

OFFER VERUS SERVE TRAY MAKING ACTIVITY

Directions:

Using the two menus provided, create tray combinations that meet the number of items listed in the block. All trays must be different and each must also be reimbursable.

| MONDAY | THURSDAY |
|---|--|
| Beef Nachos with cheese sauce & 1/4 cup salsa | Chicken Stir Fry (1 cup serving provides 2oz meat and 1/2c vegetables) |
| 1/2 cup shredded lettuce | 1/2 c whole grain rice |
| 1/2 cup Corn | 1/2 cup Steamed Snow Peas |
| 1/2 cup Sliced Peaches | 1/2 cup Apple Slices |
| 8OZ MILK | 8OZ MILK |

| MONDAY | | THURSDAY | |
|-------------|-------------|-------------|-------------|
| 4 Item Tray | 3 Item Tray | 4 Item Tray | 3 Item Tray |
| 4 Item Tray | 3 Item Tray | 4 Item Tray | 3 Item Tray |
| 4 Item Tray | 3 Item Tray | 4 Item Tray | 3 Item Tray |
| 2 Item Tray | 3 Item Tray | 2 Item Tray | 3 Item Tray |

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This activity was designed to stretch the knowledge of the new meal pattern requirements into practical application.

Learners will need to create combinations of items for possible trays. There are 2, 3, and 4 item trays. There are only a couple options for a 2 item tray, and while this is not encouraged, it is possible. All trays must contain 1/2 cup fruit or vegetable serving to be reimbursable.

The 2 item tray must always consist of a 1/2 cup fruit or vegetable serving as with all trays, but having only 2 items on the tray poses a challenge for learners. The meal served on 'Thursday' includes a vegetable serving in with the meat and is considered an inseparable part of the entrée so any of the other items (except another vegetable) can be added to this and it will be reimbursable. The 'Monday' meal must have a 1/2 cup fruit or vegetable serving added to the entrée component, or just the 1/2 cup lettuce (explanation below), to make it 3 components and reimbursable.

The 3 item meals are easier for learners as they can just make sure the fruit or vegetable is always on the tray and as long as it is there with at least 2 other items it will be reimbursable.

The 4 item meal will be the easiest for learners as they can just make sure the fruit or vegetable is always on the tray and as long as it is there with at least 3 other items it will be reimbursable.

The 1/2 cup of lettuce was added as a teaching point to show learners that under the new regulations, 1 cup of lettuce would count as 1/2 cup of vegetables. Since it would take 1 cup of lettuce to meet the 1/2 cup minimum serving size for vegetables to count towards a reimbursable meal, selecting the lettuce alone would not count as a vegetable serving. However, if the learner combined the lettuce with the entrée, since the entrée includes 1/4c salsa, the 1/4 cup equivalent of lettuce plus the 1/4 cup of salsa would count towards the vegetable component since the total is 1/2 cup.

It is advised that this tool be used in a setting where learners can 'report out' their work so the discussion can further the solidification of knowledge. It is also advised that a discussion on the difference between an 'item' and a meal 'component' be discussed to ensure learners will understand this lesson more clearly.

Document created by Alisha Jacobson, RD LDN, on behalf of School Nutrition Programs, Delaware Department of Education on May 1, 2012.