



School Breakfast Program





Dietary Specifications for Breakfast-

Grade Group	Breakfast Calories
K-5	350-500
6-8	400-550
9-12	450-600
K-12	450-500





Dietary Specifications for Breakfast-

Grade Group	Breakfast Calories
Saturated Fat	Less than 10%
Trans-fats	Zero
Sodium	K-5 \leq 540mg 6-8 \leq 600mg 9-12 \leq 640mg






Breakfast Calorie Daily/Weekly

- On average, over the course of a **5 day week**
- Fall within the **minimum** and **maximum** levels for each age/grade group
- Overlap between the age/grade groups








Daily Breakfast Meal Pattern

Grains	Fruits	Milk
1 ounce equivalent (oz eq) 	1 cup 	1 cup 



Weekly Breakfast Meal Pattern

Five-day Week				
Food Components	Grades K-5	Grades 6-8	Grades 9-12	Grades K-12
Grains (oz eq) 	7	8	9	9
Fruits (cups) 	5	5	5	5
Milk (cups) 	5	5	5	5



Component vs Items



Grains

- Cold Cereal Variety (1 oz eq)
- Whole Grain Rich Toast (1 oz eq)

Fruit

- Blueberries (1/2 cup)
- 100% Fruit Juice (1/2 cup)

Milk

- Minimum of two choices
- (Fat free or low-fat flavored/unflavored)



Whole Grain Rich

- At least **50% whole grain** by weight
 - **whole grain** is **FIRST** ingredient
 - if **WATER** is first ingredient, whole grain is **SECOND** ingredient
- Any other grain ingredients are enriched
- Any noncreditable grains are less than 2%



Whole Grain Rich

- Grain-based products-
 - breads, cereals, waffles, muffins
 - Whole grain is FIRST ingredient listed
- Combination foods-
 - pizza, lasagna, chicken nuggets
 - Whole grain is FIRST GRAIN ingredient listed



Grains at breakfast

Grains Component	Grades K-5	Grades 6-8	Grades 9-12	Grades K-12
Daily	1 oz eq	1 oz eq	1 oz eq	1 oz eq
Weekly	7 oz eq	8 oz eq	9 oz eq	9 oz eq





Minimum Weekly Total Grains

Acceptable Breakfast Menu for Grains

GRAINS FOR ALL GRADES 6-8

DAILY REQUIREMENT: 1 ounce equivalent
WEEKLY REQUIREMENT: 8 ounce equivalents

Daily Choices	OUNCE EQUIVALENTS OFFERED						Meets Minimum Weekly Requirement?
	Monday	Tuesday	Wednesday	Thursday	Friday	TOTAL	
Choice 1	2	1.5	1.5	2	2	8	YES
Choice 2	1.5	1	1.75	2	2		
Choice 3	1.75	2	2	2	2.5		



Minimum Weekly Total Grains

Unacceptable Breakfast Menu for Grains

GRAINS FOR GRADES 9-12

DAILY REQUIREMENT: 1 ounce equivalent
WEEKLY REQUIREMENT: 9 ounce equivalents

Daily Choices	OUNCE EQUIVALENTS OFFERED						Meets Minimum Weekly Requirement?
	Monday	Tuesday	Wednesday	Thursday	Friday	TOTAL	
Choice 1	2	1.5	1.5	2	2	8	NO
Choice 2	1.5	1	1.75	2	2		
Choice 3	1.75	2	2	2	2.5		



Meat/meat alternate grain substitutes

- Menu must provide at least 1 oz eq of grains daily
- The menu planner *may* offer meats/meat alternates at breakfast and substitute it for part of the weekly grains component
- When *used as a grain substitute*, the meats/meat alternates counts toward the weekly grains range *and* the dietary specifications





Meat Alternate Equivalents

1 oz Meat Alternates = 1 oz eq grain FOR BREAKFAST ONLY	One ounce Equivalents
Peanut Butter/Nut Butters	2 tablespoons
Cheeses	1 ounce
Yogurt/ Greek Yogurt	4 ounces
Large egg	½ egg
Cottage cheese	¼ cup
Legumes/Beans/peas	¼ cup



“Extras” at breakfast

- No requirement to offer M/MA or vegetable
- M/MA as “extras” provide additional flexibility for menu planning
 - Not creditable as grains component
 - Not counted for OVS purposes
- Not a required component, so no weekly maximum for “extras”
- Include “extras” in the nutrient analysis and dietary specifications





Fruits

- Fresh –whole or cut
- Frozen –with or without added sugar
- Dried –credits at twice the volume $\frac{1}{4}$ cup serving credits as a $\frac{1}{2}$ cup component
- Canned
 - Fruit in juice may be counted as the full volume
 - Fruit in light syrup should be drained and served as $\frac{1}{4}$ cup, $\frac{1}{2}$ cup, $\frac{3}{4}$ cup, or 1 cup



Fruits Facts

- Menu planners may offer combination of various fruits to meet the daily total.
- All fruit servings are based on the actual volume served, except dried fruit which credits for twice the volume.
- Vegetables may be substituted for fruit.





Fruits Facts

- Fruit are measured by cups not ounces.
- Minimum of $\frac{1}{8}$ cup to count toward daily total.





Juice

- Fresh, frozen and made from concentrate
- Frozen juice pops made from 100% juice
- Pureed fruits/vegetables in fruit/vegetable smoothies
- Juice from canned fruit served in 100% juice





Fluid Milk Requirements

Food Components	Grade K - 5	Grade 6 – 8	Grade 9 - 12
Milk	5 cups/week (1 cup daily)	5 cups/week (1 cup daily)	5 cups/week (1 cup daily)

- Allowable milk options:
 - Fat-free (unflavored or flavored)
 - Low-fat (unflavored or flavored **New*)
 - Lactose-free reduced or lactose-free fat-free
- Must offer at least two choices



***SP 18-2018 CNP Flexibilities for School Year 2018-2019**



Milk Substitutions

- REQUIRED for children with disabilities
 - (medical statement from recognized medical authority)
- OPTIONAL for children without disabilities
 - (written parent request)
- lactose-free or lactose-reduced milk
 - (unflavored or flavored low-fat or fat-free)
- nondairy milk substitutes that meet USDA nutrition standards for fluid milk substitutes



Milk Substitutions

Juice and water
CANNOT be offered
as milk substitutes
for children
without disabilities





Preschool Menu Planning

SP 37-2017

Single Menu Flexibility for co-mingled preschool

The option to serve the K-5 meal pattern to preschoolers is only allowed when preschoolers are co-mingled with K-5 students during meal service.



Preschool Fast Facts

- **Grains**
 - Whole grains/enriched grains
 - Ounce equivalents
 - Sugar limits for cereals
 - No grain based desserts
 - Meat substitutes as grain up to 3 times a week (breakfast)
- **Vegetable/Fruit**
 - Combined component breakfast
 - Separate component for lunch
 - Juice limit per day
- **Meat/Meat Alternate**
 - Yogurt sugar limits
- **Milk**
 - Flavored prohibited



Water....not a component but required!

- Must be available without restriction to students during meal period
 - Water pitchers and cups on tables
 - Water fountain or faucet that allows students to fill their own water bottles
 - Cups filled with drinking water
- *Bottled water should be offered after the student has the option to select milk
- *Signage should be clear- water is not a component of the reimbursable meal



*SP 19-2018 Clarification on the Milk and Water Requirements in the School Meal Programs
(released July 30, 2018)





Offer vs Serve





Offer vs Serve

Breakfast

- Optional at all grade levels
- Must offer all 3 components
- Must offer 4 items
- Student must take a minimum of 3 items, one must be at least $\frac{1}{2}$ cup fruit



Whole Grain- Crediting and OVS

- A menu planner has the choice to consider a 2 oz grain equivalent product as either 1 or 2 items on the menu.
- OVS requires a minimum of 4 items, a 2 oz eq muffin that is credited as 2 items selected by student plus $\frac{1}{2}$ cup fruit equals a reimbursable meal.



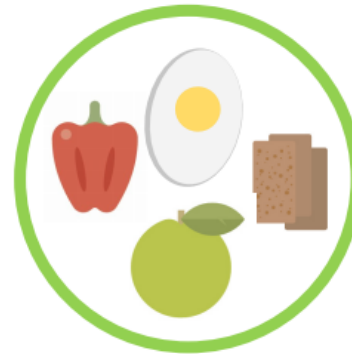


What Makes a School Breakfast



Offer Vs. Serve

Choose **at least 3 items** from the four offered, **One must be** a 1/2 cup of **fruit** (or **vegetable**).



The fourth item offered may be another grain, another fruit or veggie, or a meat or meat alternate.

This institution is an equal opportunity provider.



Offer vs Serve- Breakfast

Function	Requirement
Implementation of OVS	Optional at all grade levels
Number of Food Components/Food Items for Reimbursable Meals under OVS	Four food items from three components
Required number of selections for OVS	Student must select at least three items One selection must be at least ½ cup of fruit (or vegetable or a combination of both)
OVS and the fruit food component OVS and food items for the fruit component	Vegetables may be offered to meet all or part of the fruit requirement The 1 cup required quantity may be offered as more than one food item One selection must be at least ½ cup of fruit (or vegetable or a combination of both)
“Extra “ foods offered	Not credited for OVS
Double servings of components/food items	Allowed for fruit (or vegetable) and grains (or meat/meat alternates) components



Offer vs Serve- online trainings available:

ISBE Resources:

OVS for lunch grades K-8 and 9-12

- www.isbe.net/Documents/nslp-ovs-k-8-pres.pdf
- www.isbe.net/Documents/nslp-ovs-9-12-pres.pdf

Breakfast and OVS for breakfast:

- www.isbe.net/Documents/SBP-mealpattern-OVS.pdf



USDA OVS website:

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



Required Recordkeeping

- Menus
- Production records
- Recipes to support production records
- Product crediting documentation





TODAY'S BREAKFAST MENU [Enter school name]

[Enter]

[Enter]

[Enter]

[Enter]

[Enter]

[Other Additional Menu Details Can Go Here or Delete This]

THIS WEEK FOR BREAKFAST [Enter school name]

MONDAY

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TUESDAY

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WEDNESDAY

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THURSDAY

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FRIDAY

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[SPECIAL NOTICE]

[Use this box for announcements, nutrition education, special events, a la carte, etc.]



Resources: www.isbe.net/Pages/MenuBoardSinageResources.aspx

TODAY'S LUNCH MENU  [Enter school name]

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[Enter]

[Other Additional Menu Details Can Go Here or Delete This]

THIS WEEK FOR LUNCH [Enter school name]


MONDAY	TUESDAY	WEDNESDAY
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[Enter]	[Enter]	[Enter]
[Enter]	[Enter]	[Enter]
[Enter]	[Enter]	[Enter]
[Enter]	[Enter]	[Enter]
THURSDAY	FRIDAY	[SPECIAL NOTICE]
[Enter]	[Enter]	[Use this box for announcements, nutrition education, special events, a la carte, etc.]
[Enter]	[Enter]	
[Enter]	[Enter]	
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AL LA CARTE [Enter school name]


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[Other Additional Menu Details Can Go Here or Delete This]


The 5 Components of a School Lunch



meat/meat alternate




grain




milk

Offer Vs. Serve

Choose **1/2 cup fruit**,
or **1/2 cup vegetable**,
or 1/2 cup **combination**,
and **at least 2 other components**. **Choose all 5 for the best nutrition!**



fruit



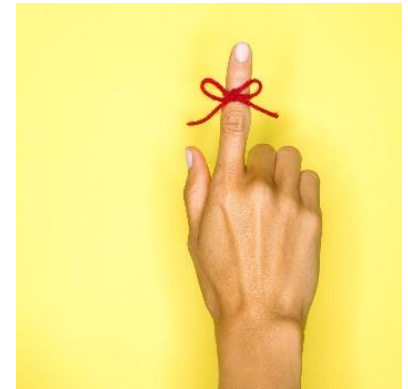
vegetable

This institution is an equal opportunity provider.



Important things to remember

- Fruit component offering is 1 cup daily
- No more than half of the fruit may be 100% juice
- Vegetables substituted for fruits with restrictions
- All grains whole grain-rich
- Sodium restrictions apply
- For OVS, students must select $\frac{1}{2}$ cup fruit or vegetable





Contact Information

Nutrition Division

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ISBE Website

www.isbe.net/Pages/Nutrition-and-Wellness.aspx