



School Breakfast Program



Implementing the School Breakfast Program

January 21, 2014

**Illinois State Board of Education
Nutrition and Wellness Programs Division**

Agenda



- **FY2009-FY2013 NSLP/SBP Meal Data Trends**
- **Meal Pattern Requirement for SY 2013-14 and SY 2014-15**
 - **Meal Pattern Components**
 - **Nutrient Requirements**
 - **Offer Versus Serve (OVS)**
- **Options for SBP Service**
- **IL SBP Mandate**
- **SBP Expansion Grant Opportunity**
- **SBP Resources**

Illinois NSLP/SBP Meal Data (FY2009- FY2013)



Illinois	FY2009	FY2010	FY2011	FY2012	FY2013*
SBP - Total Breakfasts Served	50,333,800	58,409,669	63,050,233	68,554,960	72,504,933
NSLP - Total Lunches Served	190,133,762	195,217,462	194,482,208	190,142,378	189,785,904
% of SBP/NSLP meals	26.47%	29.92%	32.42%	36.05%	38.20%
National	FY2009	FY2010	FY2011	FY2012	FY2013*
SBP - Total Breakfasts Served	1,866,661,717	1,968,020,796	2,048,155,587	2,145,176,689	2,217,949,224
NSLP - Total Lunches Served	5,186,058,390	5,278,295,783	5,274,447,101	5,214,815,019	5,087,276,193
% of SBP/NSLP meals	35.99%	37.29%	38.83%	41.14%	43.60%
<ul style="list-style-type: none"> • Preliminary Data for FY2013 . All data via USDA as of January 10, 2014 - http://www.fns.usda.gov/pd/cnpmain.htm. 					

SBP Meal Pattern for SY 2013-14



Effective July 1, 2013:

- A single Food-Based Menu Planning approach
- Three age/grade groups for planning breakfasts
 - K-5
 - 6-8
 - 9-12



Food Components



- **Required Components**

- Fruits/Vegetables

- Grains

- ✦ Meat/Meat Alternates can be used as a replacement for grains or can be served as an extra.

- Fluid Milk

- ✦ Offer *only* fat-free (flavored or unflavored) and low-fat (unflavored) milk

	K-5	6-8	9-12
Fruits/Vegetables	2.5 (1/2) - Cups	2.5 (1/2) - Cups	2.5 (1/2) - Cups
Grains	7 (1) - Oz Eq	8 (1) - Oz Eq	9(1) - Oz Eq
Meat/Meat Alternates	0	0	0
Fluid Milk	5 (1) - Cups	5 (1) - Cups	5 (1) - Cups

Fruit/Vegetable Component



- **Must offer daily – 1/2 cup**
 - Fruit OR vegetables can be used to satisfy 1/2 cup requirement
- **No maximum limit on fruit quantities**
 - Calorie ranges must be met
- **Fresh, frozen, canned, 100% juice and dried fruit allowed**
 - No fruit juice limit for SY2013-14
 - Permanent allowance for frozen fruit with added sugar

Grains Component



- Weekly grain ranges allow flexibility to vary daily offerings
 - Grain maximums have been permanently lifted by USDA.
- Half of grains must be whole grain rich (WGR)
- Grain-based desserts
 - No grain-based dessert restriction at breakfast. However, some grain products can *only* be served as desserts in lunch/not allowable in breakfast (brownies, cookies). Refer to Grains Instruction and superscript numbers.

Meats/Meat Alternates Substituted for Grains



- Schools may substitute a meat/meat alternate at breakfast for a grain.
 - Prerequisite: Must first offer 1 ounce equivalent of an actual grain item daily
 - Offers menu planning flexibility while promoting whole grain-rich foods consistent with DGAs
- When substituted for grains, the meat/meat alternate counts toward the weekly grains range *and* the dietary specifications

Meats/Meat Alternates as Extras



- No requirement to offer Meat/Meat Alternates
 - SFAs can offer meat/meat alternates as extras
 - Not a required component, so no daily minimum or weekly range requirements
 - Not creditable as grains component
 - Not counted for OVS purposes
- Must continue to serve at least the minimum daily grain as part of the meal
- Must fit within the dietary specifications

Calories



- Minimum and maximum calorie levels apply to average meals served over the course of the week
 - Individual meals may be below or above the weekly range

Grades	Calories
K-5	350-500
6-8	400-550
9-12	450-600

One Menu for All Students SY2013-2014



Districts that choose to use one menu plan for all schools and/or grade groupings must plan as follows:

K – 12 Breakfast		
	Weekly Amount/Range	Daily Minimum
Fruits/Vegetables	2.5 Cups	1/2 Cup
Grains – Half WGR	9 Oz Eq	1 Oz Eq
Fluid Milk	5 Cups	1 Cup
Calories	450-500	-
Saturated Fat	Less than 10%	-
Trans Fat	Zero grams per serving	

No requirement to serve meat/meat alternates.

Offer vs Serve (OVS)



- OVS at breakfast is optional for all grades.
- Students must be offered all three components, and no less than 4 items.

What Counts as an Item:	
Fruits/Vegetables	½ Cup
Grains	1 Oz Eq
Fluid Milk	1 Cup

- Students must take at least 3 items.

Offer vs Serve (OVS)



- A large grain may count as more than one item for purposes of OVS in breakfast
 - e.g. 2 oz equivalent muffin = 2 food items
- In addition to the 2 oz grain, at least 2 other food items must also be offered to have OVS
 - Example: School offers 2 oz eq muffin, $\frac{1}{2}$ cup apples, and 1 cup of milk (decline milk or a fruit choice)

Offer vs Serve (OVS)



- Students are allowed to take two of the same grain items
 - If a menu planner offers two different 1 oz eq grain items at breakfast, a student *may* be allowed to take two of the same grain and count as two items
 - ✦ Example: School offers milk and 1 cup fruit, plus two grains: cereal (1 oz eq) and toast (1 oz eq)
 - ✦ Student could select fruit and two toasts = 3 items

There is no requirement that a specific component or components be taken for SY 2013-14.

Offer vs Serve – Example 1



Menu:

- 2 Oz Muffin
- 1/2 Cup Apple Slices
- 1 Cup Milk

Student takes:

- 2 Oz Muffin
- 1 Cup Milk

Yes. Muffin counts as 2 items (2 ozs), with the milk the student has taken, the required 3 item minimum has been met. There is no requirement to take a fruit in SY2013-2014.

**Are at least 3 components menued and 4 items offered?
Is the meal that was taken reimbursable?**

Offer vs Serve (OVS) – Example 2



Menu:

- 1 Oz Wheat Toast
- 1 Oz Mini Muffin
- ½ Cup Peaches
- 1 Cup Milk

Student takes:

- 1 Oz Wheat Toast
- 1 Oz Mini Muffin
- ½ Cup Peaches

Yes. Wheat toast and muffin each count as 1 item. With the ½ cup of peaches, the requirement to take 3 items has been satisfied. There is no requirement to take milk.

Is this meal reimbursable?

Standards Beginning July 1, 2014 (SY 2014-15)



Food Components



- **Required Components**
 - Fruit
 - Grains
 - Fluid Milk
- **Optional/Extra Components**
 - Vegetables
 - Meat/Meat Alternates

	K-5	6-8	9-12
Fruits	5 (1) - Cups	5 (1) - Cups	5 (1) - Cups
Vegetables	0	0	0
Grains	7 (1) - Oz Eq	8 (1) - Oz Eq	9 (1) - Oz Eq
Meat/Meat Alternates	0	0	0
Fluid Milk	5 (1) - Cups	5 (1) - Cups	5 (1) - Cups

SBP Meal Pattern Changes for SY 2014-15



Effective July 1, 2014:

- Must offer fruit daily – 1 cup
 - ✦ No more than half of fruits offered during the week can be juice
- All grains served must be whole grain-rich (WGR)
- Target 1 – Average weekly sodium limit
- Offer vs Serve – Student must select a fruit (or vegetable) for a meal to be reimbursable
 - 1 cup must be offered, but under Offer vs Serve the student only needs to take a $\frac{1}{2}$ cup for meal to be reimbursable.

One Menu for All Students SY2014-2015



Districts that choose to use one menu plan for all schools and/or grade groupings must plan as follows.

K – 12 Breakfast		
	Weekly Amount	Daily Minimum
Fruit	5 Cups	1 Cup
Grains – All WGR	9 Oz Eq	1 Oz Eq
Fluid Milk	5 Cups	1 Cup
Calories	450-500	-
Saturated Fat	Less than 10%	-
Trans Fat	Zero grams per serving	
Sodium	≤ 540	-

No requirement to serve meat/meat alternates or vegetables.

Additional ISBE Training on SBP Meal Pattern



- SBP SY2013-14 Meal Pattern Overview Recorded Webinar, March 28, 2013



- Archived Webinar of ISBE:
 - <http://www.isbe.net/nutrition/htmls/workshops.htm>

There's more than one way to serve SBP!



- Traditional (Cafeteria Service)
- Breakfast in the Classroom
- Grab 'N' Go Breakfast
 - With mobile carts
- Breakfast After First Period



Illinois SBP Service Requirement



- If the October 2013 claim for reimbursement indicates 40% or greater enrolled students eligible for free or reduced price meals at any public school, that school is required to operate a **School Breakfast Program in School Year 2014-2015**.

$$\frac{\# \text{ students eligible for free meals} + \# \text{ of students eligible for reduced meals}}{\# \text{ enrolled}}$$

- ISBE administers the federally-funded School Breakfast Program and the state-funded IL Free Breakfast Program to assist you in implementing a successful program and to supplement the cost of providing the program.
- For additional information on this legislation, including the opt-out provision (deadline February 15), go to http://www.isbe.net/nutrition/htmls/hb_756.htm.

School Breakfast Program Expansion Grant



- Link: <http://www.isbe.net/nutrition/PDF/sbp-expansion-rfp-fy14.pdf>
- ISBE will award up to \$187,000 (\$10,000 per district with at least one *qualifying school*) for the purpose of increasing school breakfast participation.
 - A “qualifying school(s)” is a school participating in NSLP that served 40 percent or more of its lunches to students eligible for free or reduced price in school year 2011-2012.
 - ✦ Priority given to SFAs with qualifying schools that:
 - In October 2013, had at least 75 percent of the students eligible for free or reduced price school lunches under the NSLP,
 - at least 60 percent of students participating in the lunch program, and
 - less than 20 percent of students participating in the breakfast program.
- **Deadline to apply is February 14, 2014.**

ISBE and USDA Resources



- **FNS New Meal Pattern website**
<http://www.fns.usda.gov/cnd/Governance/Legislation/nutritionstandards.htm>

- **Best Practices Sharing Center**
 - SFAs and States can share resources and tools they use to serve healthy menus that meet the new school meal regulations by uploading information to this site
<http://healthymeals.nal.usda.gov/bestpractices>

- **ISBE Website – What’s New**
<http://www.isbe.net/nutrition/default.htm>

School Breakfast Program (SBP)

Print

Energize Your Day with School Breakfast



Welcome to the "Energize Your Day with School Breakfast" Toolkit! Here you will find a collection of digital resources that program operators and other stakeholders may use to establish or expand the breakfast service within their school. Click on the "Introduction" document below for more information, or visit one of the three Toolkit modules to immediately begin exploring the resources contained inside.

- [Introduction \(.pdf\)](#)
- [Toolkit Modules](#)
 - [Getting Started with School Breakfast](#)
 - [Implementing Your Program](#)
 - [Marketing Your Program](#)

<http://www.fns.usda.gov/sbp/toolkit>



Benefits of Breakfast



- Eating breakfast can help improve math, reading, and standardized test scores.^{1, 11, 18}
- Children who eat breakfast are more likely to behave better in school and get along with their peers than those who do not.^{14, 19}
- Breakfast helps children pay attention, perform problem-solving tasks, and improves memory.^{11, 18}
- Children who eat school breakfast are likely to have fewer absences and incidents of tardiness than those who do not.¹⁸
- By eating breakfast, students get more of important nutrients, vitamins and minerals such as calcium, dietary fiber, folate and protein.^{20, 21}
- Studies have shown that children who eat breakfast on a regular basis are less likely to be overweight.^{22, 23, 24}
- Eating breakfast as a child is important for establishing healthy habits for later in life.
- Schools that provide breakfast in the classroom to all students have shown decreases in tardiness and suspensions as well as improved student behavior and attentiveness.^{14, 25}
- What you eat for breakfast can have an impact on learning. One study showed that eating breakfast food high in fiber and low in sugar for breakfast helped students sustain the cognitive effects of breakfast.²⁶
- School Breakfast provides daily servings of fruit, whole grains, and milk, plus roughly 1/2 the recommended calories needed for lasting energy.²⁷

Energize Your Day!
Eat School Breakfast
United States Department of Agriculture

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Breakfast in the Classroom Worksheet

Breakfast in the classroom provides nutritious meals to students who do not have time or inclination to eat breakfast before school. Children can look forward to a good breakfast in the familiar surroundings of their classroom. If the cafeteria is too small, crowded or in use, more students can enjoy a good breakfast when served in the classroom. The classroom setting is also conducive to pairing breakfast with nutrition education lessons.

Who:	Meet with key decision makers at your school to initiate the program. Obtain approval and support from administrator, principal, teachers and food service staff. Staff at each school receives training for set-up and implementation.
What:	A bagged breakfast or individually wrapped servings of breakfast components, served in the classroom to offer students an opportunity to eat the breakfast they may have missed.
When:	During announcements or morning break time
Where:	Breakfast will be delivered to the classrooms in carts or thermal bags, or picked up in the cafeteria by student representatives from each class.
Why:	To increase participation in the breakfast program, promote nutrition education and class socialization, and remove the stigma of before school breakfast service.
How:	Distribution of prepackaged bags or individually wrapped reimbursable breakfast components. Teachers record total number of meals served to students.

Circle YES/NO after each of the following statements to determine if breakfast in the classroom will work for your school.

	YES	NO
1. Buses arrive at school just in time for beginning of instructional period.		
2. Classrooms and the kitchen are on the same floor or have accessibility ramps/elevators.		
3. Classroom schedules are flexible enough to incorporate a short breakfast break.		
4. Food Service and janitorial staff are willing to assist with implementation.		
5. Your administrators are usually open to new ideas and change, or prioritize the quality of the school nutrition environment.		
6. Cafeteria is small and crowded, or facilities are not available for breakfast service.		
7. Community support/demand exists for expanded breakfast availability.		
8. Teachers realize the importance eating breakfast has to the learning process and are open to idea of classroom based service.		
9. Cafeteria is centrally located for ease of service.		

ISBE Contact Information



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