



School Breakfast Program



MEAT/MEAT ALTERNATE



Breakfast-Meat/Meat Alternate

- Not a required component for reimbursable breakfast
- Provides menu choices, important nutrients and manages meal costs
- Credit towards the grain component **after** the minimum daily grain component is met
- Servings measured by weight-oz equivalents



Breakfast-Meat/Meat Alternate

Breakfast Meat

- Sausage pork/turkey
- Turkey bacon
- Ham

Meat Alternate

- Egg
- Cheese
- Yogurt
- Greek yogurt
- Nut butter
- Nuts/seeds
- Hummus
- Beans/peas/legumes



Crediting Grains- Meat/Meat Alternate

Sample Menu

- ✓ Pancake and sausage stick
- ✓ Sausage and biscuit
- ✓ Egg and cheese burrito
- ✓ Breakfast pizza, egg and ham
- ✓ Bagel with nut butter



Crediting Smoothie-Meat/Meat Alternate

Smoothie

- fruit ½ cup
- yogurt 1 oz eq
- juice ½ cup



Yogurt may credit as a meat alternate if offered in addition to a grain item in the reimbursable meal.

[Smoothies offered in Child Nutrition Programs USDA Memo SP40](#)



New Resource- Team Nutrition



Offering Meats and Meat Alternates at Breakfast