



**Illinois  
State Board of  
Education**

# School Breakfast Program

**Recipe**   
for **Success**

SNP BACK TO SCHOOL CONFERENCE

# Agenda



Meal Pattern Requirements



Increasing Participation



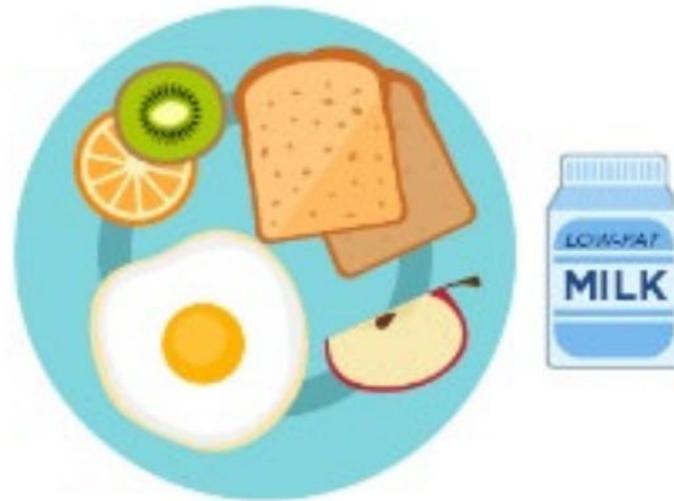
Alternative Breakfast Models



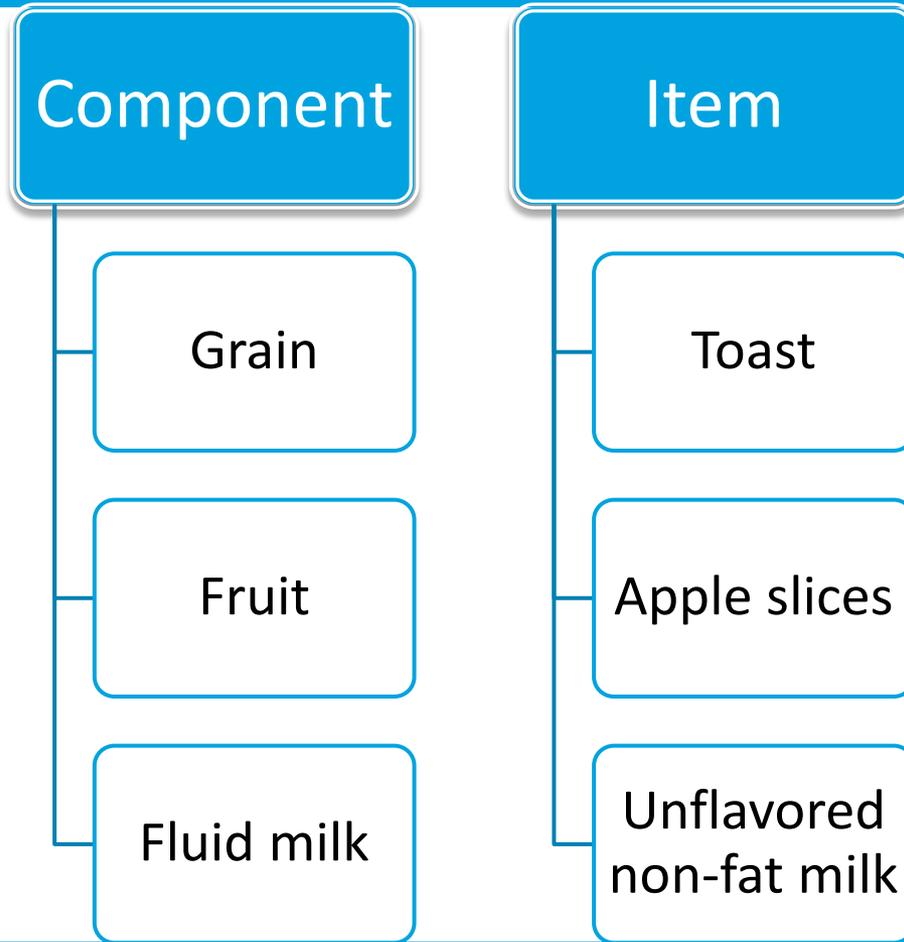
Administrative Responsibilities



# Meal Pattern Requirements



# Item v.s. Component



# Offer Versus Serve (OVS)

	K-5	6-8	9-12
OVS	<i>Optional</i>	<i>Optional</i>	<i>Optional</i>

## Requirements

- ✓ Optional at all grade levels
- ✓ The three required food **components** must be *offered* at breakfast
- ✓ Four **items** must be *offered* at breakfast
- ✓ Students must select at least three of the four items offered
- ✓ One of the three selected items *must* be at least a ½ cup of fruit and/or vegetable



# Meal Pattern Requirements

Food Component	K-5	6-8	9-12	K-12
Grains	7 oz eq (1)	8 oz eq (1)	9 oz eq (1)	9 oz eq (1)
Fruits	5 c (1)	5 c (1)	5 c (1)	5 c (1)
Milk	5 c (1)	5 c (1)	5 c (1)	5 c (1)



# USDA Calorie Requirements

**Grades K-5** 350-500 avg cal/week

**Grades 5-8** 400-550 avg cal/week

**Grades 9-12** 450-600 avg cal/week



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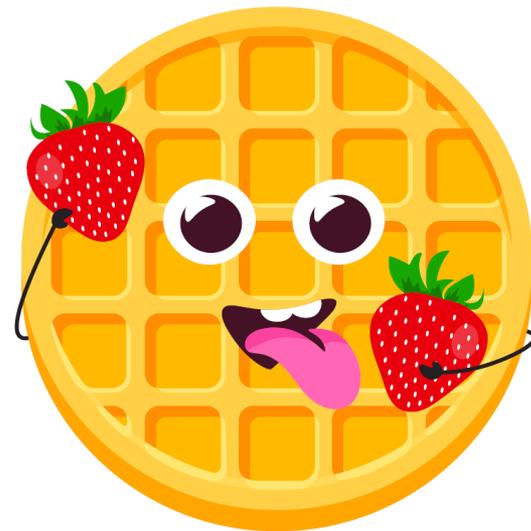
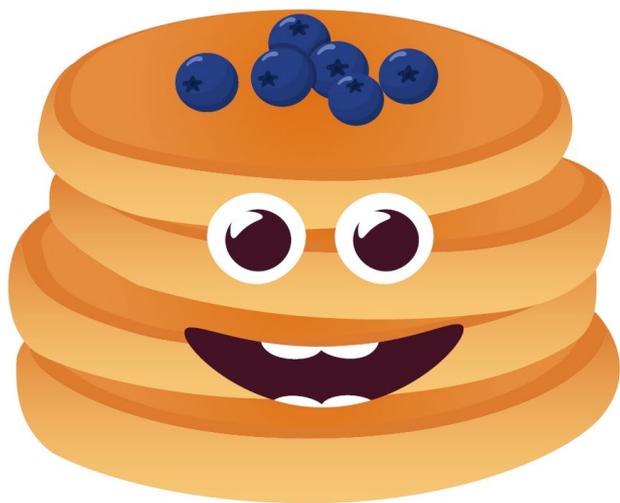
**Grades K-12** 450-500 avg cal/week



# Dietary Specifications – Weekly Average

	K-5	6-8	9-12	K-12
Saturated Fat	<10%	<10%	<10%	<10%
Trans Fat	Zero	Zero	Zero	Zero
Sodium Level 1 <i>Current-June 30, 2024 Transitional Standards</i>	≤540 mg	≤600 mg	≤640 mg	≤540 mg





# Grains



# Whole Grain Rich (WGR)

## Whole Grain Rich

is a USDA, Food and Nutrition Service (FNS) term. WGR indicates that the whole grain components in a product make up at least 50 percent with the remaining grains being enriched. This term only refers to FNS criteria for meeting the grains requirements for the NSLP, SBP, and CACFP.

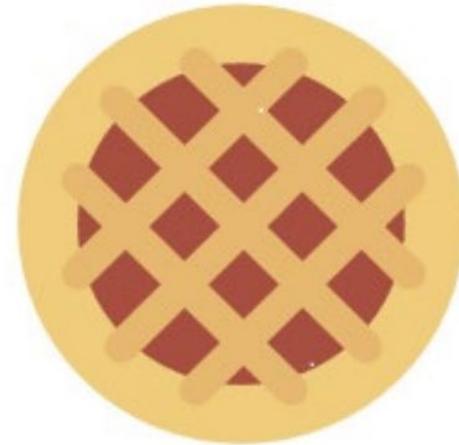


# Grains

Food Component	K-5	6-8	9-12	K-12
Grains	7 oz eq (1)	8 oz eq (1)	9 oz eq (1)	9 oz eq (1)

## Whole Grain-Rich (WGR)

- Term designated by USDA to indicate that the grains components in a product are at least 50 percent whole grain with the remaining grains being enriched
- **At least 80% of grain items must be WGR**
- Any remaining grain items must be enriched



# Transitional Standards for Milk, Whole Grains, and Sodium



- At least 80% of the grains served in school lunch and breakfast per week must be whole grain-rich (containing at least 50% whole grains).



# Whole Grains v.s. Enriched Grains

## Whole Grains

- Refer to grains that contain all of their original parts (i.e. the bran, germ, and endosperm)
- Contain naturally occurring nutrients and are a good source of fiber
- Ex: Brown Rice, Oatmeal, Quinoa, Whole Wheat

## Enriched Grains

- Refer to grain products in which nutrients are added back to the product after removing the bran and germ
- Nutrients are not added back in the same proportions in which they were removed
- Ex: Enriched Flour, Enriched Wheat Flour, Enriched Corn Meal



# Identifying WGR Grains

WGR grains must meet at least one

Whole grains per 1 oz eq serving must be 8 grams or more

Product includes FDA whole grain health claim on its packaging

Product ingredient list has whole grain listed first



# Meat/Meat Alternate

Meat and/or  
meat alternates  
may be  
substituted for  
a second grain!



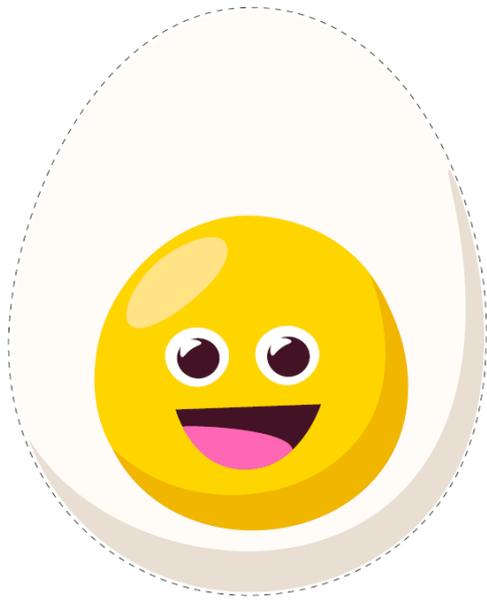
# Exhibit A: Grain Requirements for Child Nutrition Programs

- <https://foodbuyingguide.fns.usda.gov/Content/TablesFBG/ExhibitA.pdf>

**Exhibit A: Grain Requirements for Child Nutrition Programs<sup>1, 2</sup>**  
Color Key: Footnote 3 = Blue, Footnote 3 or 4 = Red

Group A	Ounce Equivalent (oz eq) for Group A	Minimum Serving Size for Group A
Bread type coating	1 oz eq = 22 gm or 0.8 oz	1 serving = 20 gm or 0.7 oz
Bread sticks (hard)	3/4 oz eq = 17 gm or 0.6 oz	3/4 serving = 15 gm or 0.5 oz
Chow Mein noodles	1/2 oz eq = 11 gm or 0.4 oz	1/2 serving = 10 gm or 0.4 oz
Savory Crackers (saltines and snack crackers)	1/4 oz eq = 6 gm or 0.2 oz	1/4 serving = 5 gm or 0.2 oz
CROUTONS		
Pretzels (hard)		
Stuffing (dry) <i>Note: weights apply to bread in stuffing</i>		
Group B	Ounce Equivalent (oz eq) for Group B	Minimum Serving Size for Group B
Bagels	1 oz eq = 28 gm or 1.0 oz	1 serving = 25 gm or 0.9 oz
Batter type coating	3/4 oz eq = 21 gm or 0.75 oz	3/4 serving = 19 gm or 0.7 oz
Biscuits	1/2 oz eq = 14 gm or 0.5 oz	1/2 serving = 13 gm or 0.5 oz
Breads - all (for example sliced, French, Italian)	1/4 oz eq = 7 gm or 0.25 oz	1/4 serving = 6 gm or 0.2 oz
Buns (hamburger and hot dog)		
Sweet Crackers <sup>3</sup> (graham crackers - all shapes, animal crackers)		
Egg roll skins		
English muffins		
Pita bread		
Pizza crust		
Pretzels (soft)		
Rolls		
Tortillas		
Tortilla chips		
Taco shells		
Group C	Ounce Equivalent (oz eq) for Group C	Minimum Serving Size for Group C
Cookies <sup>3</sup> (plain - includes vanilla wafers)		
Cornbread		
Corn muffins		
Croissants		
Pancakes		
Pie crust (dessert pies <sup>3</sup> , cobbler <sup>3</sup> , fruit tarts and meats/meat alternate pies)		
Waffles		
Group D	Ounce Equivalent (oz eq) for Group D	Minimum Serving Size for Group D
Doughnuts <sup>3</sup> (cake and yeast raised, unfrosted)		
Cereal bars, breakfast bars, granola bars <sup>3</sup> (with nuts, dried fruit, and/or chocolate pieces)		
Muffins (all, except corn)		
Sweet roll <sup>3</sup> (unfrosted)		
Toaster pastry <sup>3</sup> (unfrosted)		
<sup>1</sup> In the NSLP and SBP (grades K-12), at least 60% offered must be made from whole-grain flour, an enriched product, such as enriched bread, the minimum nutrition standards for school nutrition Programs, grains must be made from whole-grains, or be an enriched product, such as enriched preschool meals, at least one grain serving per		
Group E	Ounce Equivalent (oz eq) for Group E	Minimum Serving Size for Group E
Cereal bars, breakfast bars, granola bars <sup>3</sup> (with nuts, dried fruit, and/or chocolate pieces)	1 oz eq = 69 gm or 2.4 oz	1 serving = 63 gm or 2.2 oz
Cookies <sup>3</sup> (with nuts, raisins, chocolate pieces and/or fruit pieces)	3/4 oz eq = 52 gm or 1.8 oz	3/4 serving = 47 gm or 1.7 oz
Doughnuts <sup>3</sup> (cake and yeast raised, frosted or glazed)	1/2 oz eq = 35 gm or 1.2 oz	1/2 serving = 31 gm or 1.1 oz
Sweet rolls <sup>3</sup> (frosted)	1/4 oz eq = 16 gm or 0.6 oz	1/4 serving = 16 gm or 0.6 oz
Toaster pastry <sup>3</sup> (frosted)		
Group F	Ounce Equivalent (oz eq) for Group F	Minimum Serving Size for Group F
Cake <sup>3</sup> (plain, unfrosted)	1 oz eq = 82 gm or 2.9 oz	1 serving = 75 gm or 2.7 oz
Coffee cake <sup>3</sup>	3/4 oz eq = 62 gm or 2.2 oz	3/4 serving = 56 gm or 2 oz
	1/2 oz eq = 41 gm or 1.5 oz	1/2 serving = 38 gm or 1.3 oz
	1/4 oz eq = 21 gm or 0.7 oz	1/4 serving = 19 gm or 0.7 oz
Group G	Ounce Equivalent (oz eq) for Group G	Minimum Serving Size for Group G
Brownies <sup>3</sup> (plain)	1 oz eq = 125 gm or 4.4 oz	1 serving = 115 gm or 4 oz
Cake <sup>3</sup> (all varieties, frosted)	3/4 oz eq = 94 gm or 3.3 oz	3/4 serving = 86 gm or 3 oz
	1/2 oz eq = 63 gm or 2.2 oz	1/2 serving = 58 gm or 2 oz
	1/4 oz eq = 32 gm or 1.1 oz	1/4 serving = 29 gm or 1 oz
Group H	Ounce Equivalent (oz eq) for Group H	Minimum Serving Size for Group H
Cereal Grains (barley, quinoa, etc.)	1 oz eq = 1/2 cup cooked or 1 ounce (28 gm) dry	1 serving = 1/2 cup cooked or 25 gm dry
Breakfast cereals (cooked) <sup>3</sup>		
Bulgur or cracked wheat		
Miscareni (all shapes)		
Noodles (all varieties)		
Pasta (all shapes)		
Ravioli (noodle only)		
Rice		
Group I	Ounce Equivalent (oz eq) for Group I	Minimum Serving Size for Group I
Ready to eat breakfast cereal (cold, dry) <sup>3</sup>	1 oz eq = 1 cup or 1 ounce for flakes and rounds 1 oz eq = 1.25 cups or 1 ounce for puffed cereal 1 oz eq = 1/4 cup or 1 ounce for granola	1 serving = 3/4 cup or 1 oz, whichever is less





# Meat/Meat Alternate



# Meat/Meat Alternate

<http://www.fns.usda.gov/tn/offering-meats-and-meat-alternates-school-breakfast>

- **Not a required component**
- Meat or Meat Alternate may be offered as a second grain
- One WGR or Enriched grain must be offered with M/MA
- 80% of actual grains served must be WGR items



# Breakfast Meat and Meat Alternate Examples

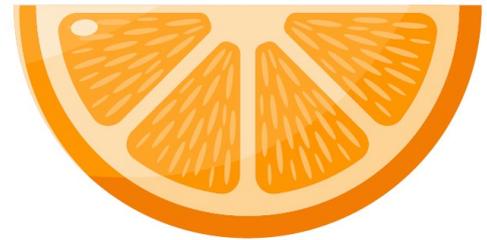
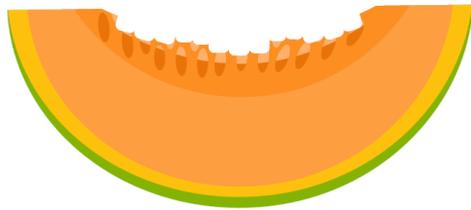
## Breakfast Meat

- Sausage pork/turkey
- Turkey bacon
- Ham

## Meat Alternate

- Egg
- Cheese
- Yogurt/Greek Yogurt
- Nut Butter/nuts/seeds
- Hummus
- Beans/peas/legumes





Fruit



# Fruit

Food Component	K-5	6-8	9-12	K-12
Fruits	5 c (1)	5 c (1)	5 c (1)	5 c (1)

Fresh

Frozen

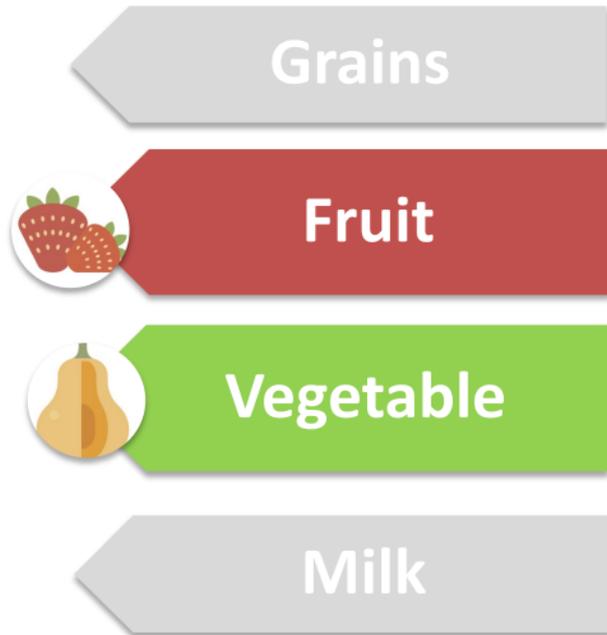
Canned

Dried

100%  
Fruit Juice



# Vegetables



- **Not a required component**
- Vegetables may be served in place of a fruit, to meet the fruit component requirement
- Vegetables may be served:
  - Fresh
  - Frozen
  - Canned
  - 100% Juice (weekly limitations apply)

# Vegetable Subgroups

*National School  
Lunch Program  
Vegetable Subgroups*



# SBP Vegetable Substitutes



<b>Beans and Peas*</b> <ul style="list-style-type: none"><li>▪ black beans</li><li>▪ black-eyed peas (mature, dry)</li><li>▪ garbanzo beans (chickpeas)</li><li>▪ great northern</li><li>▪ kidney beans</li><li>▪ lentils</li><li>▪ mung beans</li><li>▪ navy beans</li><li>▪ pink beans</li><li>▪ pinto beans</li><li>▪ red beans</li><li>▪ soy beans</li><li>▪ split peas</li><li>▪ white beans</li></ul>	<b>Red &amp; Orange Vegetables</b> <ul style="list-style-type: none"><li>▪ acorn squash</li><li>▪ butternut squash</li><li>▪ carrots</li><li>▪ hubbard squash</li><li>▪ pimentos (cherry pepper)</li><li>▪ pumpkin</li><li>▪ red peppers</li><li>▪ sweet potatoes</li><li>▪ tomatoes</li><li>▪ tomato juice</li></ul>	<b>Other Vegetables</b> <ul style="list-style-type: none"><li>▪ artichokes</li><li>▪ asparagus</li><li>▪ avocado</li><li>▪ bamboo shoots</li><li>▪ bean sprouts</li><li>▪ beets</li><li>▪ breadfruit</li><li>▪ brussels sprouts</li><li>▪ cabbage</li><li>▪ cactus (nopales)</li><li>▪ cauliflower</li><li>▪ celery</li><li>▪ chayote (mirliton)</li><li>▪ cucumbers or pickles</li><li>▪ eggplant</li><li>▪ green beans</li><li>▪ green peppers</li><li>▪ iceberg (head) lettuce</li><li>▪ kohlrabi</li><li>▪ mushrooms</li><li>▪ okra</li><li>▪ olives</li><li>▪ onions</li><li>▪ pepperoncini</li><li>▪ radishes</li><li>▪ turnips</li><li>▪ wax beans</li><li>▪ zucchini</li></ul>
<b>Dark Green Vegetables</b> <ul style="list-style-type: none"><li>▪ beet greens</li><li>▪ bok choy</li><li>▪ broccoli</li><li>▪ chicory</li><li>▪ collard greens</li><li>▪ dark green leafy lettuce</li><li>▪ endive or escarole</li><li>▪ grape leaves</li><li>▪ kale</li><li>▪ mesclun</li><li>▪ mustard greens</li><li>▪ parsley</li><li>▪ romaine lettuce</li><li>▪ spinach</li><li>▪ turnip greens</li><li>▪ watercress</li></ul>	<b>Starchy Vegetables</b> <ul style="list-style-type: none"><li>▪ cassava</li><li>▪ corn</li><li>▪ fresh cowpeas, field peas, or black-eyed peas (not dry)</li><li>▪ green bananas</li><li>▪ green peas</li><li>▪ green lima beans</li><li>▪ jicama</li><li>▪ malanga or yautia (tannia, tannier)</li><li>▪ parsnips</li><li>▪ plantains</li><li>▪ poi (undiluted)</li><li>▪ potatoes</li><li>▪ taro</li><li>▪ water chestnuts</li></ul>	



# SBP Vegetable Subgroup Guidance SY 23-24

## Standard Guidance

- The first two cups per week of any such substitution must be from the dark green, red/orange, legumes, and/or other subgroup
- The starchy subgroup may only be served after at least two cups have been served from the subgroups listed above

## School Year 2023-2024 Flexibility

- The Consolidated Appropriations Act of 2023 provides flexibility through the 2023-2024 school year
- Any vegetable subgroup may be substituted for fruit without including the vegetable subgroups in a certain order
- Starchy vegetables may be offered without offering any other subgroups first



# Standard Guidance Menu Example

<b>Standard Guidance for Vegetable Substitutions</b>				
<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
Whole Grain Toast w/ Avocado (½ cup) Mandarin Oranges (½ cup) Choice of Milk	Breakfast Scramble w/ Eggs, Green Peppers (1/8 cup), Onion (1/8 cup), Spinach (1/8 cup), and Mushroom (1/8 cup) Diced Pears (½ cup) Choice of Milk	Whole Grain Waffles w/ Syrup 100% Tomato Juice (1 cup) Choice of Milk	Whole Grain Cereal Mixed Berries (½ cup) 100% Orange Juice (½ cup) Choice of Milk	Breakfast Pizza Apple Slices (½ cup) Breakfast Potatoes (½ cup) Choice of Milk
Fruit: ½ cup Vegetable: ½ cup <i>Other</i> Total: 1 cup	Fruit: ½ cup Vegetable: 3/8 cup <i>Other</i> , 1/8 cup <i>Dark Green</i> Total: 1 cup	Fruit: 0 cups Vegetable: 1 cup <i>Red/Orange</i> Total: 1 cup	Fruit: 1 cup Vegetable: 0 cups Total: 1 cup	Fruit: ½ cup Vegetable: ½ cup <i>Starchy</i> Total: 1 cup
½ cup <i>Other</i> + 3/8 cup <i>Other</i> + 1/8 cup <i>Dark Green</i> + 1 cup <i>Red/Orange</i> = 2 cups vegetables from <i>Other</i> , <i>Dark Green</i> , & <i>Red/Orange</i> subgroups				½ cup <i>Starchy</i>

In this example, 2 cups of vegetables from *Other*, *Dark Green*, & *Red/Orange* subgroups are served Monday – Thursday, prior to serving *Starchy* vegetables on Friday. This meets USDA’s standard guidance for vegetable substitutes in the SBP.

# SY 23-24 Flexibility Menu Example

## School Year 22-23 Flexibility for Vegetable Substitutions

Monday	Tuesday	Wednesday	Thursday	Friday
Whole Grain French Toast Sticks w/ Syrup Breakfast Potatoes (½ cup) Banana (½ cup) Choice of Milk	Breakfast Sandwich w/ Egg & Cheese Red Grapes (½ cup) 100% Apple Juice (½ cup) Choice of Milk	Omelet w/ Spinach (1/8 cup) & Tomato (1/8 cup) Raisins (¼ cup) 100% Orange Juice (½ cup) Choice of Milk	Whole Grain Pancakes & Sausage On a Stick Fruit Cocktail (½ cup) Orange Slices (½ cup) Choice of Milk	Whole Grain Muffin Avocado Slices (½ cup) Pineapple Chunks (½ cup) Choice of Milk
Fruit: ½ cup Vegetable: ½ cup <i>Starchy</i> Total: 1 cup	Fruit: 1 cup Vegetable: 0 cups Total: 1 cup	Fruit: ¾ cup Vegetable: 1/8 cup <i>Dark Green</i> , 1/8 cup <i>Red/Orange</i> Total: 1 cup	Fruit: 1 cup Vegetable: 0 cups Total: 1 cup	Fruit: ½ cup Vegetable: ½ cup <i>Other</i> Total: 1 cup
½ cup <i>Starchy</i>	1/8 cup <i>Dark Green</i> + 1/8 cup <i>Red/Orange</i> + ½ cup <i>Other</i> = ¾ cup vegetables from <i>Dark Green</i> , <i>Red/Orange</i> , & <i>Other</i> subgroups			

In this example, ½ cup of *Starchy* vegetables are served on Monday, prior to serving vegetables from *Dark Green*, *Red/Orange*, & *Other* subgroups during the remainder of the week. This is allowable under the flexibility for vegetable substitutes in the SBP available during School Year 2023-2024



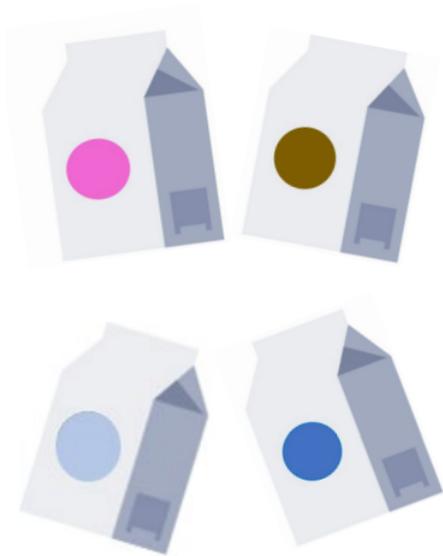


# Fluid Milk



# Milk

Food Component	K-5	6-8	9-12	K-12
Milk	5 c (1)	5 c (1)	5 c (1)	5 c (1)



- Types of milk that may be offered include:
  - Fat-free (skim) unflavored
  - Fat-free (skim) flavored
  - Low-fat (1%) unflavored
  - **Low-fat (1%) flavored**
- At least two varieties of milk must be offered during the meal service
  - One of those must be unflavored



# Transitional Standards for Milk, Whole Grains, and Sodium

- Flavored, low-fat (1%) milk can be offered as part of a reimbursable meal or as a competitive beverage
  - NSLP and SBP for grades K-12
- Flavored, low-fat (1%) milk can also be offered in:
  - SMP and CACFP for children ages 6+

Milk



# SBP Fluid Milk Substitutions

Nutrient	Per cup (8 fl oz)
Calcium	276 mg.
Protein	8 g.
Vitamin A	500 IU.
Vitamin D	100 IU.
Magnesium	24 mg.
Phosphorus	222 mg.
Potassium	349 mg.
Riboflavin	0.44 mg.
Vitamin B-12	1.1 mcg.

<https://www.isbe.net/Documents/admin-handbook.pdf>



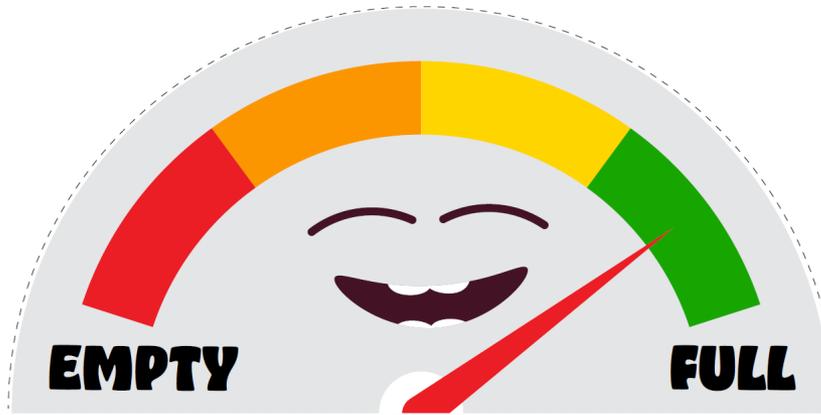
# Increasing SBP Participation



# Illinois SBP Statistics

## Participation - Students Eating on a Daily Basis in NSLP and SBP

School Breakfast Program	Free	Reduced-Price	Paid	Total
Number of Students Eating	304,915	3,167	35,402	343,484
% of Students Eating	31%	14%	7%	23%



# Menu

Offer fresh,  
nutritious, and  
appetizing options

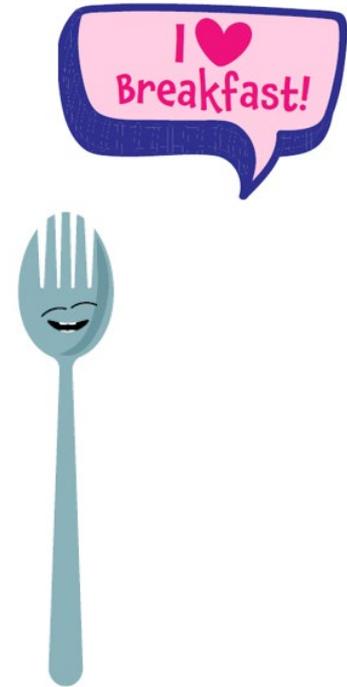
Variety and fun!

Get student input



# Breakfast Promotions

- Celebrate National School Breakfast Week
- Invite parents to breakfast
- Contests
- Theme days
- Serve breakfast at lunch
- Taste test events



# Consider an Alternative Breakfast Model

## Breakfast in the Classroom

- Consumed at the start of the first class of the day in the classroom

## Grab and Go

- Students “grab” a bagged meal and “go” to their first class and consume the meal

## Second Chance

- Breakfast is offered again between the first and second class or a bagged meal is provided to be consumed between classes



# What Does Research Say?



## What does the research say about...

Hunger's impact on learning in the classroom?  
Children who are hungry are more likely to:

- Be hyperactive, absent or tardy.<sup>1</sup>
- Experience behavioral, emotional and academic problems.<sup>2</sup>
- Repeat a grade and have lower math scores.<sup>3</sup>

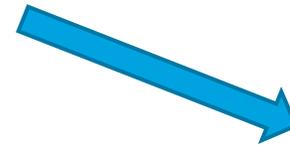
The educational and health benefits of school breakfast? Children who eat school breakfast:

- Demonstrate improved concentration, alertness, comprehension, memory and learning.<sup>4, 5, 6</sup>
- Show improved attendance, behavior and standardized achievement test scores.<sup>7, 8</sup>
- Are more likely to consume diets that meet or exceed standards for important vitamins and minerals.<sup>2, 3, 9</sup>



# How Does it Work?

	Breakfast in the Classroom (BIC)	Grab and Go	Second Chance
Preparation and Service	School nutrition staff packs breakfasts into coolers or insulated bags to be transported to each classroom by school nutrition staff, designated students, or volunteers.	School nutrition staff packs breakfast meals in bags to be picked up from the cafeteria or kiosks in the hallway on the way to class.	Depending on the model used, students can eat in the cafeteria, similar to traditional breakfast, or take a bagged meal to be eaten in between classes or during the next period.
Timing	Students eat during the first 10–15 minutes of class during morning announcements or while the teacher takes attendance or reviews lessons.	Students pick up breakfast meals as they arrive at school and eat on the way to class or at their desks after the bell during the first 10–15 minutes of class.	Students eat after first period, during a morning nutrition break, either in the cafeteria or between classes.
Distribution of Meals	Teachers, school nutrition staff, volunteers, or students distribute meals to students at their desks or before they take their seats, and then record which, or how many, students eat breakfast.	School nutrition staff distributes meals and students are counted via the point of sale (POS) system in the cafeteria, or if using kiosks, through a wireless POS or on manual lists.	School nutrition staff distributes meals and students are counted via the POS system in the cafeteria, or if using kiosks, through a wireless POS or on manual lists.
Clean up	Students clear trash and wipe down desks. Breakfast trash can be placed in the hallway to be collected by custodial staff.	Students clear trash and wipe down desks. Breakfast trash can be placed in the hallway to be collected by custodial staff.	In the cafeteria, clean up is similar to traditional, before-school breakfast service. If serving from kiosks, schools should be sure to provide adequate trash cans in the hallways.
Works Best For...	BIC is ideal for lower-grade levels where children start the day in the same classroom with the same teacher each day, making delivery, counting, and claiming smoother for teachers and school nutrition staff.	"Grab and go" works well for schools that do not have the capacity to deliver food to each classroom or have infrastructure obstacles (e.g., multiple stories) that make delivery impracticable.	Second chance breakfast works particularly well for secondary schools because older students are often not hungry early in the morning and tend to arrive at school closer to the start of the school day.



## HOW IT WORKS

Prepared by the Food & Research & Action Center [www.FRAC.org](http://www.FRAC.org)



Illinois State Board of Education

<https://frac.org/wp-content/uploads/how-it-works-bic-fact-sheet.pdf>

# SBP Administrative Tasks

Submit Annual WINS Application (All sites and sponsors!)

Collect HEAs (Non-CEP schools)

Daily Meal Counts

Submit Monthly Meal Claims

Verification (Non-CEP schools)

Submit Verification Summary Report (Non-CEP schools)

Production Records

Direct Certification Report (Non-CEP schools)



# Contact Info

## Illinois State Board of Education Nutrition Programs



# QUESTIONS?

