



# September



Family Folder - Wednesday, September 4, 2024

**Dear St. Charles Borromeo School parents,**

Both teachers and students are excited to begin St. Charles School's 118<sup>th</sup> year of learning! We are grateful that all of our excellent teachers from last year are returning for this school year. We had a wonderful first day of school yesterday and began the day and school year with Holy Mass and a blessing of the school.

We welcome three new families to St. Charles School: the Washington, Vanevenhoven, and Ledoux families. Lavender is in the 6<sup>th</sup> grade and Toby is in 4K. Norah is a homeschool student in the 3<sup>rd</sup> grade who will be joining us for art, music, and P.E. Please join me in welcoming them to St. Charles School! We also welcome back to our school the Justin and Michelle Trussoni family, with Hazel in 1<sup>st</sup> grade and Shay in 4K. We welcome another new student, Nobert Lavey, into our 4K. Whether you have been here for many years or are new to our school, I give thanks to God that you are part of the St. Charles School family! We pray that He will bless us with a happy school year filled with learning and many graces.

St. Charles Borromeo, pray for us!

-Fr. Daniel Sedlacek

**Welcome to the new school year (Mrs. Hytry):** This year we welcome back our fantastic teaching staff with Miss Donovan teaching our 4K and Kindergarten; Mrs. Donovan is teaching the First, Second and Third graders plus Music; and Mrs. Hytry is with the Fourth, Fifth, and Sixth graders. Busy, busy, busy!

God has also blessed us with four new students to our St. Charles school. Toby Vanevenhoven, Shay and Hazel Trussoni, and Norby Lavey will join Miss Donovan as 4K students, Hazel Trussoni will join Mrs. Donovan in 2<sup>nd</sup> grade, while Lavender Carlson will join the 6<sup>th</sup> graders with Mrs. Hytry. We also welcome Norah Ledoux during our Specials' classes. Many blessings to all of these new students as they join our St. Charles family.

**Strengthening your child's Catholic Faith with Father Sedlacek:** Father Sedlacek will be visiting with the students in their classrooms every Friday this school year. Please check the monthly activity calendar for Adoration and Reconciliation dates and times. Please plan to join us if you can.

**Grandparents Tribute:** Please check out the glass doors between the vestibule and the main church for our tribute to our grandparents this weekend. We'd also like to welcome any grandparents to come to school and eat lunch with their grandchild next week, September 9-12. Just fill out the attached form and return it to school as soon as possible so that Michelle can be prepared.

**Hearing and Vision Screening:** St. Charles School will host both Vision Screening and Hearing testing on Thursday, September 11<sup>th</sup> (tomorrow). Tom Jeffers from the Lions Club will facilitate the Vision Screening and Emily Olson from the Vernon County Health Department will facilitate the hearing screening for all students. They have been willing to also check with staff to see if they wanted to be checked. A flyer is enclosed the vision screening and one for the hearing screening.

**Reading goal:** the Upper Elementary students have set a new goal of 65,000 reading minutes for the year so let's make reading a consistent part of every evening. The teachers want to dedicate more time to reading so will add their minutes as well. Kari Sanding, the Head Librarian at De Soto, will be our Guest Reader for September. She'll let the students know how what the library has to offer to help us get started.

**Daily servers:** Attached is the September schedule for serving during the daily masses on Tuesday, Thursday, and Friday. If your child will not be able to be at school by 7:45 AM on their serving day, please let Mrs. Hytry know as soon as possible.

**PTO Welcome Back (Jessie Cina):** **HAPPY 2<sup>ND</sup> DAY OF SCHOOL EVERYONE!** Please join us at the first PTO meeting on Tuesday, September 10<sup>th</sup> at 5:30 PM in the cafeteria. A few things we'll be discussing are *field trips*, *Retreat parade*, *fundraiser dates* and more! Any agenda items and/or concerns, please text 608-780-1148 OR email me at (Jessie) at [jbutterfly12384@gmail.com](mailto:jbutterfly12384@gmail.com).

**Picture Day:** **September 11th** is our Picture Day. Order forms are included in this packet. **Please return them prior to the picture day.**

**Offer Versus Serve (OVS) School Breakfast & Lunch Program (Michelle/Carrol).** To help all families understand what the Offer Versus Serve Breakfast & Lunch Program involves, we are including a flyer on both the breakfast and lunch offerings at St. Charles. The Department of Public Instruction reimburses St. Charles School/Parish a certain amount for both breakfast and lunch if, we are serving what is referred to as "reimbursable" meals (described in the 2 flyers attached). Please look over these flyers and perhaps help your children understand what they are required and what may be an option for them as they go through the lunch line. Hopefully it will begin to empower them to make healthy food choices that may guide them into the future.

**St. Charles School Directory:** Enclosed is the School Directory for 2024-25. Please check it over for errors. Also check to make certain this is the phone number you want listed **OR** do you even want your phone number and/or address listed. Email [office@stcharlesgenoa.org](mailto:office@stcharlesgenoa.org) with any corrections or additions. Thank you.

**The Second-Hand Shack (Ellen Michuta):** There is a new resale outlet opening in La Crosse on September 3<sup>rd</sup>. The Second-Hand Shack is located in the log cabin building at the intersection of South Avenue and 13<sup>th</sup> Street. Long time employee of Thrifty Pickins' & Buckles, Sarah Studinger is the owner/operator of this new business.

Sarah is passionate about supporting the community by donating a portion of her profits to local non-profits and veterans. She has chosen to start this venture with St. Charles PTO. Instead of taking donations all the way to West Salem, we can drop off clean, gentle used items to this closer location. With the change of ownership at the West Salem store, we appreciate this new funding opportunity from outside the St. Charles community. The PTO benefits through your purchases, volunteer hours and donations. Due to space limitations, please contact Sarah for donation times, acceptance and exclusions. Thank you to Sarah Studinger for partnering with the St. Charles PTO.

**SHOP.... VOLUNTEER...DONATE...REPEAT**

**Scrip (Megan Olson):** Megan Olson will have information on the Scrip program next week in the family folder.

**De Soto Area Schools Message Alert Information per De Soto instructions for inclement weather and/or other school closures:**

**SchoolMessengerSetup (SMS):** We offer text message notification service to all the school families. Please email your cell phone number to: [jkreuzer@desoto.k12.wi.us](mailto:jkreuzer@desoto.k12.wi.us) with **SchoolMessengerSetup** in the title. **Three days after you send your request, please text "YES" to 67587 to opt-in to receive SMS messages from De Soto Area Schools.**

**Taking care of the body God gave us:** With the daily temperatures changing as we move into Autumn please have your child dress in layers to be comfortable at school. A sweater, sweatshirt, or jacket might be needed for chilly morning recesses and can be kept at school just in case. Sweatshirts worn as jackets outside should be taken off and hung up instead of worn in the classroom. Watch the weather to see if shorts are appropriate to wear.

**Hunger Knows No Season:** Please join us in collecting for the local food pantry! Bring in a nonperishable food item every Tuesday to help those in need. We will place the items in the food basket at the altar before Mass. This is sponsored by the Middle School Student Council. The food items will support the St. Matthew's Food Pantry. (flier enclosed)

**St Charles Facebook Page:** Like" the St Charles Facebook Page for updates and events occurring at school.

**Handouts:**

- Highlights for September (4-6<sup>th</sup> Grade) Mrs. Hytry
- Mass Servers for September
- Think Wave Log In (4<sup>th</sup>, 5<sup>th</sup> & 6<sup>th</sup> Grade)
- What Children Need
- Specials Class Schedule
- Grandparents' Invitation
- Hunger Knows No Season
- Picture Order Forms
- Student List & Birthdates
- September Menu & Activity Calendar
- Flocknote (flyer from Open House from Fr. Sedlacek)
- Vision and Hearing Screening Flyers
- Offer versus Serve flyer for St. Charles Breakfast & Lunch Food Program
- St. Charles Student/Parent Directory
- The Second-Hand Shack postcard

**Dates to Remember:**

September : all month focus on peace as the first Fruit of the Spirit

September 05: Adoration at 2:30 PM

September 08: Grandparents Day

September 11: School Pictures

September 13: No School, teacher in-service

September 20: Reconciliation 3-6<sup>th</sup> graders

September 27: No School, Diocese of La Crosse teacher in-service

October : Stand up to Bullies month

**Birthdays:**

**September 20: Autumn Rach**

## Highlights for September:

- Don't forget that both the 13<sup>th</sup> and 27<sup>th</sup> of September are no school days for St. Charles students.
- Wednesday, the 11<sup>th</sup>, is picture day
- We'll start History class with working through an election booklet, explaining our democratic processes in action. Then the students will be writing speeches for positions within the Student Council. Students will have time to campaign and give a speech to all the classes. After the voting the Student Council will meet according to Robert's Rules of Order (more or less!) and plan our year. We'll continue History lessons with a timeline of our universe, starting with the Big Bang (God said let there be light!) and ending with today. In between the students will learn the oceans and continents, special lines of latitude and longitude, and track hurricanes. 5<sup>th</sup> and 6<sup>th</sup> graders will study World History, 4<sup>th</sup> graders will begin a study of Wisconsin History.
- All classes will start Math with a unit on measurement, including time and money. The rest of the month will focus on reviews of place value, addition and subtraction, introducing decimals, and algebra concepts. We'll also focus on memorizing math facts daily.

- Language Arts will start with a character analysis of themselves. We'll continue with a dedication to Grandparents which we'll post on the glass doors in Church. Everyone will review parts of speech, parts of sentences, and end in creating a perfect paragraph.
- Science finds all classes beginning with lessons on the needs and characteristics of life.
- In Reading, 6<sup>th</sup> graders will begin reading Esperanza Rising. 5<sup>th</sup> graders will read Frindle, 4<sup>th</sup> graders will read The Birchbark House.
- Religion's first project is a review of
- There will be homework. I'd really like the students to do their own homework to build the skills of reviewing directions and looking at their notes or examples to refresh their memory. If your child becomes really frustrated please have them call me. My home number is 608-648-2800. I'd like to talk the child through the difficulties rather than leaving them frustrated through the night.
- THANK YOU, THANK YOU, THANK YOU.

### Server Schedule for September:

Date	Day	Servers
09/03/24	Tuesday	Ari, Shelby, Ezio
09/05/24	Thursday	Celia, Autumn
09/06/24	Friday	Shelby, Keilana
09/06/24	Friday Adoration	Celia, Ari, William
09/10/24	Tuesday	Celia, William, Autumn
09/12/24	Thursday	Ari, Lorenzo
09/17/24	Tuesday	Celia, Shelby, Keilana
09/19/24	Thursday	Shelby, Ezio
09/20/24	Friday	Ari, William
09/24/24	Tuesday	Ari, William, Lorenzo
09/26/24	Thursday	Celia, Shelby

As a pediatric therapist for more than 30 years, I have come up with a list of what I believe kids need and don't need. I wish I could have a do-over on a few of these.

**What kids don't need:**

- 1. Cell phones when they're in grade school. Over the years, I cannot tell you one good thing that can come from this.
- 2. Unlimited access to social media. There is very little that is healthy on social media for children and it is getting worse.
- 3. So many toys that they can't even think of something to want at birthday or holiday times. Too much of anything leaves children unable to be full. They become like buckets with holes in them.
- 4. Televisions in their rooms. Rooms are for sleeping. Good sleep hygiene is a dying art for too many children.
- 5. To be able to control the emotional climate of the home. Moody kids should not be allowed to hold the whole house hostage. If a child wants to be moody, he can go to his room and be moody by himself. Everyone else need not suffer.
- 6. Too much indoor time. Our kids have become hermits with social media and high tech games. It is ruining their social skills. It's also taking a toll on their physical well-being.
- 7. Too many activities outside of school. No wonder this generation is so anxiety-ridden. They are overloaded. If we want to teach them to take care of themselves as they age, we must teach them to do that by our example and by limiting their extracurricular activities. Scripture even recognizes the need to rest.
- 8. To be able to disrespect any authority. Even authority that you as a parent dislike or the child dislikes should still be respected. There will always be an authority in your child's life even when your child is 50.
- 9. To always call the shots. Children who get to always choose where to eat, where to play, and what the family does end up being brats.
- 10. Constant approval and pats on the back. You will not always be around to do this. Children need to learn to be proud of themselves when they do something good whether anyone tells them or not.

**What children do need:**

- 1. Rest. They play hard. Their bodies need rest to grow and develop.
- 2. Uninterrupted family time. The most important people to a child are those under the same roof. Make family time purposeful and protected.
- 3. Outdoor play time where they can explore and create. All kids need free time to imagine.
- 4. Rules and expectations. Be clear. Be concise. And don't be afraid to give them.
- 5. Consistent discipline. If a rule is broken, a child needs to know what to expect. All fear is not a bad thing. There is a fear that can represent respect.
- 6. Parents who love them and love each other. Security begins here.
- 7. For you as a parent to say "no" sometimes. Your child does not need a lollipop or a new shirt every time you go to Walmart.
- 8. Hugs. Physical touch affects the development of children.
- 9. The ability to share their feelings about anything as long as they are respectful.
- 10. The most precious gift that a parent can give any child is to demonstrate a personal relationship with God and consistently teach that child through your actions what having faith in God really means. In the toughest times of their lives, they will learn in large part to rely on God by the example you display for them.

## Specials Class Schedule 2024-2025

### Monday: PE

1:00-1:45	PE 4K- 1 <sup>st</sup>
2:00-3:00	PE 2 <sup>nd</sup> - 6 <sup>th</sup>

### Thursday: PE

1:00-1:45	PE 4K- 1 <sup>st</sup>
2:00-3:00	PE 2 <sup>nd</sup> - 6 <sup>th</sup>

### Tuesday: 8:30 Mass, (Tuesday: Time With Father--no school Friday), Music, Spanish

9:30-10:00	TWF 4K-K
10:30-11	TWF 1 <sup>st</sup> /2 <sup>nd</sup> /3 <sup>rd</sup>
11-11:30	TWF 4 <sup>th</sup> /5 <sup>th</sup> /6 <sup>th</sup>

### Friday: Music, Time with Father, and Technology

8:55-9:25	Music 4K-K
9:30-10:00	Music 1 <sup>st</sup> /2 <sup>nd</sup> /3 <sup>rd</sup>
10:30-11:20	Music 4 <sup>th</sup> /5 <sup>th</sup> /6 <sup>th</sup>
11:05-11:20	Technology 1 <sup>st</sup> /2 <sup>nd</sup> /3 <sup>rd</sup>
8:55-9:25	TWF 1 <sup>st</sup> /2 <sup>nd</sup> /3 <sup>rd</sup>
9:30-10:00	TWF 4 <sup>th</sup> /5 <sup>th</sup> /6 <sup>th</sup>
10:30-10:50	TWF 4K/K

### Music

1:00-1:30	Music 4K/K
1:35-2:05	Music 1 <sup>st</sup> /2 <sup>nd</sup> /3 <sup>rd</sup>
2:10-2:55	Music 4 <sup>th</sup> /5 <sup>th</sup> /6 <sup>th</sup>

1:00-1:30	Spanish 1 <sup>st</sup> -3 <sup>rd</sup>
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### Wednesday: Art, Spanish

9:15-10:00	Art 4K/K
10:30-11:20	Art 1 <sup>st</sup> /2 <sup>nd</sup> / 3 <sup>rd</sup>
12:45-1:45	Art 4 <sup>th</sup> / 5 <sup>th</sup>
1:50-2:55	Art 6 <sup>th</sup>

9:30-10:00	Spanish 4 <sup>th</sup> -6 <sup>th</sup>
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Dear Grandparents:

We'd love to invite you to come to our school, see what we're about, and eat lunch with us, especially next week as we honor your art in nurturing your grandchild.

If this fits into your schedule, please sign the section below and return this to school so that we can prepare for your visit.

May God bless you in all that you do for your family as well as our St. Charles Family.

Sincerely,  
St. Charles Staff

Yes, I would love to come and eat lunch with my grandchild at 11:30

on \_\_\_\_\_  
day and date (9/9- 9/12)

How many are coming? \_\_\_\_\_

\_\_\_\_\_  
signature



**PLEASE JOIN US IN COLLECTING  
FOR THE LOCAL FOOD PANTRIES**



**BRING IN A NONPERISHABLE  
FOOD ITEM EVERY TUESDAY TO  
HELP THOSE IN NEED. WE WILL  
PLACE THE ITEMS IN THE FOOD  
BASKET AT THE ALTAR BEFORE  
MASS.**

**SPONSORED BY THE MIDDLE SCHOOL STUDENT COUNCIL  
FOOD WILL SUPPORT THE ST. MATTHEW'S FOOD  
PANTRY**



**2024-2025 St. Charles Enrollment DRAFT**

**4K**

08/12/2020 Norbert Lavey  
01/27/2020 Tobias Vanevenhoven (MWF)  
06/27/2020 Shay Trussoni (MWF)

**K**

06/29/2019 Addelyn Buncak  
07/17/2019 Hazel De Garmo  
02/15/2019 Augustine Olson  
01/30/2019 Isabella Trussoni

**Mon & Fri: 22**  
**Tue/Thu: 20**  
**Wed: 21**

**1<sup>st</sup> Grade**

06/29/2018 Raegen Eckes  
02/13/2018 Rosemary Louise Lavey  
01/17/2018 Hazel Trussoni

**2nd Grade**

03/31/2017 Giovanni Trussoni

**3<sup>rd</sup> Grade**

02/19/2016 Dekker Eckes  
01/26/2016 Thomas Mitchell

**4<sup>th</sup> Grade**

10/22/2014 Ezio Olson  
09/20/2015 Autumn Rach  
04/18/2015 Keilana Rodgers  
11/26/2014 Lorenzo Trussoni

**5<sup>th</sup> Grade**

05/18/2014 Shelby DeGarmo  
01/17/2014 William Mitchell

**6<sup>th</sup> Grade**

01/31/2013 Arianna Trussoni  
12/25/2012 Celia Venner  
01/30/2013 Lavender Carlson

**Specials: LeDoux, Tom & Tessa (Norah) Phy Ed; Art; Music: Spanish; TWF (Fri)**

**2024-2025 St. Charles Enrollment DRAFT**

## St. Charles Birthdays 2024-25 (DRAFT)

### January

January 17: William Mitchell  
January 17: Hazel Trussoni  
January 26: Thomas Mitchell  
January 27: Tobias Vanevenhoven  
January 30: Isabella Trussoni  
January 30: Lavender Carlson  
January 31: Arianna Trussoni

### October

October 22: Ezio Olson

### November

November 26: Lorenzo Trussoni

### December

December 25: Celia Venner

### February

February 15: Augustine Olson  
February 19: Dekker Eckes  
February 13: Rosemary Lavey

### **Birthdates 2024-2025**

#### **Specials:**

Norah Ledoux 12/19/2025

### March

March 31: Giovanni Trussoni

### April

April 18: Keilana Rodgers

### May

May 18: Shelby De Garmo

### June

June 27: Shay Trussoni  
June 29: Raegen Eckes  
June 29: Addelyn Buncak

### July

July 17: Hazel De Garmo

### August

August 12: Norbert Lavey

### September

September 20: Autumn Rach

## How to Join Flocknote

Our parish and school now has a wonderful communication tool called "Flocknote." It is a communication network which is engineered for helping Catholic parishes better communicate with their people. For St. Charles School, this will help us to send out text messages when we need to communicate quickly with all parents (e.g. school cancelations, early release, emergencies). We will only use the text options when necessary. We also may utilize Flocknote to send out all school emails, such as the weekly newsletter and other information.

Please take a moment to opt in to our parish's Flocknote network today. The easiest way is to text the word SCBGENOA to the number 84576. You can also connect online at: [stcharlesgenoa.flocknote.com](http://stcharlesgenoa.flocknote.com).

You will be asked to put in your first name, last name, and email address (and, if registering online, your cell phone number). Then you will be asked which "groups" would you like to receive communication from. **Opt-in to the "School Families" group.** If you want to receive the weekly parish bulletin via email, then subscribe to the "Weekly Bulletin" group. There are many other groups that might be relevant to you, and you are welcome to opt in to all that are of interest.

Thank you!

WE LOVE HAVING YOU AS

a part of  
our Flock!



*Keep in touch with us via  
email and text!*



TEXT  
SCBGENOA  
TO 84576



OR CONNECT WITH US ONLINE AT:  
[stcharlesgenoa.flocknote.com](http://stcharlesgenoa.flocknote.com)

Text STOP to 84576 to stop txt notifications at any time. Text HELP for help. There is no charge for this service, but your carrier message and data rates may apply. View full privacy policy & terms at [flocknote.com/txt](http://flocknote.com/txt).

# LIONS

## VISION SCREENING

Dear Parent / Guardian

Every child need regular vision screening and the American Academy of Ophthalmology suggests "that during childhood, babies up to age 2 should have vision screening during regular pediatric visits, and screening every one to two years ages 3 to 9."

To effectively address vision issues in children, Spot, a revolutionary automated vision screening technology has been developed to quickly detect indications of the most common treatable sight threatening conditions in children such as: **refractive errors** (nearsightedness, farsightedness, unequal power and astigmatism), **amblyopia** (lazy eye), **strabismus** (crossed eyes) and a comparative analysis for unequal refractive power (**anisometropia**) and unequal pupil size (**anisocoria**).

By using the latest technology for this screening. Our local Lions Clubs are taking a leadership role in the community to identify vision issues. Many of these vision issues can hamper your child's ability to learn. The prevalence of vision issues as a profound social impact:

80% of what a child learns until age 12 is **visually acquired**

25% of school age children **have a vision issue**

Unlike other ailments, **pain is not associated with vision issues**

Children with vision issues **do not have a reference point for good vision.**

Kids love how easy Spot is. The screening is performed from a comfortable distance of about 3 feet away, similar to having a picture taken at home with a digital camera. It takes only a few seconds to administer, and is quick, safe and fast.

Automated screening does not replace a complete and comprehensive eye examination by an optometrist or ophthalmologist, nor can it detect all eye diseases or conditions. Screening determines if your child requires the attention of a vision care specialist.

# Vernon County Health Department

Protecting and Promoting a Healthy Community Since 1921

318 Fairlane Drive (Co Hwy BB) PO Box 209 Viroqua, WI 54665-0209

Phone 608-637-5251 FAX 608-637-5514



9/4/2024

Dear Parents,

Vernon County Health Department, along with the local Lions Club, will be offering Free vision and hearing screenings for your children attending St. Charles School on **Thursday September 5<sup>th</sup>**. These screenings can identify children who have vision and hearing issues that may interfere with their ability to learn.

This screening is optional. Children in 4K to grade 5 will be screened each year, plus any other children referred by school staff. Any child who has a parental request **not** to be screened, will **not** be screened.

Children that do not pass the vision or hearing screen will have a letter with findings sent to parents/guardians.

Thank you for helping your child receive appropriate education opportunities by ensuring their vision and hearing is not impaired.

If you have questions or concerns, please contact us at the number provided above.

Thank you,

Emily Olson, RN BSN  
Public Health Nurse/ Deputy Health Officer





# OFFER VERSUS SERVE (OVS)

## Tip Sheet for School Food Service Managers

### School Breakfast Program

#### What is OVS?

The goal of OVS is to reduce food waste while allowing students to choose the foods they want to eat. Everyone plays a role. When students and cafeteria staff understand OVS, breakfast lines move smoothly, allowing students to make the most of meal time and enjoy the wholesome and appealing foods they are served. It also helps reduce overall food costs.

Under OVS at breakfast, schools must offer at least four food items from the three required food components (fruit, grains, and fluid milk\*).

- A **food component** is one of three required food groups in a reimbursable breakfast. These are fruits, grains, and fluid milk\*.
- A **food item** is a specific food offered within the three food components, for example, 2 slices of whole grain-rich bread, 1 cup of grapes, and 1 cup of milk. This meal meets OVS breakfast requirements because three food components and four food items are offered.

Students must select at least three of the four offered food items under OVS at breakfast, including at least ½ cup of fruit and/or vegetable. Please note, OVS is optional at breakfast for all grade levels.

#### Required Components at Breakfast



**Fruit**  
1 cup



**Grains**  
1 ounce equivalent  
(oz eq)



**Fluid Milk\***  
1 cup

**Sample OVS breakfast menu:**

- Variety of milk\*: fat free or low-fat (1 cup milk)
- Slice of whole grain-rich toast (1 oz eq grain)
- Whole grain-rich cereal (1 oz eq grain)
- Orange slices (1 cup fruit)

#### Optional Components at Breakfast

##### Vegetables

- Vegetables may be offered as a substitute for fruits.

##### Meats/Meat Alternates

- A meat/meat alternate may be served to meet the weekly grain requirement, as long as a 1 oz eq minimum of grains is offered daily.
- A meat/meat alternate may also be offered as an “extra” food (not credited toward meal pattern requirements) if a reimbursable meal is selected.

\*Water does not count as one of the three required food components and cannot be served as a substitute for milk.

## Is it Reimbursable?

For a breakfast to be reimbursable, at least four food items must be offered. Students must select three food items including ½ cup of fruit and/or vegetable for the meal to be reimbursable under OVS.

**Use this simple checklist to determine if breakfasts are reimbursable under OVS:**

- Does the meal offered consist of at least four food items?
- Does the meal offered include the minimum required amounts of fruits, grains, and milk\*?
- Does the meal selected by the student contain at least three food items, including at least ½ cup fruit and/or vegetable?



If the answer to each of these questions is yes, the breakfast meal is reimbursable under OVS.

\*Water does not count as one of the three required food components and cannot be served as a substitute for milk.

## Additional Tips for OVS Success

- Post signage (with pictures or graphics) near the beginning of each serving line to help students identify how to build a reimbursable meal and wherever student choices are made.
- Ask cashiers to review the reimbursable meal signage before each meal service.
- Keep fruit near the cashier stand so students can easily complete their reimbursable meal.
- Encourage teachers to review the day's menu with students and explain how students can select a reimbursable meal.
- Post menus that highlight required meal components on your school's website and/or on flyers that children can take home to discuss with their parents and caregivers.

For more information on OVS requirements, visit:

<https://www.fns.usda.gov/updated-offer-vs-serve-guidance-nslp-and-sbp-beginning-sy2015-16>



# OFFER VERSUS SERVE (OVS)

## Tip Sheet for School Food Service Managers



### National School Lunch Program

#### What is OVS?

The goal of OVS is to reduce food waste and allow students to choose the foods they want to eat. Everyone plays a role. When students and cafeteria staff understand OVS, lunch lines move smoothly, allowing students to make the most of the lunch break and enjoy the wholesome and appealing foods they are served. It also helps reduce overall food costs.

Schools must offer all five food components in at least the minimum required quantities:

- A **food component** is one of five required food groups in reimbursable lunches. These are meats/meat alternates, grains, fruits, vegetables, and fluid milk\*.
- A **food item** is a specific food offered within the five food components. For example, spaghetti (whole grain-rich pasta with tomato sauce) is one food item that contains a grain and a vegetable component.

Under OVS, students must select *three meal components* to ensure they get the nutritional benefits of a meal. OVS is required for lunches served in high schools, but is optional in middle and elementary schools. OVS is not required for meals offered as part of field trips or for any other meals served away from the school campus.

The required five food components must be offered for school lunch. Students must select at least three of the five required food components, including at least ½ cup of fruit and/or vegetable, to have a reimbursable lunch. See the **Required Food Components** table for a listing of required food components and their minimum quantities that must be offered. Meats/meat alternates and grains are measured in ounce equivalents (oz eq is considered the amount of food product that is equal to 1 ounce).

**Required Food Components**

Required Food Component	Daily Minimum Requirements for Each Grade Level			
	K-2	3-5	6-8	9-12
Vegetables	¾ cup	¾ cup	¾ cup	1 cup
Fruits	½ cup	½ cup	½ cup	1 cup
Grains	1 oz eq	1 oz eq	1 oz eq	2 oz eq
Meats/Meat Alternates	1 oz eq	1 oz eq	1 oz eq	2 oz eq
Fluid Milk*	1 cup	1 cup	1 cup	1 cup

#### Is it Reimbursable?

Use this simple checklist to determine if student lunches are reimbursable under OVS:

- Does the meal offered to students include the minimum required amounts of vegetables, fruits, grains, meats/meat alternates, and fluid milk?
- Does the meal selected by the student contain at least three components, including at least ½ cup fruit and/or vegetable?

If the answer to each of these questions is yes, then the school lunch is reimbursable under OVS:

\*Water does not count as one of the three required food components and cannot be served as a substitute for milk.

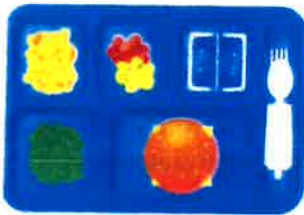
## Test Your OVS Skills!

Which combination of food items from the following offered lunch menu would make a reimbursable school lunch under OVS for Grades 9-12?

### Offered Lunch Menu

Food Item	Food Components
Hamburger on a whole grain-rich bun	2 oz eq grain 2 oz eq meat
½ cup corn	½ cup starchy vegetable
½ cup green beans	½ cup other vegetable
1 cup grapes	1 cup fruit
Variety of Low Fat/Fat-Free Milk	1 cup fluid milk*

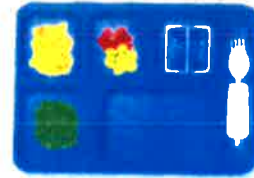
oz eq = ounce equivalent



### Which of the following student meals are reimbursable?

#### Meal 1:

½ cup of corn  
½ cup of green beans  
½ cup of grapes  
1 cup of milk\*



- Reimbursable  
 Not Reimbursable

#### Meal 2:

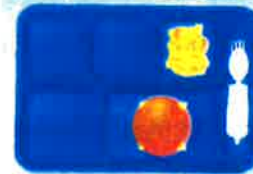
Hamburger on whole grain-rich bun  
1 cup of milk\*



- Reimbursable  
 Not Reimbursable

#### Meal 3:

Hamburger on whole grain-rich bun  
½ cup corn



- Reimbursable  
 Not Reimbursable

**Answers:** Meals 1 and 3 are reimbursable meals under OVS. Meal 2 is not reimbursable because it does not include ½ cup fruit and/or vegetable.

\*Water does not count as one of the three required food components and cannot be served as a substitute for milk.

## Additional Tips for OVS Success

- Post signage with pictures to help students identify how to build a reimbursable meal near the beginning of each serving line and wherever student choices are made.
- Have cashiers review the reimbursable meal signage before each meal service for greater success.
- Keep fruit near the cashier stand so students can easily complete their reimbursable meal.
- Encourage teachers to review the day's menu with students and explain how students can select a reimbursable meal.
- Post menus that highlight required meal components on your school's website and/or on flyers that children can take home to discuss with their parents and caregivers.

For more information on OVS requirements, visit:

<https://www.fns.usda.gov/updated-offer-vs-serve-guidance-nslp-and-sbp-beginning-sy2015-16>

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