, 2 oz. eq. m/ma, and
1 cup milk

Is this reimbursable? **YES**

NOTE: menus get more complex as we go along.



The menu planner has planned this menu for grades **9-12**.

Students have a choice of **2 (1 1/2 cup) fruit**-that include: pear and nectarine

a choice of **2 veggies**: broccoli and sweet potato

a choice of **2 grains**: breading on fish sticks and pasta

a choice of **2 meats/meat alternates**: fish sticks and mac and cheese

a choice of **1 milk** What about milk? You must always have a choice of milk.

Remember a choice is at least 2 types, whether it is: skim (non-fat) flavored or unflavored, or low-fat unflavored.

What is total amount offered for: (what can the child select within the reimbursable meal?)

Fruit? 1 1/2 cup (pear and nectarine)

Veggies? 1 cup (what about the ketchup? Does not count as veggie)

Grains? 2 oz. eq.

Meats/Meat Alternates? 3 1/4 oz. eq.

What about **milk**? You must always have a choice of milk.

Check your meal pattern chart (Grades 9-12) to make sure that the minimum component amounts are being met for each component.

Will this menu work for Grades **K-5 and/or 6-8**? It could. How? Review your meal pattern chart for lunch, Grades K-5 and 6-8.

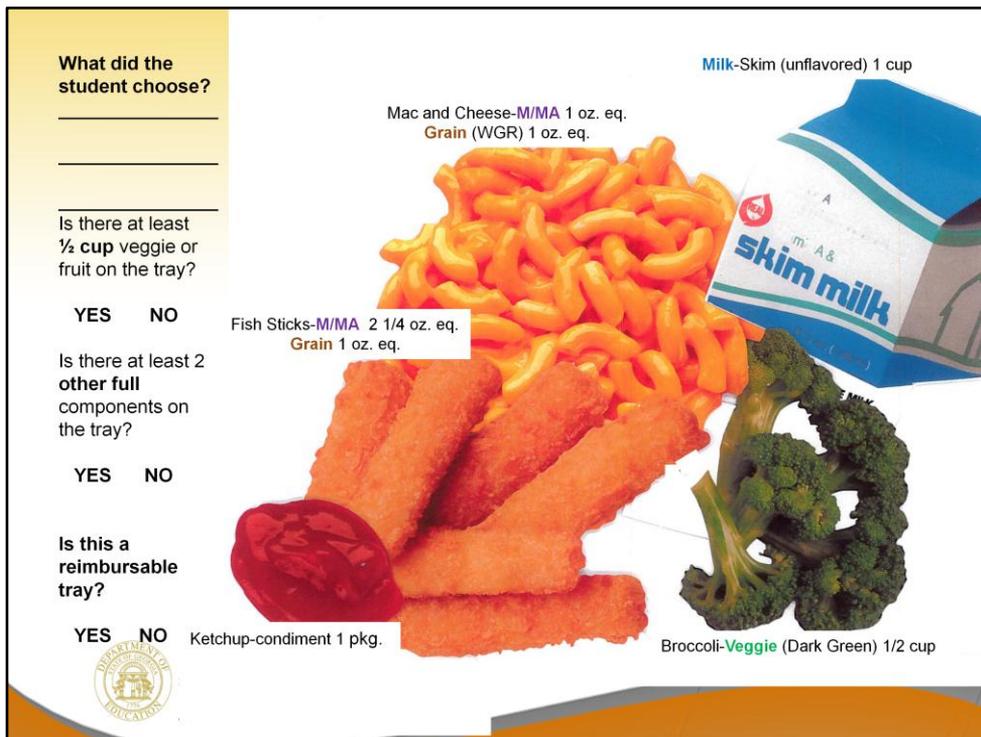
Remember, calories and sodium must definitely be considered by the menu planner.

Look at the **fruit**. Both are ok. (perhaps reduce the pears to 1/2 cup.

How about **veggies**? Yes, but remember a full component is 3/4 cup.

And **grains**? Menu planner may separate and allow students to take fish sticks **or** mac and cheese.

Meats/meat alternates offered is 3 1/4 oz. eq., for 9-12, so for K-8, the menu planner may plan this reducing the portion size of fish sticks or mac and cheese.



This student (9-12) chose the milk (skim, unflavored), fish sticks and mac and cheese and broccoli.

Is this reimbursable with OVS?

1st question, does it have at least ½ cup veggie or fruit?

Yes, ½ broccoli cup

Remember, the required 1/2 cup veggie or fruit is the same for all grade groups (K-12).

2nd question, does it have at least 2 **other** FULL components (for 9-12)?

Yes, it has **3** other full components;

Fish sticks and mac/chees, 3 1/4 oz. eq. m/ma, and

Milk (1 cup) and

breadings on fish sticks and pasta, 2 oz. eq. grains.

Is this reimbursable? **Yes**

What did the student choose?

Is there at least ½ cup veggie or fruit on the tray?

YES NO

Is there at least 2 other full components on the tray?

YES NO

Is this a reimbursable tray?

YES NO



Mac and Cheese-M/MA 1 oz. eq.
Grain (WGR) 1 oz. eq.

skim milk

Milk-Skim (unflavored) 1 cup

Ketchup-condiment 1 pkg.

Fish Sticks-M/MA 2 1/4 oz. eq.
Grain 1 oz. eq.



This student (9-12) chose the milk (skim, unflavored), fish sticks and mac and cheese.

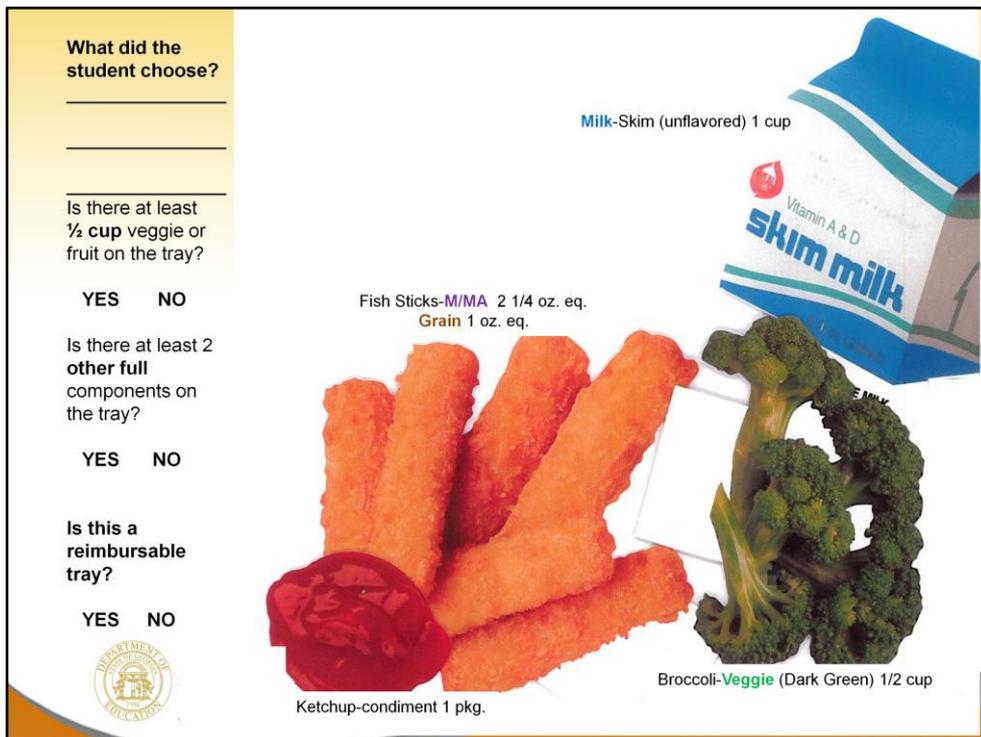
Is this reimbursable with OVS?

1st question, does it have at least ½ cup veggie or fruit?

No, ketchup does not count as a veggie.

Remember, the required 1/2 cup veggie or fruit is the same for all grade groups. This student must go back and select a fruit or veggie.

Is this reimbursable? **NO**



This student (9-12) chose the milk (skim, unflavored), fish sticks and broccoli. Is this reimbursable with OVS?

1st question, does it have at least 1/2 cup veggie or fruit?

Yes, 1/2 cup broccoli cup

Remember, the required 1/2 cup veggie or fruit is the same for all grade groups.

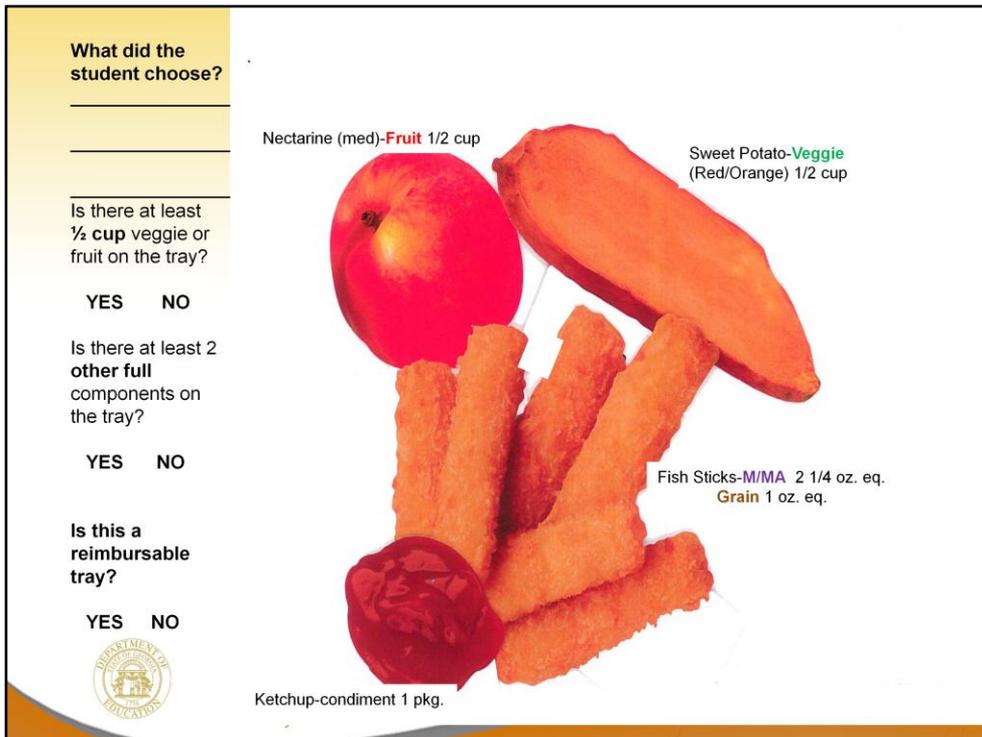
2nd question, does it have at least 2 **other** FULL components (for 9-12)?

Yes, it has 2 other full components;

Fish sticks, 2 1/4 oz. eq. m/ma and

Milk (1 cup)

Is this reimbursable? **Yes**



This student (**9-12**) chose the fish sticks, nectarine, and sweet potato.
Is this reimbursable with OVS?

1st question, does it have at least 1/2 cup veggie or fruit?

Yes, 1/2 cup sweet potato (FULL component is 1 cup Veggie)
(Remember, the required 1/2 cup veggie or fruit is the same for all grade groups.)

2nd question, does it have at least 2 **other** FULL components (for 9-12)?

No, it does not. Fish sticks, 2 1/4 oz. eq. m/ma, and
breadings on fish sticks, 1oz. eq. grains and
nectarine, 1/2 cup fruit

What is a full component of fruit for Grades 9-12? **1 cup**. (there's only 1/2 cup)

What is a full component of grains for Grades 9-12? **2 oz.** eq. (only 1 oz. eq.)

Student must go back and choose one other item.

In this case, any additional food item would complete this meal as
reimbursable. (more ketchup would not count :)

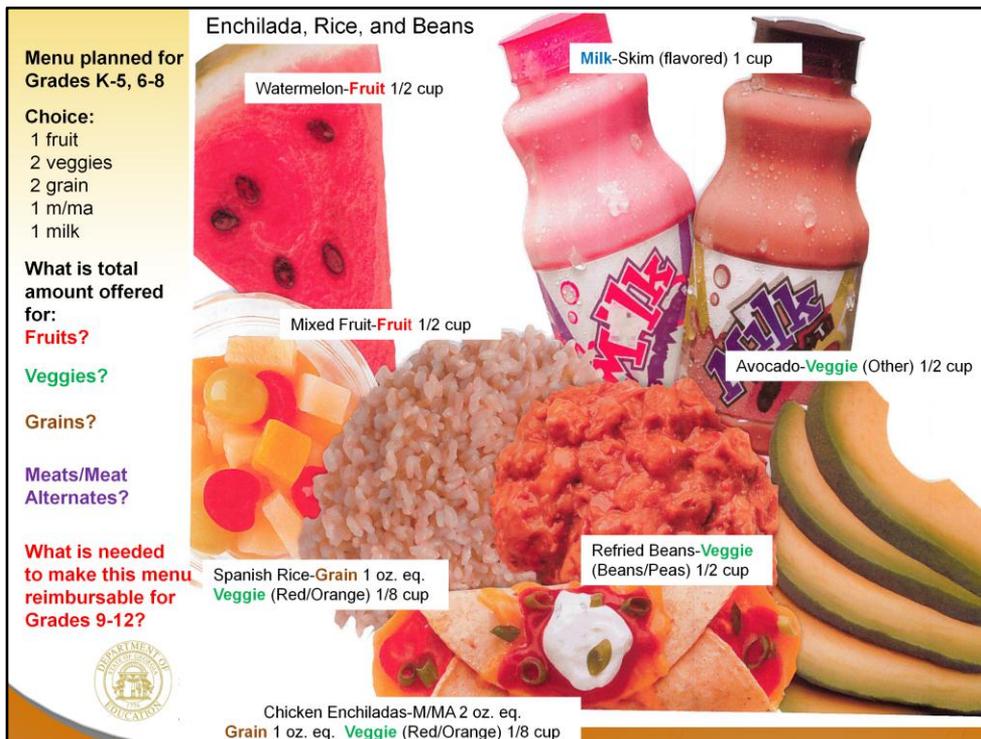
Is this reimbursable? **NO**

Would this be reimbursable for K-8? YES

Full component of grain is 1 oz. eq. for K-8.

Another question, consider that the nectarine was 1/4 cup and the sweet
potatoes was a 1/4, would this meet the required 1/2 cup? **YES** (still not
reimbursable as is)

Remember the picture of carrot raisin salad that has both veggie and fruit.



The menu planner has planned this menu for **Grades K-5 and 6-8.**

Students have a choice of 1 **fruit** including: mixed fruit or watermelon

a choice of 2 **veggies**: refried beans and avocado

a choice of 2 **grains**: Spanish rice and tortilla

a choice of 1 **milk**: both non-fat and flavored (choice)

only 1 selection for **meats/meat alternates** (chicken enchilada)

What is total amount offered for: (what can the child select within the reimbursable meal?)

Fruit? 1/2 cup (mixed fruit or watermelon)

Veggies? 1 cup or 1 1/4 cup including sauce on enchilada and tomatoes in the Spanish rice

Grains? 2 oz. eq.

Meats/Meat Alternates? 2 oz. eq.

What about **milk**? You must always have a choice of milk.

(Remember a choice is at least 2 types, whether it is: skim (non-fat) flavored or unflavored, or low-fat unflavored.)

Check your meal pattern chart to make sure that the minimum component amounts are being met for each component.

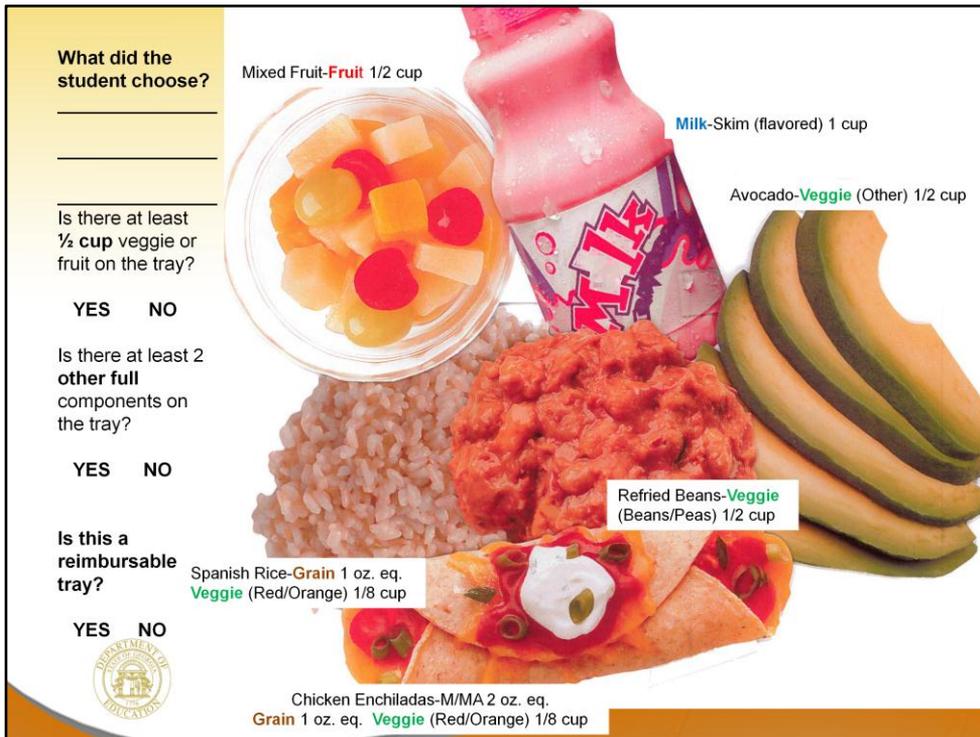
Will this menu work for **9-12**? No, Why not? Review your meal pattern chart for lunch, 9-12.

Look at the **fruit**. Students must also be able to select a total of 1 cup., perhaps 2 bowls of mixed fruit, or 2 watermelons, or 1 of each.

How about **veggies**? Yes, minimum of 1 cup is offered.

And **m/ma**? It's ok because there's an offering of 2 oz. eq.

And **grains**? Yes, minimum of 2 oz. eq. is offered.



This student (K-5 and 6-8) has selected mixed fruit, milk, avocado, Spanish rice, refried beans and the enchilada.

Is this reimbursable with OVS?

1st question, does it have at least ½ cup veggie or fruit?

Yes, 1/2 cup mixed fruit

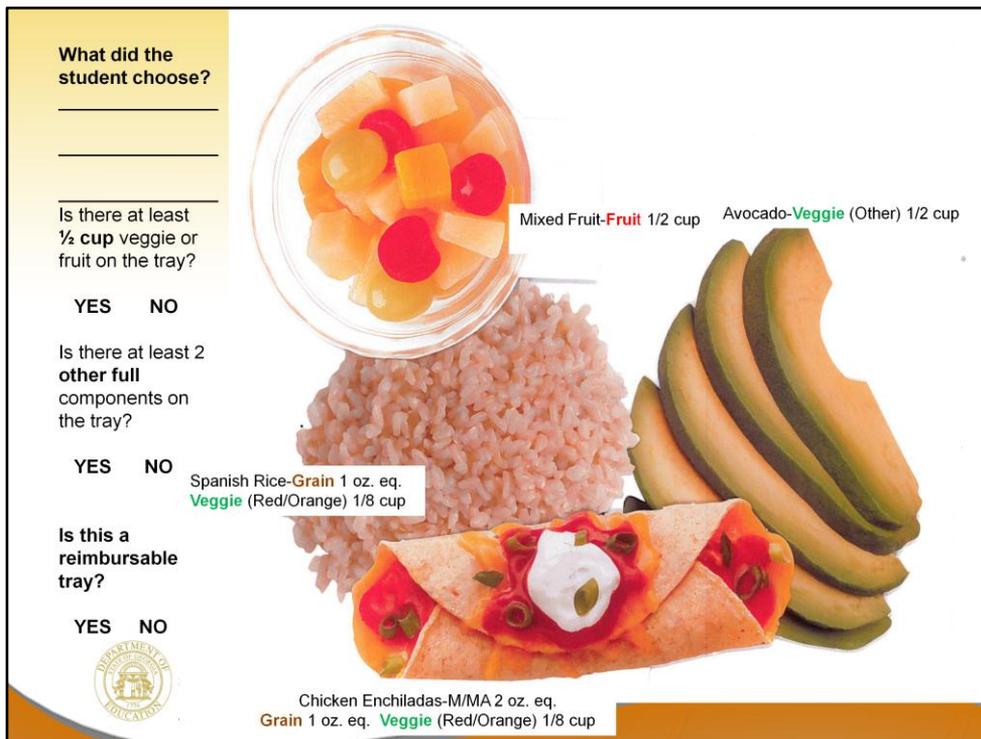
2nd question, does it have at least 2 **other** FULL components (for K-5, 6-8)?

Yes, it has 4 other full components;

Chicken, 2 oz. eq. m/ma, and rice and tortilla, 2 oz. eq. grain, and avocado and beans, 1 cup veggie, and Milk.

(Either veggie or fruit could be counted as the required 1/2 cup, because they are both FULL components.)

Is this reimbursable? **YES**



This student (K-5 and 6-8) has selected mixed fruit, avocado, Spanish rice, and the enchilada.

Is this reimbursable with OVS?

1st question, does it have at least 1/2 cup veg or fruit?

Yes, 1/2 cup mixed fruit

2nd question, does it have at least 2 **other** FULL components (for K-5, 6-8)?

Yes, it has **3** other full components;

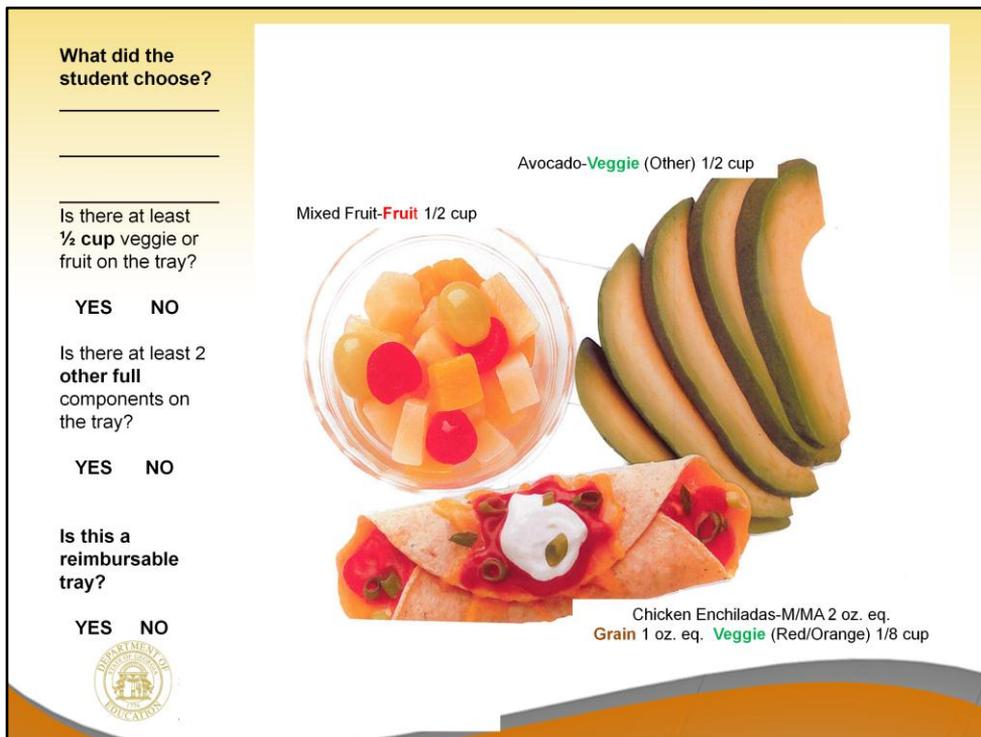
Chicken, 2 oz. eq. m/ma, and

rice and tortilla, 2 oz. eq. grain and

avocado (1/2), tomato from rice (1/8c) and tomato from enchilada (1/8c)

(Total Veggie 3/4 cup).

Is this reimbursable? **YES**



This student (K-5 and 6-8) has selected mixed fruit, avocado, and the enchilada. Is this reimbursable with OVS?

1st question, does it have at least $\frac{1}{2}$ cup veg or fruit?

Yes, 1/2 cup avocado

2nd question, does it have at least 2 **other** FULL components (for K-5, 6-8)?

Yes, it has 2 other full components;

Chicken, 2 oz. eq. m/ma, and mixed fruit, 1/2 cup fruit

Is this reimbursable? **YES**

Would there be enough veggie as a full component?

NO, 1/2 cup avocado and 1/8 cup veggie in enchilada for a total of 5/8 cup. 3/4 cup is a FULL component of veggie

Variation: Look at this say with 1/4 cup mixed fruit and 1/4 cup avocado, would this count as your 1/2 cup required veggie or fruit? **YES**

Then what would the additional 2 FULL components be (K-8)?

2 oz. eq. m/ma (chicken) and 1 oz. eq. grain (tortilla)

What did the student choose?

Is there at least **1/2 cup** veggie or fruit on the tray?
 YES NO

Is there at least 2 **other full** components on the tray?
 YES NO

Is this a reimbursable tray?
 YES NO



Refried Beans-Veggie (Beans/Peas) 1/2 cup

Spanish Rice-Grain 1 oz. eq. Veggie (Red/Orange) 1/8 cup

Chicken Enchiladas-M/MA 2 oz. eq. Grain 1 oz. eq. Veggie (Red/Orange) 1/8 cup



This student (K-5 and 6-8) has selected Spanish rice, refried beans and the enchilada.

Is this reimbursable with OVS? For K-5 and 6-8?

1st question, does it have at least 1/2 cup veg or fruit?

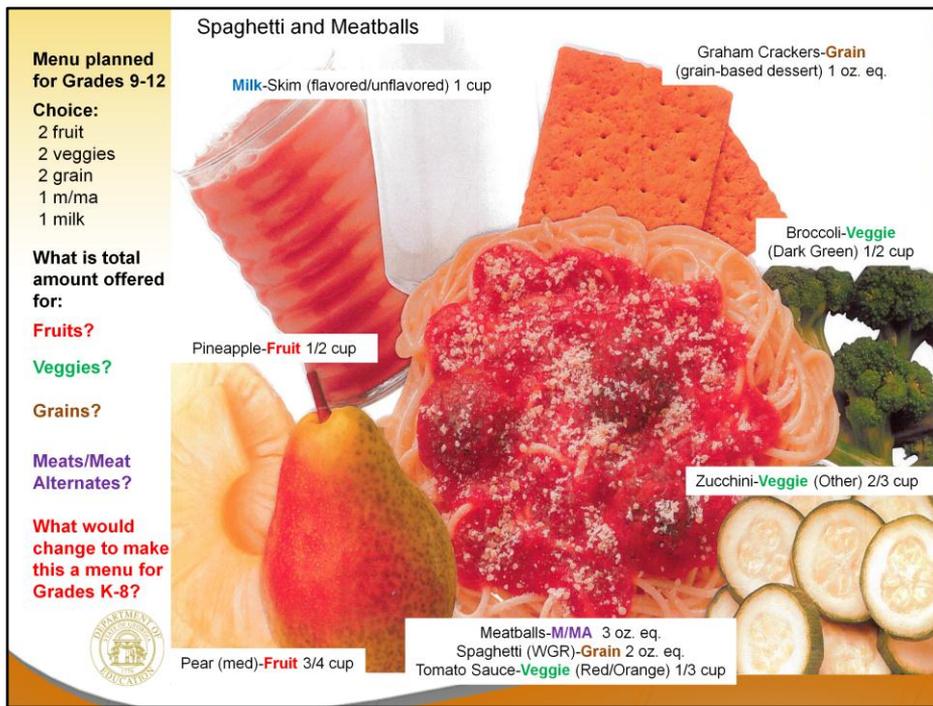
Yes, 1/2 cup beans

2nd question, does it have at least 2 **other** FULL components (for K-5, 6-8)?

Yes, it has 2 other full components;

Chicken, 2 oz. eq. m/ma and rice and tortilla, 2 oz. eq. grain,

Is this reimbursable? **YES**



The menu planner has planned this menu for grades **9-12**.

Students have a choice of **2 fruit**-including: pineapple and pear

(according to FBG whole med-120ct is 3/4c)

a choice of **2 veggies**: broccoli and zucchini

a choice of **2 grains**: pasta and graham crackers, grain-based dessert and can only serve 2 oz. eq. weekly

only 1 selection for **meats/meat alternates** (meatballs)

a choice of **1 milk**: both non-fat and flavored or unflavored (choice)

What is total amount offered for: (what can the child select within the reimbursable meal?)

Fruit? 1 1/4 cup (pear and pineapple)

Veggies? 1 cup or 1 1/2 cup including sauce on pasta

Grains? 3 oz. eq. (pasta and graham crackers)

Meats/Meat Alternates? 3 oz. eq. (meatballs)

What about **milk**? You must always have a choice of milk.

(Remember a choice is at least 2 types, whether it is: skim (non-fat) flavored or unflavored, or low-fat unflavored.)

Check your meal pattern chart to make sure that the minimum component amounts for 9-12 are being met for each component.

Will this menu work for Grades **6-8**? It could. How? Review meal pattern chart for lunch, 6-8.

Look at the **fruit**. Both is ok.

How about **veggies**? Yes, It's a little tricky, because of the 2/3 cup of zucchini and 1/2 cup broccoli. A full component is 3/4 cup. If the student chooses meatballs and one other veggie, they would get 5/6 cup, which is more than 3/4 requirement for a full veggie component.

M/MA is 3 oz. eq., so the menu planner may reduce the serving to 2 meatballs, for 2 oz. eq.

And **grains**? Taking into consideration calories, sodium, cost, spaghetti might be reduced to 1 oz. eq. Remember, graham crackers are a grain-based dessert.

What did the student choose?

Is there at least $\frac{1}{2}$ cup veggie or fruit on the tray?

YES NO

Is there at least 2 **other full** components on the tray?

YES NO

Is this a reimbursable tray?

YES NO

Milk-Skim (flavored) 1 cup

Graham Crackers-Grain (grain-based dessert) 1 oz. eq.

Broccoli-Veggie (Dark Green) 1/2 cup

Meatballs-M/MA 3 oz. eq.

Spaghetti (WGR)-Grain 2 oz. eq.

Tomato Sauce-Veggie (Red/Orange) 1/3 cup

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This student (9-12) chose the milk (flavored), meatballs and spaghetti, graham crackers and broccoli.

Is this reimbursable with OVS?

1st question, does it have at least $\frac{1}{2}$ cup veggie or fruit?

Yes, $\frac{1}{2}$ cup broccoli (and $\frac{1}{3}$ cup tomato sauce for a total of $\frac{2}{3}$ cup veggie)

Remember, the required $\frac{1}{2}$ cup veggie or fruit is the same for all grade groups, K-12.

2nd question, does it have at least 2 **other** FULL components (for 9-12)?

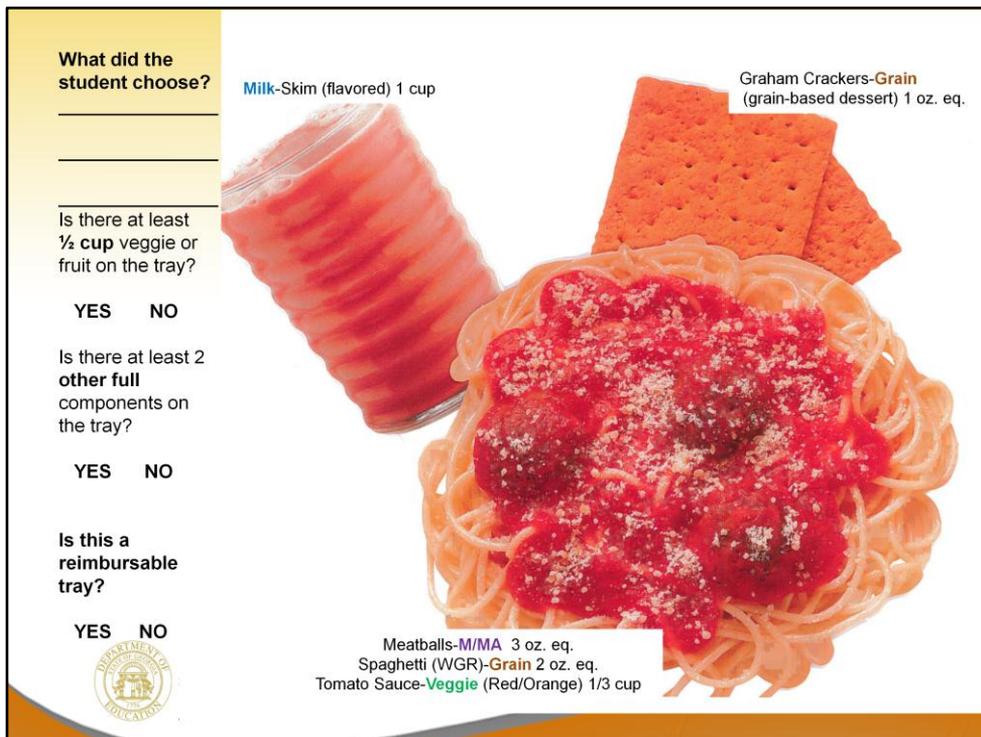
Yes, it has 3 other full components;

Meatballs, 3 oz. eq. m/ma, and

pasta and graham crackers, 3 oz. eq. grains and

Milk (1 cup)

Is this reimbursable? **Yes**



This student chose the milk (flavored), meatballs and spaghetti, and graham crackers.

Is this reimbursable with OVS?

1st question, does it have at least ½ cup veggie or fruit?

No, 1/3 cup tomato sauce only

Remember, the required 1/2 cup veggie or fruit is the same for all grade groups.

This student would need either a 1/2 cup fruit or additional veggie.

2nd question, does it have at least 2 **other** FULL components (for 9-12)?

Yes, it has **3** other full components;

Meatballs, 3 oz. eq. m/ma, and

Milk (1 cup) and

pasta and graham crackers, 3 oz. eq. grains).

Is this reimbursable? **NO**

What did the student choose?

Is there at least **½ cup** veggie or fruit on the tray?

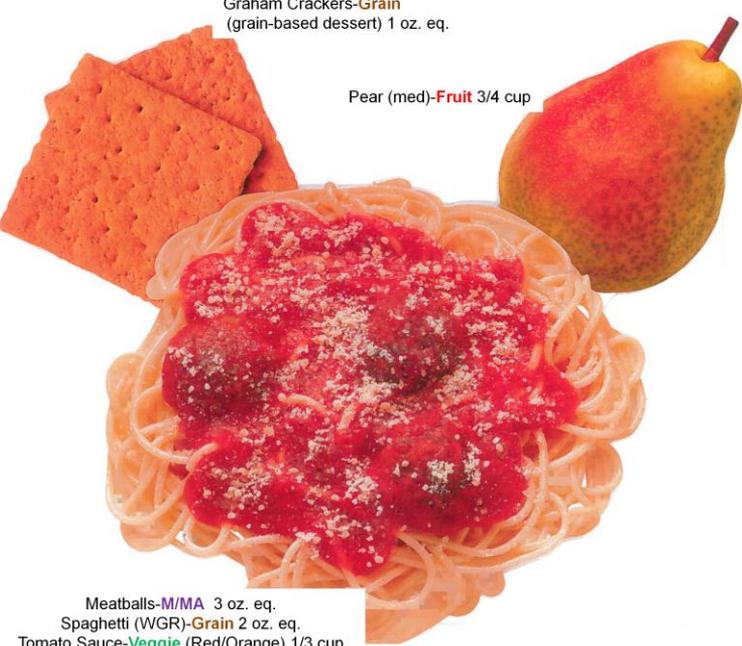
YES NO

Is there at least **2 other full** components on the tray?

YES NO

Is this a reimbursable tray?

YES NO



Graham Crackers-**Grain** (grain-based dessert) 1 oz. eq.

Pear (med)-**Fruit** 3/4 cup

Meatballs-**M/MA** 3 oz. eq.
Spaghetti (WGR)-**Grain** 2 oz. eq.
Tomato Sauce-**Veggie** (Red/Orange) 1/3 cup



This student (9-12) chose the meatballs and spaghetti, graham crackers and pear. Is this reimbursable with OVS?

1st question, does it have at least ½ cup veggie or fruit?

Yes, 1/2 cup fruit (pear)

Remember, the required 1/2 cup veggie or fruit is the same for all grade groups.

2nd question, does it have at least 2 **other** FULL components (for 9-12)?

Yes, it has **2** other full components;

Meatballs, 3 oz. eq. m/ma, and
pasta and graham crackers, 3 oz. eq. grains

Is this reimbursable? **Yes**

What did the student choose?

Is there at least $\frac{1}{2}$ cup veggie or fruit on the tray?
 YES NO

Is there at least 2 **other full** components on the tray?
 YES NO

Is this a reimbursable tray?
 YES NO



Graham Crackers-Grain (grain-based dessert) 1 oz. eq.

Meatballs-M/MA 3 oz. eq.
 Spaghetti (WGR)-Grain 2 oz. eq.
 Tomato Sauce-Veggie (Red/Orange) 1/3 cup



This student (9-12) chose the meatballs and spaghetti, and graham crackers. Is this reimbursable with OVS?

1st question, does it have at least $\frac{1}{2}$ cup veggie or fruit?

No, 1/3 cup tomato sauce again

Remember, the required 1/2 cup veggie or fruit is the same for all grade groups. Student must be sent back to choose a fruit or additional veggie.

2nd question, does it have at least 2 **other** FULL components (for 9-12)?

Yes, it has 2 other full components; Meatballs (3 oz. eq. M/MA), and pasta and graham crackers (3 oz. eq. Grains).

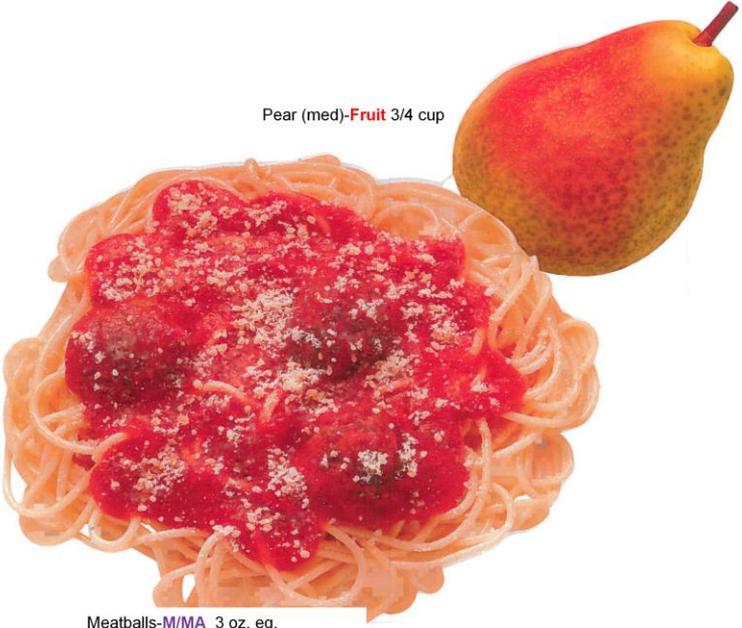
Is this reimbursable? **NO**

What did the student choose?

Is there at least **½ cup** veggie or fruit on the tray?
YES NO

Is there at least **2 other full** components on the tray?
YES NO

Is this a reimbursable tray?
YES NO



Pear (med)-**Fruit** 3/4 cup

Meatballs-M/MA 3 oz. eq.
 Spaghetti (WGR)-**Grain** 2 oz. eq.
 Tomato Sauce-**Veggie** (Red/Orange) 1/3 cup



This student (9-12) chose the meatballs and spaghetti and pear.
 Is this reimbursable with OVS?

1st question, does it have at least ½ cup veggie or fruit?

Yes, 1/2 cup fruit (pear)

Remember, the required 1/2 cup veggie or fruit is the same for all grade groups.

2nd question, does it have at least 2 **other** FULL components (for 9-12)?

Yes, it has **2** other full components;

Meatballs, 3 oz. eq. m/ma, and

Pasta, 2 oz. eq. grains

Is this reimbursable? **Yes**



The menu planner has planned this menu for grades K-5.

Students have a choice of 1 **fruit** including: mixed fruit or apple

a choice of 2 **veggies**: salad or soup (with lentils)

only 1 choice of **grains**: crackers

only 1 selection for **meats/meat alternates** (chef salad's turkey and egg)

What about **milk**? You must always have a choice of milk.

(Remember a choice is at least 2 types, whether it is: skim (non-fat) flavored or unflavored, or low-fat unflavored.)

What is total amount offered for: (What can the child select within the reimbursable meal?)

Fruit? 1/2 cup (mixed fruit or apple)

Veggies? 1 3/4 cup

Grains? 1 oz. eq.

Meats/Meat Alternate? 1 oz. eq.

What about milk? You must always have a choice of milk.

Check your meal pattern chart to make sure that the minimum component amounts are being met for each component.

Will this menu work for Grades 9-12? No, Why not? Review the meal pattern chart for lunch,9-12.

Look at the **fruit**. Students (9-12) must also be able to select a total of 1 cup., perhaps 2 bowls of mixed fruit, or 1 apple and 1 mixed fruit.

How about **veggies**? Yes, minimum of 1 cup is offered.

And **grains**? No, minimum of 2 oz. eq. is not offered. Double the amount of crackers available.

And **m/ma**? Not enough m/ma is offered, however, if the menu planner plans it, the lentils could be counted as a m/ma. (IS A 1/4 cup 2 oz. eq. M/MA?)

What did the student choose?

Is there at least $\frac{1}{2}$ cup veggie or fruit on the tray?

YES NO

Is there at least 2 **other full** components on the tray?

YES NO

Is this a reimbursable tray?

YES NO

Milk-Skim (unflavored) 1 cup

Mixed Fruit-Fruit $\frac{1}{2}$ cup

Tomato Soup with Lentils
Veggie (Red/Orange) $\frac{1}{2}$ cup
Veggie (Beans/Peas) $\frac{1}{4}$ cup

Crackers-Grain 1 oz. eq.

Student (K-5) chooses the mixed fruit, tomato/lentil soup, crackers and milk.
Is this reimbursable with OVS?

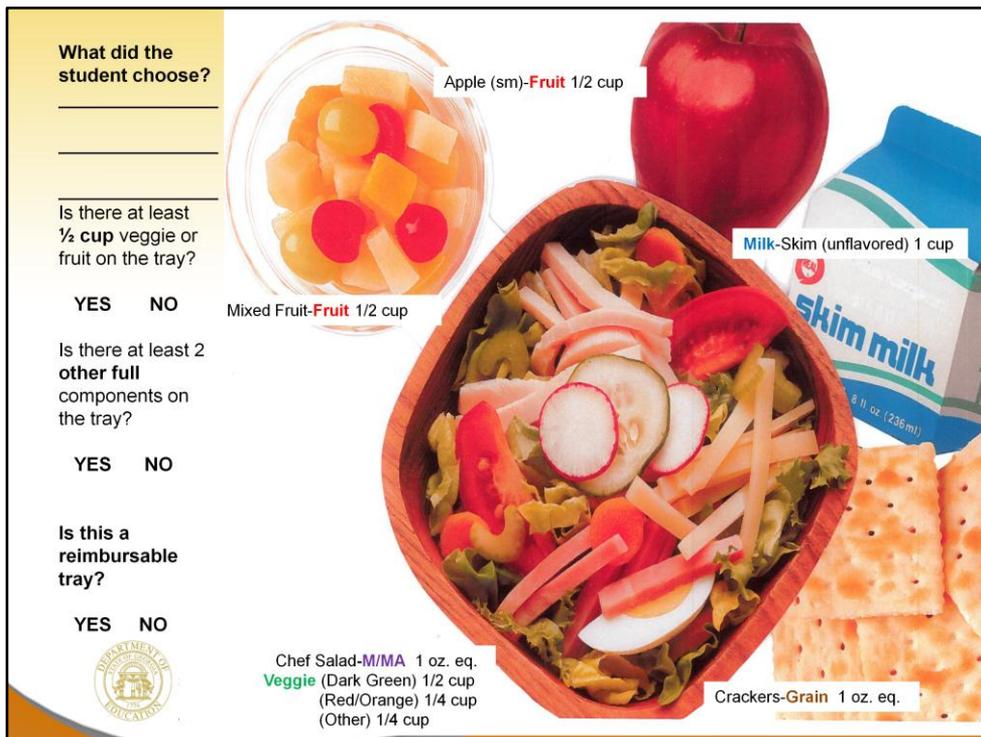
1st question, does it have at least $\frac{1}{2}$ cup veg or fruit?

Yes, $\frac{1}{2}$ cup mixed fruit (could count veggie here and $\frac{1}{2}$ cup fruit as full component)

2nd question, does it have at least 2 **other** FULL components (for K-5)?

Yes, it has **3** other full components; tomato/lentil soup, $\frac{3}{4}$ cup veggie, and Crackers, 1 oz. eq. grain, and milk (1 cup)

Is this reimbursable? **YES**



Student (K-5) chooses the mixed fruit, apple, chef salad, crackers and milk.
Is this reimbursable with OVS?

1st question, does it have at least ½ cup veg or fruit?

Yes, 1 cup fruit (apple and mixed fruit)

2nd question, does it have at least 2 **other** FULL components (for K-5)?

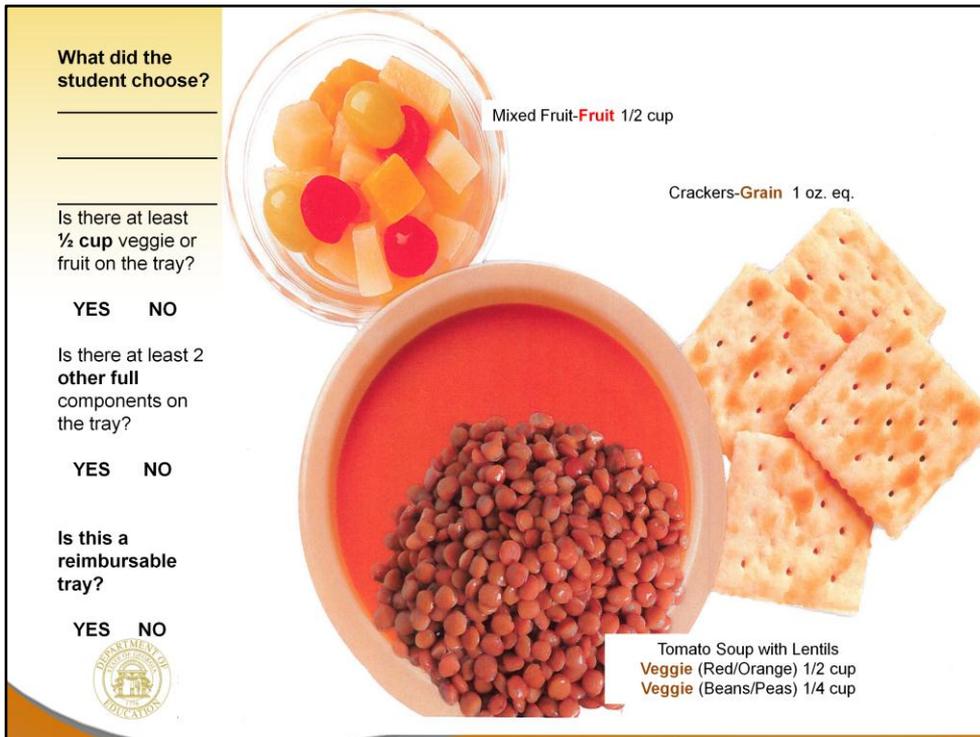
Yes, it has 4 other full components;
Salad, 1 cup veggie **and** 1 oz. eq. m/ma, and
Crackers, 1 oz. eq. Grain, and
Milk, 1 cup

Is this reimbursable? **YES**

Is this tray as the menu planner planned it? NO.

Student chose both fruits. Menu was written as a choice of either/or.

SIGNAGE VERY IMPORTANT, telling the students what they can take as part of the reimbursable lunch.

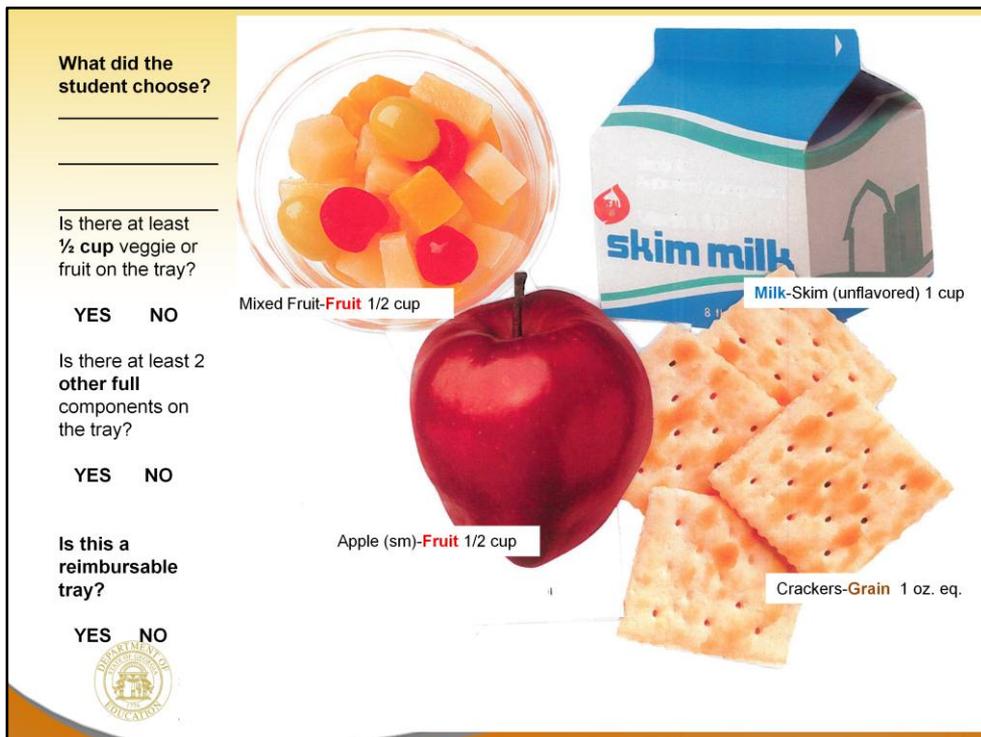


Student (K-5) chooses the mixed fruit, tomato/lentil soup, and crackers.
Is this reimbursable with OVS?

1st question, does it have at least 1/2 cup veggie or fruit?
Yes, 1/2 cup fruit.

2nd question, does it have at least 2 **other** FULL components (for K-5)?
Yes, it has 2 other full components;
tomato/lentil soup, 3/4 cup veggie, and
Crackers, 1 oz. eq. grain

Is this reimbursable? **YES**



Student (K-5) chooses milk, saltines, apple and mixed fruit.
Is this reimbursable with OVS?

1st question, does it have at least ½ cup veg or fruit?
Yes, 1/2 cup fruit.

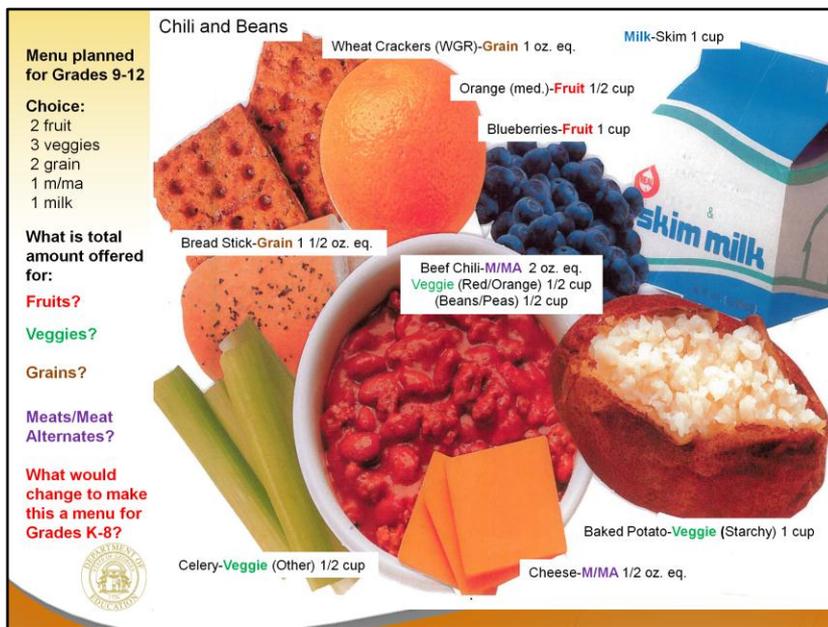
2nd question, does it have at least 2 **other** FULL components (for K-5)?
Yes, it has 2 other full components;
crackers, 1 oz. eq. grain, and
milk (1 cup).

Is this reimbursable? **YES**

Is this tray as the menu planner planned it?

NO. Student chose both fruits. Menu was written as a choice of either/or.

SIGNAGE VERY IMPORTANT, telling the students what they can take as part of the reimbursable lunch.



The menu planner has planned this menu for grades **9-12**.

Students have a choice of **2 fruit** including: orange **and** blueberries

a choice of **3 veggies**: baked potato and celery and beans
(Note: baked potato is 1 cup)

a choice of **2 grains**: bread stick **and** crackers

(possibly 2 bread sticks or 2 servings of crackers-dependent on how the menu planner plans it.)

only 1 selection for **meats/meat alternates**(chili/cheese)

What about **milk**? You must always have a choice of milk.

(Remember a choice is at least 2 types, whether it is: skim (non-fat) flavored or unflavored, or low-fat unflavored.)

What is total amount offered for

Fruit? 1 1/2 cup (orange and blueberries)

Veggies? 1 cup or 1 1/2 cups (can students choose all 3? YES)

Grains? 2 oz. eq. (can the students take 2 rolls? Only if the menu planner plans it that way)

Meats/Meat Alternates? **2 1/2 oz. eq.** (don't forget the cheese)

What about **milk**? You must always have a choice of milks.

Check you meal pattern chart to make sure that the minimum component amounts are being met for each component for Grades 9-12.

Will this menu work for **6-8**? Yes. Review your meal pattern chart for lunch, Grades 6-8.

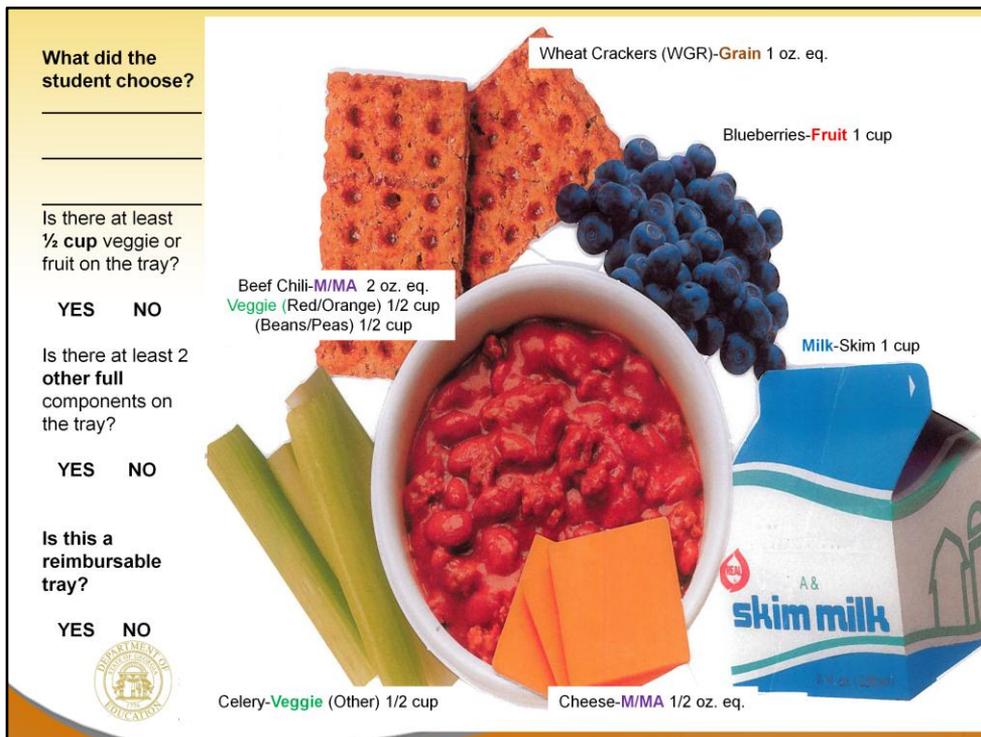
(Menu planner must take in to account calories, sodium, and maximum amounts of M/MA and Grains)

Look at the **fruit**. Does the menu have to be limited in the amount of fruit?

No, dependent on calories, cost, etc. per the menu planner.

How about **veggies**? Again, there may be a limit on veggies dependent on how the week's menus meet the veggie subgroups.

And **grains**? Menu planner must take into consideration calories, sodium, cost, and meeting minimum grains per week.



This student (9-12) chose the crackers, chili with beans and cheese, and blueberries, celery and milk.

Is this reimbursable with OVS?

1st question, does it have at least 1/2 cup veggie or fruit?

Yes, 1/2 cup celery

Remember, the required 1/2 cup veggie or fruit is the same for all grade groups.

2nd question, does it have at least 2 **other** FULL components (for 9-12)?

Yes, it has **3** other full components;

Chili, cheese, 2 1/2 oz. eq. m/ma , and

Milk, 1 cup and

blueberries, 1 cup fruit

Is this reimbursable? **Yes**

What did the student choose?

Is there at least $\frac{1}{2}$ cup veggie or fruit on the tray?

YES NO

Is there at least 2 **other full** components on the tray?

YES NO

Is this a reimbursable tray?

YES NO

Beef Chili-M/MA 2 oz. eq.
Veggie (Red/Orange) 1/2 cup
(Beans/Peas) 1/2 cup

Orange (med.)-Fruit 1/2 cup

Bread Stick-Grain 1 1/2 oz. eq.

Cheese-M/MA 1/2 oz. eq.


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This student (9-12) chose the bread stick, chili with beans and cheese, and the orange.

Is this reimbursable with OVS for 9-12?

1st question, does it have at least 1/2 cup veggie or fruit?

Yes, $\frac{1}{2}$ cup orange

Remember, the required 1/2 cup veggie or fruit is the same for all grade groups.

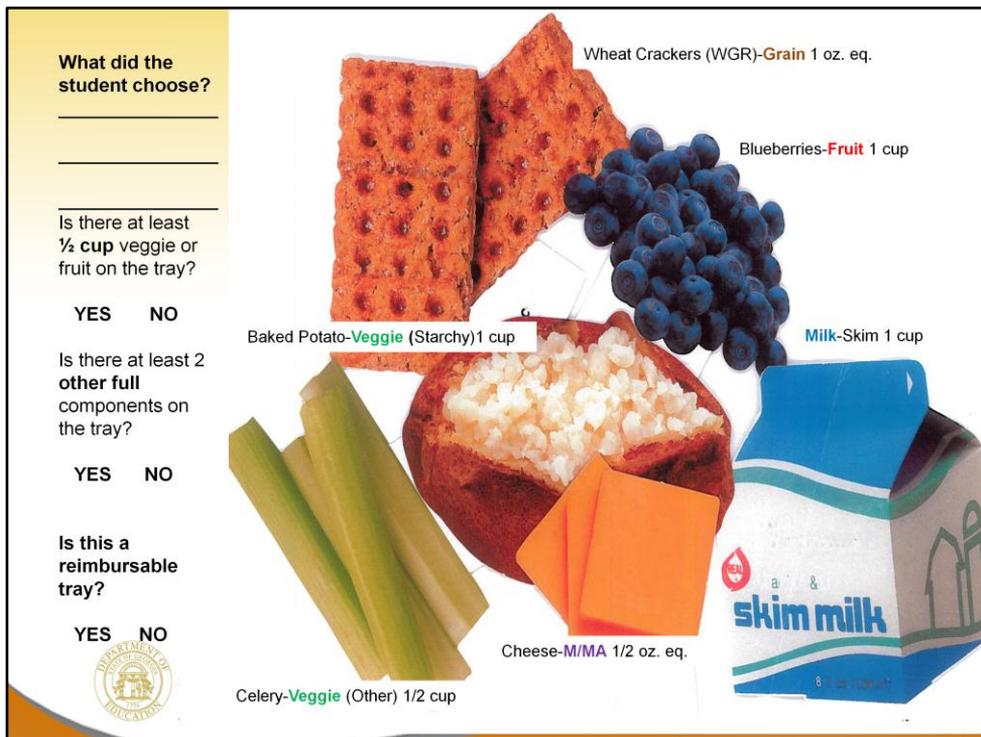
2nd question, does it have at least 2 **other** FULL components (for 9-12)?

Yes, it has 2 other full components;

Chili, cheese (2 $\frac{1}{2}$ oz. eq. m/ma), and beans (1/2 cup) and tomato/onions/peppers in chili (1/2 cup) for total of 1 cup veggie.

Note: The bread stick is only 1 1/2 oz. eq., so it is not a full component for 9-12.

Is this reimbursable? **Yes**



This student (9-12) chose the crackers, baked potato and cheese, and blueberries, celery and milk.

Is this reimbursable with OVS?

1st question, does it have at least 1/2 cup veggie or fruit?

Yes, 1 cup blueberries

Remember, the required 1/2 cup veggie or fruit is the same for all grade groups.

2nd question, does it have at least 2 **other** FULL components (for 9-12)?

Yes, it has 2 other full components; potato and celery,(1 ½ cup veggie), and Milk (1 cup)

Note: Crackers (grain) are not full component and cheese is not a full component (m/ma)

Is this reimbursable? **Yes**

What did the student choose?

Is there at least ½ cup veggie or fruit on the tray?

YES NO

Is there at least 2 **other full** components on the tray?

YES NO

Is this a reimbursable tray?

YES NO

Wheat Crackers (WGR)-Grain 1 oz. eq.

Blueberries-Fruit 1 cup

Beef Chili-M/MA 2 oz. eq.
Veggie (Red/Orange) 1/2 cup
(Beans/Peas) 1/2 cup

Cheese-M/MA 1/2 oz. eq.

This student (9-13) chose the crackers, chili with beans and cheese , and blueberries.

Is this reimbursable with OVS?

1st question, does it have at least 1/2 cup veggie or fruit?

Yes, 1 cup blueberries

(Remember, the required 1/2 cup veggie or fruit is the same for all grade groups.)

2nd question, does it have at least 2 **other** FULL components (for 9-12)?

Yes, it has 2 other full components;

beans and tomato/onion/peppers, 1 cup veggie), and chili, 2 1/2 oz. eq. m/ma.

Note: Crackers, 1 oz. eq. grain are not a full component

Is this reimbursable? **Yes**

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