

# WHAT IS OFFER VS. SERVE?

- a. An alternative way to start a tennis match?
- b. A food service style where students serve themselves?
- c. A new way to offer more food choices on school menus?
- d. A system designed to decrease food waste and give students greater flexibility?



# OFFER VS. SERVE

*Directions:* For each item below, choose the best answer that completes the statement or answers the question with regard to Enhanced Food Based Menu Plan. There is only one correct answer per question. Move your mouse over the star to find out the answer.

★ 1. The goals of OVS are to:

- a) Increase food selection by students and improve menu planning.
- b) Decrease plate waste and provide more food choices.
- c) Permit students to select foods they want to eat and decrease food waste.
- d) Make meal counting easier and save money in child nutrition programs.

★ 2. How many and what types of food components must be offered at lunch?

- a) 5: meat/meat alternate, grains/breads, vegetables/fruits, vegetables/fruits, and milk.
- b) 4: meat/meat alternate, grains/breads, vegetables/fruits, and milk
- c) 5: meat/meat alternate, grains/breads, vegetables/fruits, milk and other foods
- d) 3: grains/breads, vegetables/fruits and milk.

- ★ 3. How many food items must be offered to meet the meal pattern requirements for lunch?
- a) 5: meat/meat alternate, grains/breads, vegetables/fruits (2 servings of 2 different types), and milk.
  - b) 4: meat/meat alternate, grains/breads, vegetables/fruits, and milk.
  - c) 5: meat/meat alternate, grains/breads (2 servings of 2 different types), vegetables/fruits, and milk.
  - d) 3: grains/breads, vegetables/fruits, and milk.

LUNCH MENU for Grades 7-12:

- \* Roast Beef Sandwich with mayonnaise, mustard, lettuce and tomato (2 G/B servings, 2 ounces M/MA, 1/4 cup V/F)
- \* Oven-Fried Potatoes (1/2 cup)
- \* Carrot Sticks with Dip (1/2 cup)
- \* Peanut Butter Bar (1/2 G/B)
- \* Choice of Milk (8 fl ounces)

- ★ 4. From the menu above, how many of the 5 food items can a high school student decline under OVS?
- a) None
  - b) 1
  - c) 2
  - d) 3
- ★ 5. In the menu above, which foods may a student decline?
- a) Any except the milk.
  - b) Any food.
  - c) Only the sandwich.
  - d) Only the pudding.
- ★ 6. From the menu above, which of the following combinations qualifies as a reimbursable meal?
- a) Sandwich and Potatoes.
  - b) Potatoes, Carrots and Pudding.
  - c) Sandwich and Milk.
  - d) Both (a) and (c).

- ★ 7. Which item below is not a combination food (having 2 food items from the 4 components)?
- a) Pizza.
  - b) Deli sandwich.
  - c) Mixed vegetables.
  - d) Rotini pasta with meat sauce.
- ★ 8. In planning menus, which of the following combinations of food items cannot qualify as a reimbursable breakfast?
- a) Meat/meat alternate (2 servings), juice/fruit/vegetable, and milk.
  - b) Meat/meat alternate, grains/breads, juice/fruit/vegetable, and milk.
  - c) Meat/meat alternate, grains/breads, and milk.
  - d) Grains/breads (2 servings), juice/fruit/vegetable, and milk.
- ★ 9. Which of the following menus may be offered to comprise a reimbursable breakfast?
- a) Fluid milk, sausage, pancake and applesauce.
  - b) Oatmeal, toast, fruit cup and milk.
  - c) Scrambled egg, melon wedge, and milk.
  - d) All of the above.
- ★ 10. At breakfast, OVS allows students to decline how many food items out of 4 items?
- a) 2.
  - b) 1.
  - c) It depends on the number of items offered.
  - d) None.