

# The Healthy Hunger Free Kids Act

presents...

## Offer VS Serve

MEAL OR NO MEAL?

Loriann Knapton, DTR, SNS  
Katherine Pike, RD, CD  
School Nutrition Team  
Wisconsin Department of Public Instruction

# HHFKA 2010

## A review of the meal pattern

ChooseMyPlate.gov

## Meats/Meat Alternates (Lunch)

Grade Groupings	Grades K-5	Grades 6-8	Grades 9-12
Meal Pattern	Amount of Food Per Week (Minimum Per Day)		
Meats/Meat Alternates (oz eq)	8-10 (1)	9-10 (1)	10-12 (2)

## Ovs – Lunch: Meat/Meat Alt

- Menu Planners decide portion sizes
- Students must select portion size AS PLANNED to count
- Menu items may count as more than 1 serving size. For example:
  - One half hamburger patty - 1 oz m/ma
  - One whole hamburger patty - 2 oz

## Vegetables (Lunch)

Grade Groupings	Grades K-5	Grades 6-8	Grades 9-12
Meal Pattern	Amount of Food Per Week (Minimum Per Day)		
Vegetables (cups)	3.75 (0.75)	3.75 (0.75)	5 (1)
• Dark green	0.5	0.5	0.5
• Red/Orange	0.75	0.75	1.25
• Beans/Peas (Legumes)	0.5	0.5	0.5
• Starchy	0.5	0.5	0.5
• Other	0.5	0.5	0.75
Additional Veg to Reach Total	1	1	1.5

## Fruits (Lunch)

Grade Groupings	Grades K-5	Grades 6-8	Grades 9-12
Meal Pattern	Amount of Food Per Week (Minimum Per Day)		
Fruits (cups)	2.5 (0.5)	2.5 (0.5)	5 (1)

## OvS – Lunch: Vegetables And Fruits




- At least  $\frac{1}{2}$  cup must be selected to count
- Students may select a combination of fruits and/or vegetables to meet the  $\frac{1}{2}$  cup fruit and/or vegetable requirement.

## Grains (Lunch)



Grade Grouping	Grades K-5	Grades 6-8	Grades 9-12
Meal Pattern	Amount of Food Per Week (Minimum Per Day)		
Grains (oz eq)	8-9 (1)	8-10 (1)	10-12 (2)

## OvS – Lunch: Grains



- Menu Planners decide portion sizes
- Students must select a full serving of grains to count as a component

## Milk (Lunch)



Grade Groupings	Grades K-5	Grades 6-8	Grades 9-12
Meal Pattern	Amount of Food Per Week (Minimum Per Day)		
Fluid milk (cups) <sup>1</sup>	5 (1)	5 (1)	5 (1)

## HHFKA 2010 AND OFFER VS. SERVE

### A REVIEW OF THE "RULES"



## OvS "Old Rules"

- Only required for senior high schools for the NSLP
- Optional for lower grades for the NSLP

These Rules Have Not Changed

## The **NEW!** Rules

- Must choose at least  $\frac{1}{2}$  cup of either fruit or vegetable
- Schools may no longer choose the "four of five" option at middle/elementary schools

## Welcome to The fabulous new USDA Game show where **You** get to decide...

### Meal or No Meal???

## "Meal or NO Meal" GAME RULES

- Two teams will take turns answering questions from different categories.
- Each team will include a volunteer leader. The team leader chooses a reimbursement tray from the board. (The Audience may help) to determine how much they are playing for.
- Teams must correctly answer questions on whether or not the tray is a "Meal or NO Meal?"
- The team that collects the highest amount of reimbursement is the winner!

## Now Let's Play...

# Meal or No Meal ???

# QUESTION #1

CATEGORY  
GRADES K-5

## MEAL OR NO MEAL??

Category....  
Grades K - 5

Menu

<p>Turkey w/gravy 2 oz m/ma or Grilled Cheese Sandwich 1 oz m/ma + 2 g/b Mashed Potatoes <math>\frac{1}{2}</math> cup Whole banana <math>\frac{1}{2}</math> cup Whole grain roll 1 g/b Milk <math>\frac{1}{2}</math> pint</p>	  			
<p>The student selects....</p>	<table border="1" style="border-collapse: collapse; width: 100%;"> <tr> <td style="padding: 5px;">Grilled Cheese Sandwich 1 oz m/ma 2 g/b</td> <td style="padding: 5px;">Mashed potatoes <math>\frac{1}{2}</math> cup veg</td> <td style="padding: 5px;">Milk 1 cup milk</td> </tr> </table>	Grilled Cheese Sandwich 1 oz m/ma 2 g/b	Mashed potatoes $\frac{1}{2}$ cup veg	Milk 1 cup milk
Grilled Cheese Sandwich 1 oz m/ma 2 g/b	Mashed potatoes $\frac{1}{2}$ cup veg	Milk 1 cup milk		

**YES!!!! This is a Meal!**

Category....  
Grades K - 5

The student has selected:

**Grilled Cheese Sandwich**  
1 oz m/ma + 2 g/b

**Mashed Potatoes**  
1/2 cup

**Milk** 1/2 pint

		
Grilled Cheese Sandwich 1 oz m/ma 2 g/b	Mashed potatoes 1/2 cup veg	Milk 1 cup milk

**QUESTION #2**

CATEGORY  
GRADES K-5

Category.... Grades K-5

Menu	Portion	Credit
Whole grain pasta	1/2 cup	1 g/b
Meat Sauce	1/2 cup	2oz m/m alternate +
Broccoli cuts	1/2 cup	1/2 cup of veg
Sliced Peaches	1/2 cup	1/2 cup fruit
Romaine lettuce	1 cup	1/2 cup veg
Milk	1 cup	1 milk

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The Student Selects..

 1/2 cup peaches	 1 cup Romaine Lettuce	 Spaghetti Noodles 1/2 cup
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**YES! This is a MEAL!**

- 1 cup romaine lettuce = 1/2 cup vegetable
- 1/2 cup of peaches
- Students must select the full serving of a second fruit or vegetable in order to count both fruit/vegetable components if only one other component is selected.
- 1/2 cup of Spaghetti noodles = 1 grains/bread.
- Students must select a full serving of any other component for a reimbursable meal.



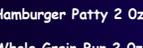


**QUESTION #3**

CATEGORY  
GRADES 9-12

Category...  
Grades 9-12



 Hamburger Patty 2 Oz	 Lettuce Salad 1/2 Cup	 8 oz 1% Milk
 Whole Grain Bun 2 Oz		

**MEAL OR NO MEAL?**

## SORRY! NO MEAL!

- In order to count this meal as reimbursable the student would need to take at least 1 full cup of leafy greens
- Remember - Leafy greens count as  $\frac{1}{2}$  volume.





## QUESTION #4

CATEGORY  
GRADES K-5

### MEAL OR NO MEAL??

CATEGORY  
GRADES K-5

Menu	Portion	Credit
Chicken Nuggets	5 each	2 oz m/ma, 1 g/b
Bean & Cheese Tostada	1 each	2 oz m/ma, 1.5 g/b
Shredded Lettuce	$\frac{1}{2}$ cup	$\frac{1}{4}$ cup vegetable
Whole Kernel Corn	$\frac{1}{2}$ cup	$\frac{1}{4}$ cup vegetable
Fresh Orange	1 each	$\frac{1}{2}$ cup fruit
Mixed fruit cup	1 each	$\frac{1}{2}$ cup fruit
Milk	1 $\frac{1}{2}$ pint	1 milk



5 Chicken nuggets



Mixed fruit  
 $\frac{1}{2}$  cup



$\frac{1}{2}$  pint of Milk

## YES! This is a MEAL!

- Chicken Nuggets
  - 2 Components
    - 1 g/b
    - 2 oz m/meat alternate
- Fruit Cup
  - Students must select at least  $\frac{1}{2}$  cup of either a fruit or vegetable
- Milk

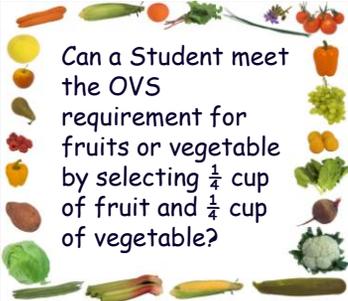




## QUESTION #5

CATEGORY  
GENERAL

### Category - General



Can a Student meet the OVS requirement for fruits or vegetable by selecting  $\frac{1}{2}$  cup of fruit and  $\frac{1}{4}$  cup of vegetable?

MEAL OR NO MEAL?

## YES! This COULD BE A MEAL!

- Fruits and vegetables are separate components in the meal patterns,
- The OVS requirement may be met if the student chooses  $\frac{1}{2}$  cup of each. (fruit plus veg)
- This is another way to promote the consumption of fruits and vegetables
- The meal would be reimbursable as long as the student had two other full components on their tray.



$\frac{1}{2}$  cup

$\frac{1}{2}$  cup





## QUESTION #6

CATEGORY  
GRADES 9-12

### Category... Grades 9-12

which meals  
are reimbursable?

**Menu**  
Pizza - 1 slice = 2 g/b, 2 oz m/ma  
Peaches - 1/4 cup fruit  
Strawberries  $\frac{1}{2}$  cup fruit  
Orange fresh -  $\frac{1}{2}$  cup fruit  
Salad - 1 cup - credits as  $\frac{1}{2}$  cup  
Carrot sticks -  $\frac{1}{2}$  cup  
Breadsticks - 1 oz each - serving size = 2  
Milk

Meal or NO Meal??

**Meal #1**  
Pizza - 1 slice  
Milk - 1 cup

**Meal #2**  
Salad - 1 cup  
2 Breadsticks - 1 oz each  
Milk - 1 cup

**Meal #3**  
Lettuce Salad -  $\frac{1}{2}$  Cup  
Peaches -  $\frac{1}{4}$  Cup  
Milk - 1 cup

**Meal #4**  
Pizza - 1 slice  
Peaches -  $\frac{1}{2}$  cup  
Breadstick - 1 oz

### Category... Grades 9-12

WHICH MEALS ARE  
REIMBURSABLE?

**Menu**  
Pizza - 1 slice = 2 g/b, 2 oz m/ma  
Peaches - 1/4 cup fruit  
Strawberries  $\frac{1}{2}$  cup fruit  
Orange fresh -  $\frac{1}{2}$  cup fruit  
Salad - 1 cup - credits as  $\frac{1}{2}$  cup  
Carrot sticks -  $\frac{1}{2}$  cup  
Breadsticks - 1 oz each - serving size = 2  
Milk

Meal or NO Meal??

**Meal #1**  
Pizza - 1 slice  
Milk - 1 cup

NO MEAL!!

**Meal #2**  
Salad - 1 cup  
2 Breadsticks - 1 oz each  
Milk - 1 cup

**Meal #3**  
Lettuce Salad -  $\frac{1}{2}$  Cup  
Peaches -  $\frac{1}{4}$  Cup  
Milk - 1 cup

NO MEAL!!

**Meal #4**  
Pizza - 1 slice  
Peaches -  $\frac{1}{2}$  cup  
Breadstick - 1 oz

### NO Meal? Taking a closer look...

**Meal #1**  
Pizza - 1 slice  
Milk - 1 cup

Student has not selected  $\frac{1}{2}$  cup of fruit or vegetable

**Meal #3**  
Lettuce Salad -  $\frac{1}{2}$  Cup  
Peaches -  $\frac{1}{4}$  Cup  
Milk - 1 cup

The student has only selected  $\frac{1}{2}$  cup total Of fruit and vegetable. In order to make this Meal reimbursable the student must choose a full 1 cup serving of an additional Fruit or vegetable.

**Menu**  
Pizza - 1 slice = 2 g/b, 2 oz m/ma  
Peaches - 1/4 cup fruit  
Strawberries  $\frac{1}{2}$  cup fruit  
Orange fresh -  $\frac{1}{2}$  cup fruit  
Salad - 1 cup - credits as  $\frac{1}{2}$  cup  
Carrot sticks -  $\frac{1}{2}$  cup  
Breadsticks - 1 oz each - serving size = 2  
Milk

## QUESTION #7

CATEGORY  
GENERAL

**Can a student select 2 servings of the same vegetable to count toward a reimbursable meal?**

MEAL OR NO MEAL ?

**YES!!**  
This counts toward a meal

MEAL OR NO MEAL ?

**QUESTION #8**

CATEGORY GRADES K-5

**Meal or NO Meal??**

Category Grades K-5

Menu  
 Hamburger on a whole grain bun  
 2 oz m/ma - 1.5 grains breads  
 Roasted Sweet Potatoes - 1/2 cup  
 Steamed Broccoli 1/2 cup  
 Fresh Grapes - 1/4 cup  
 Apple crisp - 1/4 cup fruit - .75 g/b  
 Milk - 1 cup

Student Selects...  
 Hamburger patty - no bun  
 Fresh Grapes - 1/4 cup  
 Apple crisp - 1 piece

TIP: under the new meal pattern  
 A grain based dessert may be served  
 And counted toward meal pattern  
 (up to 2 oz each week)

**🙁 SORRY! NO MEAL!**

- The student has selected:
  - Meat/meat alternate 2-oz
  - Fruit 1/2 cup (apple crisp 1/4 cup plus 1/4 cup grapes)
  - Only 1/2 servings of Grains
- Remember - Students must always select at least 1 full serving of g/b to count as a component under OvS

**QUESTION #9**

CATEGORY GRADES 9-12

Salad Bar	
Item	Portion
Romaine	1 cup
Spinach	1 cup
Broccoli cuts	1/8 cup
Tomatoes	1/8 cup
Cauliflower	1/8 cup
Carrots	1/8 cup
Garbanzo beans	1/8 cup
Cucumber	1/8 cup
Red pepper	1/8 cup
Assorted salad dressings	



**Category**  
Grades 9-12

The student selects:

1 Milk  
 $\frac{1}{2}$  cup of peaches  
**AND**  
 1 cup of Romaine  
 1/8 cup broccoli  
 1/8 cup tomatoes  
 1/8 cup carrots

**MEAL OR NO MEAL??**

**SORRY! ... NO MEAL!!!**

Salad Bar	
Item	Portion
Romaine	1 cup
Spinach	1 cup
Broccoli cuts	1/8 cup
Tomatoes	1/8 cup
Cauliflower	1/8 cup
Carrots	1/8 cup
Garbanzo beans	1/8 cup
Cucumber	1/8 cup
Red pepper	1/8 cup



The student has selected:  
 $\frac{1}{2}$  cup of peaches, Milk and:

1 cup Romaine  $\frac{1}{2}$  cup vegetable  
 Broccoli 1/8 cup  
 Tomatoes 1/8 cup  
Carrots 1/8 cup  
 Total Veg 7/8 cup

Remember: When the student only selects a fruit, vegetable and one other component, they may choose a  $\frac{1}{2}$  cup portion of either fruit or vegetable but then must choose a full portion of the other (fruit or vegetable)

**QUESTION #10**

CATEGORY  
GRADES 6-8

Salad Bar	
Item	Portion
Romaine	1 cup
Spinach	1 cup
Broccoli cuts	1/8 cup
Tomatoes	1/8 cup
Cauliflower	1/8 cup
Carrots	1/8 cup
Garbanzo beans	1/8 cup
Cucumber	1/8 cup
Red pepper	1/8 cup
Assorted salad dressings	



**Category**  
Grades 6-8

The student selects:

1 Milk  
 $\frac{1}{2}$  cup of peaches  
**AND**  
 1 cup of Romaine  
 1/8 cup broccoli  
 1/8 cup tomatoes  
 1/8 cup carrots

**MEAL OR NO MEAL??**

**YES!!! This is a meal for students in Grades 6-8**

Salad Bar	
Item	Portion
Romaine	1 cup
Spinach	1 cup
Broccoli cuts	1/8 cup
Tomatoes	1/8 cup
Cauliflower	1/8 cup
Carrots	1/8 cup
Garbanzo beans	1/8 cup
Cucumber	1/8 cup
Red pepper	1/8 cup



The student has selected:  
 $\frac{1}{2}$  cup of peaches, Milk and:

1 cup Romaine  $\frac{1}{2}$  cup vegetable  
 Broccoli 1/8 cup  
 Tomatoes 1/8 cup  
Carrots 1/8 cup  
 Total Veg 7/8 cup

**TIP:** It is important to remember when working with a combination of grades that staff is aware of meal pattern requirements for each grade level. Students in grades 6-8 must be offered  $\frac{1}{2}$  cup of vegetable and  $\frac{1}{2}$  cup of fruit each day.

**QUESTION #11**

CATEGORY  
GRADES K-5

## MEAL OR NO MEAL??

CATEGORY  
GRADES 9-12

Menu	Portion	Credit
Chicken Nuggets	5 each	2 oz m/ma, 1 g/b
Bean & Cheese Tostada	1 each	2 oz m/ma, 1.5 g/b
Shredded Lettuce	$\frac{1}{2}$ cup	$\frac{1}{2}$ cup vegetable
Whole Kernel Corn	$\frac{1}{2}$ cup	$\frac{1}{2}$ cup vegetable
Fresh Orange	1 each	$\frac{1}{2}$ cup fruit
Mixed fruit cup	1 each	$\frac{1}{2}$ cup fruit
Hawaiian roll	1 each	1 g/b
Milk	1 $\frac{1}{2}$ pint	1 milk



Chicken nuggets



Mixed fruit cup

## SORRY! NO MEAL!

- Chicken Nuggets
  - 2 Components
  - 1 g/b
  - 2 oz m/meat alternate
- Fruit Cup
  - Students must select at least  $\frac{1}{2}$  cup of either a fruit or vegetable
  - Students must select the full g/b requirement of 2 oz for this grade level!




# QUESTION #12

CATEGORY  
GRADES K-5

## MEAL OR NO MEAL??

Category...  
Grades K-5

Cheesy Broccoli soup  
1 cup =  $\frac{1}{2}$  cup broccoli +  
1 oz m/ma

Crackers = 1.5 oz g/b

Chilled pears =  $\frac{1}{2}$  cup fruit

Baby Carrots =  $\frac{1}{2}$  cup vegetable

Green beans =  $\frac{1}{2}$  cup vegetable

Milk = 1 cup milk

Student Selects:

1 cup Broccoli Soup

$\frac{1}{2}$  cup baby carrots

1 cup Milk

## YES!!!! This IS a reimbursable meal!

Components on the Tray

1 serving m/ma - Soup

1 serving vegetable - Soup and carrots  
( $\frac{1}{4}$  cup broccoli +  $\frac{1}{4}$  cup carrots)

1 serving Milk

**3 full components under  
OvS Grades K-5**





## AND the Winner IS...





EVERYONE!



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