

Will Uncle Sam Buy It?

Teach your staff to recognize a reimbursable lunch



LESSON Content

- Review of the meal pattern
- Review of reimbursable lunch requirements
- Quiz to practice recognizing a reimbursable lunch



LEARNING Objectives

- Participants will be able to accurately identify the components of a reimbursable lunch
- Participants will be able to identify reimbursable lunches as students go through the cafeteria lines



Lesson TIME: 10-15 minutes

Preparation TIME: 30 minutes to review the script and make copies of handouts



MATERIALS Needed

- Copies of quiz
- Pencils to complete quiz

SCRIPT

The script on the following pages is provided for your use. Notes to you are in ***bold italics*** – they are not part of the script. Handouts can be made into transparencies or copied and distributed along with your talk.





We look at food everyday and lots of it. However, for food to be a reimbursable lunch, it can't be just any food on a tray. Only foods served in certain portions and *combinations* can qualify as a reimbursable lunch and receive funding from the federal government's Child Nutrition Program. Each of us should be able to eyeball the food on a student's tray and decide if it's a reimbursable meal. And that's why we are going to LOOK at lunch.

The goal of this lesson is to look at the food on a student's tray and quickly determine if that lunch is reimbursable. So, let's start with the basics.

What 5 food *components* make up a lunch?

(Wait for employees to respond with the following answers. When they do, say "Very good!" Afterwards, review the 5 components listed below.)

The 5 lunch food components in the meal pattern are:

- meat/meat alternate
- vegetables
- fruits
- grains/breads
- fluid milk

To make a reimbursable lunch, we must offer 2 different servings of vegetables and/or fruits and 1 serving of each of the other three food groups.

When we put a complete lunch on a tray, it is usually easy to see in a glance that it's a reimbursable meal. "Combination foods" are not so easy. A combination food is one that has more than one of the five components within it. An example is pizza which has a bread (the crust) and a meat or meat alternative (cheese topping). It is also tricky to look at a tray that doesn't have everything on it and know whether or not it's reimbursable under Offer vs. Serve.

When students go through the line, they must be offered 5 food items. Under Offer vs. Serve, a student may decline up to 2 of the 5 required food items and still have a reimbursable lunch. In other words, a student must take full portions of at least 3 of the 5 food items offered to have a reimbursable lunch.



Students are not required to take specific food items as long as they choose at least 3 of the 5 items offered. Remember, students don't have to take a milk to have a reimbursable lunch. Any three items they choose will make a reimbursable meal.

Since we are using the new Food-Based meal planning option, grain-based desserts may now count toward the grain/bread requirement. Some desserts that now count are cookies, cakes and rice krispie treats.

Okay, let's review Offer vs. Serve. There are 5 things to keep in mind.

- All 5 food items must be offered to all students
- A complete serving must be taken to count as a meal item
- Students have the option of which item(s) to decline
- Students must take 3 of the 5 menu items
- Some desserts may count as a grain/bread serving.

(Hand out Food-Base Reimbursable Meals quiz. Ask people to pair up and do the quiz together.)

Look at the menus. Now, visualize a few of the students coming through the line—some usually take the complete meal, while others always decline a couple of items. Those students that decline food items are the ones I want to think about.

What kind of food selections from any of these menus might make you scratch your head and wonder if they make a reimbursable meal? Go ahead and do the quiz together.

(give 2-3 minutes to go quickly through the quiz or read the quiz out loud and ask for responses.)

Now let's discuss the answers together. This is a golden opportunity for you to ask questions.

(An answer sheet is provided for you.)



◆ Juice & Milk:

Full strength juice is a Fruit/Vegetable Component!
Juice cannot be substituted for milk unless a student has a medical note on file stating the problem. When juice is featured on the menu, students can take juice and milk.

◆ Potatoes:

All potatoes are considered a vegetable component.
(Examples: French Fries, Mashed Potatoes, Baked Potatoes, Tater Tots...)

◆ Meat/Meat Alternate:

Students do not have to take this component. Although we encourage children to take a protein, it is not mandatory.

◆ Milk:

It is not required that all students take a milk with their meal! Again we want to encourage students to take milk, but it is not mandatory!

◆ Peanut Butter:

4 Tablespoons = 2 oz. Meat/Meat Alternate component. Since this is quite a large amount of peanut butter to put on one sandwich many schools implement the following:

- ✓ 1 ½ or Triple Decker PB&J Sandwiches
- ✓ 1 PB&J with 2 Tablespoons of Peanut Butter & 1 oz. Meat or Meat Alternate (Examples: 4 oz. Yogurt, 1 oz. Peanuts w/ Raisins, Veggie Stix w/ 2 tbsp Peanut Butter)

◆ Components Vs. Items:

A “Menu Pattern Lunch” consists of 5 Components or Food Groups.

- 1-Meat/Meat Alternate
- 2-Bread/Grains
- * 3-Fruit
- * 4-Veggie
- 5-Milk

*Note: These 2 components are interchangeable but student must take 2 different varieties if they choose to take these 2 components.

A meal may contain only 2 food items or as many as 6 or more.

Examples: Pizza & Milk is 2 Food Items
Spaghetti, Meatballs, Breadstick,
Salad, Peaches, Milk- is 6 Food items

◆ Soup:

Must be a vegetable-based variety to be counted as a vegetable component.

8 oz. = ¼ Cup Vegetables

Note: Chicken Noodle Soup does not count as a component unless it contains a very large amount of noodles, than it could be considered a bread component.

◆ Juice:

Must be a full strength fruit juice not a fruit drink.

◆ Macaroni Salad:

This item is not a vegetable component. It is a bread/grain component.

◆ Bacon & Cream Cheese:

These items cannot be counted towards the Meat/Meat Alternate component since they are primarily comprised of fat, very little protein.

◆ Pudding & Gelatin:

These food items do not make any meal component contribution. They are just treats or giveaways!



ENHANCED FOOD BASED

Lunch must contain:

One serving of each:

- ✘ Meat/Meat Alternate
- ✘ Milk
- ✘ Grains/Breads

Two Servings of:

- ✘ Vegetables/Fruits

Offer versus Serve

- ✘ Offer five, take three
Local option may
require four



Breakfast must contain:

One serving of each:

- ✘ Milk
- ✘ Juice/Fruit/Vegetable

One of each or two of:

- ✘ Grains/Breads
- ✘ Meat/Meat Alternate

Offer versus Serve

- ✘ Offer four, take three

Need to Know: What are the amounts served for today?

Please Note: Offer vs Serve is mandatory at High Schools and optional at Middle and Elementary Schools.

ENHANCED MEAL PATTERN OFFER-VERSUS-SERVE ACTIVITY

LUNCH				
MENU 1	CHILD SELECTS	# COMPONENTS SELECTED	IS SELECTED MEAL REIMBURSABLE?	IF NO, WHY?
			Yes No	
Grilled Ham and Cheese Sandwich Tossed Salad with Dressing Pears Milk	Grilled Ham & Cheese Sandwich Pears Milk			
MENU 2				
Pizza Carrot and Celery Sticks Fresh Apple Milk	Pizza Apple			
MENU 3				
Chicken Nuggets Cornbread Mashed Potatoes Peaches Milk	Chicken Nuggets Cornbread Mashed Potatoes			
MENU 4				
Vegetable Soup Saltine Crackers Italian Hero with Lettuce and Tomato Banana Milk	Vegetable Soup Crackers			
MENU 5				
Pasta with Meatballs Garlic Bread Tossed Salad with Dressing Apple Cobbler Milk	Garlic Bread Tossed Salad with dressing Milk			

ENHANCED MEAL PATTERN OFFER-VERSUS-SERVE ACTIVITY (Answer Sheet)

LUNCH					
MENU 1	CHILD SELECTS	# COMPONENTS SELECTED	IS SELECTED MEAL REIMBURSABLE?		Explanation
			Yes	No	
Grilled Ham and Cheese Sandwich Tossed Salad with Dressing Pears Milk	Grilled Ham and Cheese Sandwich Pears Milk	4	X		Sandwich has meat and bread; with the pears and milk they have 4 components.
MENU 2					
Pizza Carrot and Celery Sticks Fresh Apple Milk	Pizza Apple	3	X		Pizza has 2 components: meat/ meat alternate and bread. With the apple, they have 3 components.
MENU 3					
Chicken Nuggets Cornbread Mashed Potatoes Peaches Milk	Chicken Nuggets Cornbread Mashed Potatoes	3	X		3 components selected: meat, bread and vegetable.
MENU 4					
Vegetable Soup Saltine Crackers Italian Hero with Lettuce and Tomato Banana Milk	Vegetable Soup Crackers	2		X	Only two components: vegetable and bread - need at least 3
MENU 5					
Pasta with Meatballs Garlic Bread Tossed Salad with Dressing Apple Cobbler Milk	Garlic Bread Tossed Salad with Dressing Milk	3	X		3 components selected: bread, vegetable, and milk.

ENHANCED MEAL PATTERN OFFER-VERSUS-SERVE ACTIVITY

BREAKFAST

MENU 1	CHILD SELECTS	# COMPONENTS SELECTED	IS SELECTED MEAL REIMBURSABLE?		IF NO, WHY?
			Yes	No	
Assorted Cold Cereal	Frosted Flakes				
Assorted Donuts					
Assorted Juice					
Milk	Milk				
MENU 2					
Waffles/Butter/Syrup	Waffles (2)				
Turkey Sausage					
Fresh Fruit					
Milk	Milk				
MENU 3					
Egg Sandwich with Cheese on English Muffin	English Muffin				
Hash Browns	Hash Browns				
Milk					
MENU 4					
Oatmeal	Oatmeal				
Toast with Butter/Jelly	Banana				
Fruit Basket					
Milk					
MENU 5					
Coffee Cake	Coffee Cake				
Bagels with Butter/Cream Cheese and Jelly					
Strawberries	Strawberries				
Milk	Milk				

ENHANCED MEAL PATTERN OFFER-VERSUS-SERVE ACTIVITY (Answer Sheet)

BREAKFAST						
MENU 1	CHILD SELECTS	# COMPONENTS SELECTED	IS SELECTED MEAL REIMBURSABLE?		Explanation	
			Yes	No		
Assorted Cold Cereal Assorted Donuts Assorted Juice Milk	Frosted Flakes Milk	2		X	Only 2 components: one bread and milk; need at least 3.	
MENU 2 Waffles/Butter/Syrup Turkey Sausage Fresh Fruit Milk	Waffles (2) Milk	3	X		3 components: 2 breads and milk.	
MENU 3 Egg Sandwich with Cheese on English Muffin Hash Browns Milk	English Muffin Hash Browns	3	X		One English muffin equals two breads; with the potatoes they have 3 components.	
MENU 4 Oatmeal Toast with Butter/Jelly Fruit Basket Milk	Oatmeal Banana	2		X	Only 2 components: bread and fruit; need at least 3	
MENU 5 Coffee Cake Bagels with Butter/Cream Cheese and Jelly Strawberries Milk	Coffee Cake Strawberries Milk	3	X		3 components: bread, fruit, and milk.	