

Meal Patterns, Offer vs Serve, and Reimbursable Meal Training

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Meal Patterns...

- A meal pattern is a set of food components with minimum serving sizes.
- Each meal pattern has requirements for specific age groups in schools set by the USDA for the National School Breakfast and Lunch Program.
- Use the links below to learn more about SNP (school nutrition program) meal patterns
 - [School Breakfast Meal Pattern](#)
 - [School Lunch Meal Pattern](#)

Meal Patterns...

- As you can see, the meal patterns are not as simple as one thinks.
- We have to offer a set amount of each component that also meets age requirements.

Fruits

Vegetables

- With 5 additional sub groups

Grains

Meats/meat alternates

Fluid milk

- We also must ensure we stay within the dietary specifications for calories, saturated fat, added sugars, and sodium

When a tray meets all of the above requirements, it is a
“Reimbursable Meal”

What is a Reimbursable Meal?

- A reimbursable meal is a complete meal, meeting nutrient content and portion size requirements that allows a school to receive federal money.
- Non-reimbursable meals are those sold to staff, guests, or any student meal sold that does not meet the nutritional content and serving size requirements.

The number of reimbursable meals served is counted and a monthly claim is submitted for our federal reimbursement.

Offer Vs Serve

- Offer versus Serve allows the student to decline some, but not all, of the food offered at meal time.
- Allows students to feel they have choices
- Reduces plate waste
- Allow students to choose the menu items that appeals to them.



The Serving Line:

- Main courses, vegetable of the day, and sometimes fruit is served to students from the serving line.
- Salad specials are a complete reimbursable meal.
- It is **extremely important**, that you know the required amounts of fruits and vegetables students need to take from the salad bar to make a reimbursable meal.



The Serving Line:

Check the big menu board outside of the serving line to see what menu items are credited for which meal items.

****Never hesitate to ask the kitchen staff if you have any questions.****

Example: The chicken patty sandwich credits as a grain and meat/meat alternate.

Mandarin orange chicken credits as a grain and meat/meat alternate.

An egg roll credits as a grain and vegetable.

Pasta with marinara credits as a grain and vegetable (1/8 c marinara)

The Share Bin:

The share bin is a table that is after the point of sale.

Only whole fruit and packaged items are allowed in the share bin.

After and only after the student has gone through the point of sale, any student can place unwanted items in the share bin.

Any student that eats school breakfast or lunch is allowed to take items from the share bin to eat.

If a home lunch student takes from the share bin, they need to be charged for the item.

A Food Component vs. A Food Item...

Food Component: Is a broad category of food groups.

Fruits

Vegetables

Grains

Meat/meat alternates

Fluid milk



Food Item: is a specific food choice within the food component.

Examples of food items:

Fruit-apple, banana, grapes

Vegetable-green beans, marinara sauce, peas

Grains-pizza crust, pasta, slice of bread, pasta

Meat/meat alternate-Alfredo sauce, cheese, eggs, pepperoni

Fluid Milk-this is its own item



Offer Vs Serve at Breakfast

We must offer at least FOUR food items from the three required components.

Fruit

Grains

Fluid milk

(Meat/meat alternatives and vegetables are not requirements for breakfast, but can be offered.)

Students must select at least THREE of these items with one being ½ cup of fruit and/or vegetable for the meal to be considered reimbursable.

Reimbursable Breakfast Example #1:



Muffin (grain)



Cereal (grain)



Banana (fruit)



Fluid milk

Under offer vs serve, a student could choose the:

muffin, banana, and milk

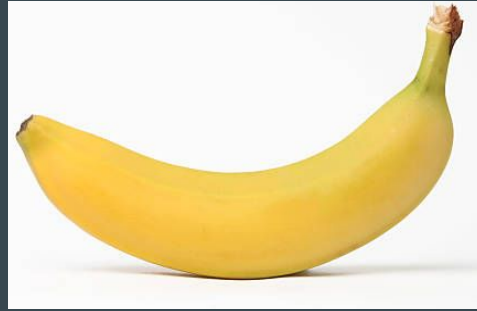
cereal, banana, and milk

muffin, cereal, banana, and milk

Reimbursable Breakfast Example #2:



Breakfast Sandwich
(grain and meat
alternate)



Banana (fruit)



100% Fruit juice



Fluid milk

Under offer vs serve, a student could choose the:

breakfast sandwich and banana

or

breakfast sandwich and juice

or

breakfast sandwich, banana, milk, and juice

Offer Vs Serve at Lunch

We must offer at a variety of food items from all five components.

Fruit

Vegetables

Grains

Meat/Meat Alternative

Fluid milk

Students must select at least THREE of the components, including at least a ½ cup of fruit or vegetables.

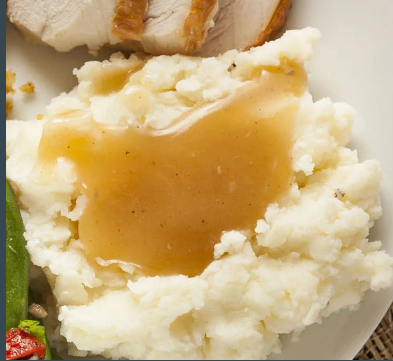
*****NOTE*****

If a HS student takes 3 components, two of which are a fruit and a vegetable, they must take 1 cup for either the fruit or the vegetable to credit as full components.

Reimbursable Lunch Example #1:



Popcorn
chicken
(meat/grain)



Mashed potatoes
(vegetable)



Corn
(vegetable)



Grapes (Fruit)



Fluid milk

Under offer vs serve, a student could choose the:

Popcorn chicken, corn, and milk (4 components)

or

Popcorn chicken, potatoes, grapes, and milk (5 components)

or

Popcorn chicken and milk (3 components)

or

Popcorn chicken, grapes and milk (3 components)

Reimbursable Lunch Example #2:



Pasta Alfredo
(meat
alternate/grain)



Pepperoni Pizza
(meat/grain)



Broccoli
(vegetable)



Watermelon
(Fruit)



Fluid milk

Under offer vs serve, a student could choose the:

Pasta alfredo and milk (3 components)

or

Pepperoni Pizza and milk (3 components)

or

*1 full cup of steamed broccoli, ½ c watermelon and milk
(For HS: 3 components, 2 of which are fruit and vegetables, they must take a full cup of either the broccoli or watermelon)

Other Reimbursable Meal Examples:



3 components:

Meat/Meat alternate:
Meatball

Vegetable: Marinara Sauce

Grain: Whole Grain Pasta



Our responsibility...

- To maintain compliance with the USDA and the WDE Child Nutrition Division every single day.
- Ensure all students have a reimbursable meal before they go to through the point of sale.
- If the student doesn't have a reimbursable meal, send them back to get what they need, and let them know they can put it in the share bin AFTER they are through the POS. **You will do this no less than 872 times the first weeks of school!**
- Complete the annual training as required by the USDA and the WDE Nutrition Division.
- Ask questions anytime!

Never hesitate to ask RYanne or Anna questions!

Thank you for supporting our food service program and ensuring our compliance!

Please click [HERE](#) to complete the training acknowledgement form.

