



School Breakfast Program





Dietary Specifications for Breakfast-





USDA Grade Groups- Calories

Grades K-5 350-500 avg cal/week



USDA Grade Groups- Calories

Grades K-5 350-500 avg cal/week

Grades 6-8 400-550 avg cal/week



USDA Grade Groups- Calories

Grades K-5 350-500 avg cal/week

Grades 6-8 400-550 avg cal/week

Grades 9-12 450-600 avg cal/week



USDA Grade Groups- Calories

Grades K-5 350-500 avg cal/week

Grades 6-8 400-550 avg cal/week

Grades 9-12 450-600 avg cal/week



Grades K-12 450- avg cal/week



USDA Grade Groups- Calories

Grades K-5 350-500 avg cal/week

Grades 5-8 400-550 avg cal/week

Grades 9-12 450-600 avg cal/week

Grades K-12 450-500 avg cal/week





Dietary Specifications for Breakfast-

	K-5	6-8	9-12	K-12
Saturated Fat	<10%	<10%	<10%	<10%



Dietary Specifications for Breakfast-

	K-5	6-8	9-12	K-12
Saturated Fat	<10%	<10%	<10%	<10%
Trans Fat	Zero	Zero	Zero	Zero



Dietary Specifications for Breakfast- 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 Current-June 30, 2024	≤540 mg			



Dietary Specifications for Breakfast- 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 Current-June 30, 2024	≤540 mg	≤600 mg		



Dietary Specifications for Breakfast- 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 Current-June 30, 2024	≤540 mg	≤600 mg	≤640 mg	



Dietary Specifications for Breakfast- 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 Current-June 30, 2024	≤540 mg	≤600 mg	≤640 mg	≤540 mg



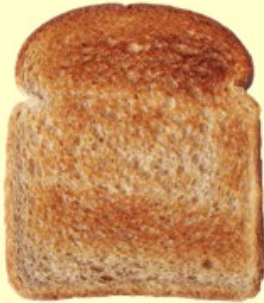


Breakfast Calorie Daily/Weekly

- 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
<p data-bbox="233 582 817 739">1 ounce equivalent (oz eq)</p> 	<p data-bbox="977 586 1141 648">1 cup</p> 	<p data-bbox="1398 586 1562 648">1 cup</p> 



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



Grains

Whole Grain

Whole Grain-Rich

Enriched Grain

Non-creditable Grain



Grains

Whole Grain

100% of the grain in a whole grain item is a whole grain. A whole grain is a grain that has not had its nutrient-rich germ and bran removed, and therefore does not need enrichment. Whole grain will be listed as the first food item on the ingredient list.

Abbreviations:

WG= whole grain

WW=whole wheat



Grains

Whole Grain-Rich

Whole grain rich is a grain product where a minimum of one half of the grains in the product are 100% whole grains. The remaining grains must be enriched grain for the item to be whole grain-rich.

Abbreviation:

WGR= whole grain-rich



Grains

Enriched Grain

Enriched grains are refined grains that have been processed to remove the nutrient-rich bran and germ, and then have thiamin, riboflavin, niacin, folic acid, and iron added after processing.

Commonly called:

Enriched flour

Enriched wheat flour



Grains

Non-creditable Grain

Other grains are refined grains that have been processed to remove the nutrient-rich bran and germ, and then have no nutrients added after processing.

Common examples of non-creditable grains:

All purpose flour

Potato flour

Wheat flour

Any bean flour

Rice flour

Any nut flour

Yellow corn meal



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

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

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	
Choice 2	1.5	1	1.75	2	2		
Choice 3	1.75	2	2	2	2.5		



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

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	9	
Choice 2	1.5	1	1.75	2	2		
Choice 3	1.75	2	2	2	2.5		



Minimum Weekly Total 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	
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

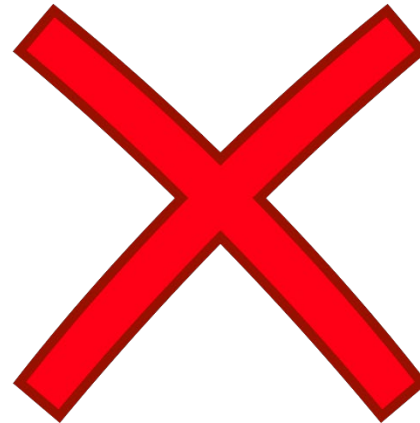
DAILY REQUIREMENT: 1 ounce equivalent
WEEKLY REQUIREMENT: 9 ounce equivalents

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		



Check Grain Calculations

Daily Amounts of Grain and
Weekly Total Amounts of Grain





Minimum Daily Total Grains-Choices

Monday

One line with three entree options

GRAINS FOR GRADES K-8 BREAKFAST						
MINIMUM DAILY REQUIREMENT: 1 OUNCE						
MINIMUM WEEKLY REQUIREMENT: 8 OUNCE EQUIVALENTS						
DAILY CHOICE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	MEETS MINIMUM DAILY REQUIERMENTS?
CHOICE 1	2 WGR					
CHOICE 2	1 ENR					
CHOICE 3	2 WGR					
Daily Minimum						



Minimum Daily Total Grains-Choices

Tuesday

One line with three entree options

GRAINS FOR GRADES K-8 BREAKFAST						
MINIMUM DAILY REQUIREMENT: 1 OUNCE						
MINIMUM WEEKLY REQUIREMENT: 8 OUNCE EQUIVALENTS						
DAILY CHOICE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	MEETS MINIMUM DAILY REQUIERMENTS?
CHOICE 1		1 ENR				
CHOICE 2		2 ENR				
CHOICE 3		2 ENR				
Daily Minimum						



Minimum Daily Total Grains-Choices

Wednesday

One line with three entree options

GRAINS FOR GRADES K-8 BREAKFAST						
MINIMUM DAILY REQUIREMENT: 1 OUNCE						
MINIMUM WEEKLY REQUIREMENT: 8 OUNCE EQUIVALENTS						
DAILY CHOICE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	MEETS MINIMUM DAILY REQUIERMENTS?
CHOICE 1			2 ENR			
CHOICE 2			2 WGR			
CHOICE 3			2 WGR			
Daily Minimum						



Minimum Daily Total Grains-Choices

Thursday

One line with three entree options

GRAINS FOR GRADES K-8 BREAKFAST						
MINIMUM DAILY REQUIREMENT: 1 OUNCE						
MINIMUM WEEKLY REQUIREMENT: 8 OUNCE EQUIVALENTS						
DAILY CHOICE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	MEETS MINIMUM DAILY REQUIERMENTS?
CHOICE 1				1 WGR		
CHOICE 2				2 ENR		
CHOICE 3				2 ENR		
Daily Minimum						



Minimum Daily Total Grains-Choices

Friday

One line with three entree options

GRAINS FOR GRADES K-8 BREAKFAST						
MINIMUM DAILY REQUIREMENT: 1 OUNCE						
MINIMUM WEEKLY REQUIREMENT: 8 OUNCE EQUIVALENTS						
DAILY CHOICE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	MEETS MINIMUM DAILY REQUIERMENTS?
CHOICE 1					2 WGR	
CHOICE 2					1 WGR	
CHOICE 3					2 WGR	
Daily Minimum						



Minimum Weekly Total Grains-Choices

Does this serving line meet daily ounce equivalent requirements?

GRAINS FOR GRADES K-8 BREAKFAST						
MINIMUM DAILY REQUIREMENT: 1 OUNCE						
MINIMUM WEEKLY REQUIREMENT: 8 OUNCE EQUIVALENTS						
DAILY CHOICE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	MEETS MINIMUM DAILY REQUIERMENTS?
CHOICE 1	2 WGR	1 ENR	2 ENR	1 WGR	2 WGR	
CHOICE 2	1 ENR	2 ENR	2 WGR	2 ENR	1 WGR	
CHOICE 3	2 WGR	2 ENR	2 WGR	2 ENR	2 WGR	
Daily Minimum						



Minimum Weekly Total Grains-Choices

Does this serving line meet daily ounce equivalent requirements?

GRAINS FOR GRADES K-8 BREAKFAST						
MINIMUM DAILY REQUIREMENT: 1 OUNCE						
MINIMUM WEEKLY REQUIREMENT: 8 OUNCE EQUIVALENTS						
DAILY CHOICE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	MEETS MINIMUM DAILY REQUIERMENTS?
CHOICE 1	2 WGR	1 ENR	2 ENR	1 WGR	2 WGR	Yes
CHOICE 2	1 ENR	2 ENR	2 WGR	2 ENR	1 WGR	
CHOICE 3	2 WGR	2 ENR	2 WGR	2 ENR	2 WGR	
Daily Minimum	1 oz	1 oz	2 oz	1 oz	2 oz	



Minimum Weekly Total Grains-Choices

Based on daily minimum serving amounts, does this serving line meet the weekly ounce equivalent requirement of grains for grades K-8?

GRAINS FOR GRADES K-8 BREAKFAST						
MINIMUM DAILY REQUIREMENT: 1 OUNCE						
MINIMUM WEEKLY REQUIREMENT: 8 OUNCE EQUIVALENTS						
DAILY CHOICE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	MEETS MINIMUM WEEKLY REQUIERMENTS?
CHOICE 1	2 WGR	1 ENR	2 ENR	1 WGR	2 WGR	
CHOICE 2	1 ENR	2 ENR	2 WGR	2 ENR	1 WGR	
CHOICE 3	2 WGR	2 ENR	2 WGR	2 ENR	2 WGR	
Daily Minimum	1 oz	1 oz	2 oz	1 oz	2 oz	



Minimum Weekly Total Grains-Choices

Based on daily minimum serving amounts, does this serving line meet weekly ounce equivalent requirements for grades K-8?

GRAINS FOR GRADES K-8 BREAKFAST						
MINIMUM DAILY REQUIREMENT: 1 OUNCE						
MINIMUM WEEKLY REQUIREMENT: 8 OUNCE EQUIVALENTS						
DAILY CHOICE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	MEETS MINIMUM WEEKLY REQUIERMENTS?
CHOICE 1	2 WGR	1 ENR	2 ENR	1 WGR	2 WGR	No
CHOICE 2	1 ENR	2 ENR	2 WGR	2 ENR	1 WGR	
CHOICE 3	2 WGR	2 ENR	2 WGR	2 ENR	2 WGR	
Daily Minimum	1 oz	1 oz	2 oz	1 oz	2 oz	



Minimum Weekly Total Grains-Choices

If a student selected the minimum amount of grain each day, the student would receive 7 oz eq of grain for the week.

GRAINS FOR GRADES K-8 BREAKFAST						
MINIMUM DAILY REQUIREMENT: 1 OUNCE						
MINIMUM WEEKLY REQUIREMENT: 8 OUNCE EQUIVALENTS						
DAILY CHOICE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	MEETS MINIMUM WEEKLY REQUIERMENTS?
CHOICE 1	2 WGR	1 ENR	2 ENR	1 WGR	2 WGR	No
CHOICE 2	1 ENR	2 ENR	2 WGR	2 ENR	1 WGR	
CHOICE 3	2 WGR	2 ENR	2 WGR	2 ENR	2 WGR	
Daily Minimum	1 oz	1 oz	2 oz	1 oz	2 oz	



Whole Grain-Rich vs Enriched Grain

A minimum of $\frac{1}{2}$ of all grains served must be:

WHOLE GRAIN-RICH

To be creditable all remaining grains served must be:

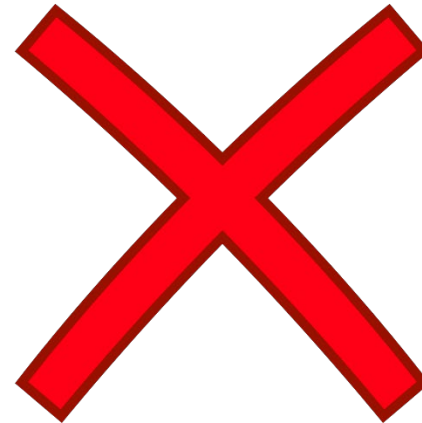
ENRICHED



Grain Calculations

Weekly Total Amounts

Whole Grain-rich vs Enriched Grains





Minimum Weekly Total Grains- Lines

BREAKFAST GRAINS FOR GRADES K-8							
MINIMUM DAILY REQUIREMENT: 1 OUNCE							
MINIMUM WEEKLY REQUIREMENT: 8 OUNCE EQUIVALENTS							
DAILY CHOICE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TOTAL	MEETS MINIMUM WEEKLY REQUIERMENTS?
LINE 1	2 WGR	1 ENR	2 ENR	1 WGR	2 WGR	8	
LINE 2	1 ENR	2 ENR	2 WGR	2 ENR	1 WGR	8	
LINE 3	2 WGR	2 ENR	2 WGR	2 ENR	2 WGR	10	



Minimum Weekly Total Grains- Lines

BREAKFAST GRAINS FOR GRADES K-8							
MINIMUM DAILY REQUIREMENT: 1 OUNCE							
MINIMUM WEEKLY REQUIREMENT: 8 OUNCE EQUIVALENTS							
DAILY CHOICE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TOTAL	MEETS MINIMUM WEEKLY REQUIERMENTS?
LINE 1	2 WGR	1 ENR	2 ENR	1 WGR	2 WGR	8	



Minimum Weekly Total Grains- Lines

BREAKFAST GRAINS FOR GRADES K-8							
MINIMUM DAILY REQUIREMENT: 1 OUNCE							
MINIMUM WEEKLY REQUIREMENT: 8 OUNCE EQUIVALENTS							
DAILY CHOICE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TOTAL	MEETS MINIMUM WEEKLY REQUIERMENTS?
LINE 1	2 WGR	1 ENR	2 ENR	1 WGR	2 WGR	8	Yes



Minimum Weekly Total Grains- Lines

BREAKFAST GRAINS FOR GRADES K-8							
MINIMUM DAILY REQUIREMENT: 1 OUNCE							
MINIMUM WEEKLY REQUIREMENT: 8 OUNCE EQUIVALENTS							
DAILY CHOICE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TOTAL	MEETS MINIMUM WEEKLY REQUIERMENTS?
LINE 1	2 WGR	1 ENR	2 ENR	1 WGR	2 WGR	8	Yes

Total amount of grains offered = weekly minimum 8 ounce equivalents

Grain ratio \geq 50% WGR

5 oz equivalent serving of WGR + 3 oz equivalent serving of Enriched



Minimum Weekly Total Grains- Lines

BREAKFAST GRAINS FOR GRADES K-8							
MINIMUM DAILY REQUIREMENT: 1 OUNCE							
MINIMUM WEEKLY REQUIREMENT: 8 OUNCE EQUIVALENTS							
DAILY CHOICE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TOTAL	MEETS MINIMUM WEEKLY REQUIERMENTS?
LINE 2	1 ENR	2 ENR	2 WGR	2 ENR	1 WGR	8	



Minimum Weekly Total Grains- Lines

BREAKFAST GRAINS FOR GRADES K-8							
MINIMUM DAILY REQUIREMENT: 1 OUNCE							
MINIMUM WEEKLY REQUIREMENT: 8 OUNCE EQUIVALENTS							
DAILY CHOICE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TOTAL	MEETS MINIMUM WEEKLY REQUIERMENTS?
							No
LINE 2	1 ENR	2 ENR	2 WGR	2 ENR	1 WGR	8	



Minimum Weekly Total Grains- Lines

BREAKFAST GRAINS FOR GRADES K-8							
MINIMUM DAILY REQUIREMENT: 1 OUNCE							
MINIMUM WEEKLY REQUIREMENT: 8 OUNCE EQUIVALENTS							
DAILY CHOICE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TOTAL	MEETS MINIMUM WEEKLY REQUIERMENTS?
							No
LINE 2	1 ENR	2 ENR	2 WGR	2 ENR	1 WGR	8	

Total amount of grains offered = weekly minimum 8 ounce equivalents

Grain ratio < 50% WGR

3 oz equivalent serving of WGR + 5 oz equivalent serving of Enriched



Minimum Weekly Total Grains- Lines

BREAKFAST GRAINS FOR GRADES K-8							
MINIMUM DAILY REQUIREMENT: 1 OUNCE							
MINIMUM WEEKLY REQUIREMENT: 8 OUNCE EQUIVALENTS							
DAILY CHOICE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TOTAL	MEETS MINIMUM WEEKLY REQUIERMENTS?
LINE 1							Yes
LINE 2	1 ENR/1WGR	2 ENR	2 WGR	2 ENR	2 WGR	10	
LINE 3							

Total amount of grains offered = weekly minimum 8 ounce equivalents

Grain ratio = 50% WGR

5 oz equivalent serving of WGR + 5 oz equivalent serving of Enriched



Minimum Weekly Total Grains- Lines

BREAKFAST GRAINS FOR GRADES K-8							
MINIMUM DAILY REQUIREMENT: 1 OUNCE							
MINIMUM WEEKLY REQUIREMENT: 8 OUNCE EQUIVALENTS							
DAILY CHOICE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TOTAL	MEETS MINIMUM WEEKLY REQUIERMENTS?
LINE 3	2 WGR	2 ENR	2 WGR	2 ENR	2 WGR	10	



Minimum Weekly Total Grains- Lines

BREAKFAST GRAINS FOR GRADES K-8							
MINIMUM DAILY REQUIREMENT: 1 OUNCE							
MINIMUM WEEKLY REQUIREMENT: 8 OUNCE EQUIVALENTS							
DAILY CHOICE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TOTAL	MEETS MINIMUM WEEKLY REQUIERMENTS?
							Yes
LINE 3	2 WGR	2 ENR	2 WGR	2 ENR	2 WGR	10	



Minimum Weekly Total Grains- Lines

BREAKFAST GRAINS FOR GRADES K-8							
MINIMUM DAILY REQUIREMENT: 1 OUNCE							
MINIMUM WEEKLY REQUIREMENT: 8 OUNCE EQUIVALENTS							
DAILY CHOICE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TOTAL	MEETS MINIMUM WEEKLY REQUIERMENTS?
							Yes
LINE 3	2 WGR	2 ENR	2 WGR	2 ENR	2 WGR	10	

Total amount of grains offered = weekly minimum 8 ounce equivalents

Grain ratio \geq 50% WGR

6 oz equivalent serving of WGR + 4 oz equivalent serving of Enriched



Meat/meat alternate grain substitutes

- Menu must provide at least 1 oz/oz eq of grains daily
- M/MA may substitute for a second grain offered, one true grain must be offered for m/ma to substitute
- 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

Breakfast ONLY Meat Alternates Substitutes for 1 oz Grain	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





Daily Serving of Fruit

1 cup

Fruit must be served at breakfast daily





Fruits- Fresh

–whole or cut





Fruits-Frozen

Frozen –with or without added sugar





Fruits-Canned



- Fruit in 100% 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-Dried

–credits at twice the volume

$\frac{1}{4}$ cup serving credits as a $\frac{1}{2}$ cup component





Minimum of $\frac{1}{8}$ cup to count toward daily total

Can offer combination of various fruits to meet daily total

All servings based on actual volume served, except dried fruit





Vegetables at Breakfast

Effective February 15, 2019 – September 20, 2019

Any vegetable may be served in place of fruit without consideration of the vegetable subgroup.

Effective October 1, 2019 – Next Reauthorization

SFA using vegetables in place of fruit at breakfast must menu vegetables from the Dark Green, Red/Orange, Beans/Peas, or Other subgroups if planning to offer from the Starchy vegetable subgroup.



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
 - Unflavored milk must be one of the choices offered



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 physician
medical statement





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





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)



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



NEW! USDA OVS Breakfast Tool

USDA
United States Department of Agriculture
Food and Nutrition Service

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>

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<https://www.fns.usda.gov/tn/offer-versus-serve-national-school-lunch-program-posters>



What Makes a School Breakfast



grain



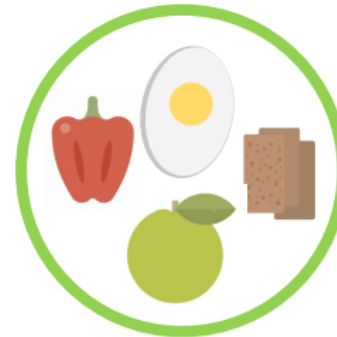
**fruit (or
vegetable)**



milk

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.

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<https://www.isbe.net/Documents/OfferVsServeBfast.pdf>



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



Team Nutrition

MYPLATE GUIDE TO
SCHOOL BREAKFAST
for Families

FRUITS
A full cup of fruit is available every day, providing nutrients that are important for kids' health, such as potassium, dietary fiber, vitamin C, and folate (folic acid).

MILK
Kids and teens need the calcium, protein, and vitamin D found in milk for strong bones, teeth, and muscles.

VEGETABLES
Every breakfast does not include vegetables, but schools may offer them in place of fruits.

GRAINS
Starting every day the whole grains way gives kids and teens B vitamins, minerals, and fiber to feel fuller longer so they stay alert to concentrate at school.

PROTEIN FOODS
Some breakfast menus may offer items such as eggs, nuts, or meats to pair with whole grain options.

Visit teamnutrition.usda.gov for additional tips and activities.

HOW DOES SCHOOL BREAKFAST HELP FAMILIES?

Fuels learning
Kids and teens can concentrate on their schoolwork better when they're not hungry. Studies show that kids do better in school when they eat breakfast.

Provides better nutrition
Studies show that people who eat breakfast have higher intakes of dietary fiber, B vitamins, calcium, iron, and other nutrients.

Saves time
School breakfast can simplify mornings for families by offering kids and teens healthy options that fit into their schedule.

HOW CAN FAMILIES HELP THEIR CHILD EAT A HEALTHY BREAKFAST?

- Read the menu with your child to make sure your student knows about all the foods that are included in their school breakfast.
- Find out how your parent organization can work with school nutrition professionals to promote breakfast options at your school, such as Breakfast in the Classroom.

Visit Choosemyplate.gov/Families for additional tips and activities for families.

The School Breakfast Program (SBP) provides cash assistance to States to operate nonprofit breakfast programs in schools and residential child care institutions. The USDA Food and Nutrition Service administers the SBP at the Federal level. State agencies administer the SBP at the State level, and local school food authorities operate the Program in schools.

Learn more at: www.fns.usda.gov/sbp/school-breakfast-program-sbp

FNS-633
August 2016
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USDA Fact Sheet



THE SCHOOL BREAKFAST PROGRAM



1. What is the School Breakfast Program?

The School Breakfast Program (SBP) is a federally assisted meal program operating in public and non-profit private schools and residential child care institutions. The SBP started in 1966 as a pilot project, and was made a permanent entitlement program by Congress in 1975.

Participation in the SBP has slowly but steadily grown over the years: 1970: 0.5 million children; 1980: 3.6 million children; 1990: 4.0 million children; 2000: 7.5 million children; 2010: 11.67 million children; and 2016: 14.57 million children.

2. Who administers the SBP?

The Food and Nutrition Service (FNS) of the United States Department of Agriculture (USDA) administers the Program at the Federal level. At the State level, the Program is administered by State agencies, which operate the SBP through agreements with local school food authorities. State agency contact information is available at: <https://www.fns.usda.gov/school-meals/school-meals-contacts>.

3. How does the Program work?

The SBP is generally operated by public or non-profit private schools of high school grade or below. Public or non-profit private residential child care institutions may also participate in the SBP, and charter schools may participate in the SBP as public schools. School districts and independent schools that choose to participate in the Program must serve breakfast meals meeting Federal nutrition requirements, and offer free or reduced

price breakfasts to all eligible children. In exchange, participating institutions receive cash subsidies from the USDA for each reimbursable meal served.

4. What are the nutrition requirements for school breakfasts?

All school breakfasts must meet Federal nutrition requirements, though decisions about the specific foods to serve and how the foods are prepared are made by local school food authorities. Information about the SBP meal pattern requirements may be found on the School Meals website: <https://www.fns.usda.gov/school-meals/nutrition-standards-school-meals>.

5. How can children qualify for free or reduced price school breakfast?

Children may be determined "categorically eligible" for free meals through participation in certain Federal Assistance Programs, such as the Supplemental Nutrition Assistance Program, or based on their status as a homeless, migrant, runaway, or foster child. Children enrolled in a federally-funded Head Start Program, or a comparable State-funded pre-kindergarten program, are also categorically eligible for free meals. Children can also qualify for free or reduced price school meals based on household income and family size. Children from families with incomes at or below 130 percent of the Federal poverty level are eligible for free meals.

SCHOOL BREAKFAST PROGRAM



Those with incomes between 130 and 185 percent of the Federal poverty level are eligible for reduced price meals. Schools may not charge children more than 30 cents for a reduced price breakfast. To see the current Income Eligibility Guidelines, please visit: <https://www.fns.usda.gov/school-meals/income-eligibility-guidelines>.

6. What are the current reimbursement rates for participating schools?

School food authorities are reimbursed for meals based on children's free, reduced price, or paid eligibility status. For current SBP reimbursement rates, please see: <http://www.fns.usda.gov/school-meals/rates-reimbursement>. Schools serving a higher percentage of low-income students (at least 40 percent of children receive free or reduced price lunch) are considered "severe need" schools and are eligible for a higher reimbursement rate. Schools in Alaska, Hawaii, and Puerto Rico also receive a higher reimbursement rate, due to the higher cost of food in those areas.

7. What breakfast service options are available to schools?

In addition to the traditional, cafeteria-based breakfast model, schools may also consider an alternative breakfast model. For example, "Breakfast in the Classroom" involves serving the breakfast meal to children during a morning class, often while the teacher is taking attendance or giving classroom announcements. Schools operating "Grab & Go Breakfast" serve children a breakfast "to go," often in a paper or plastic bag, before school or during a morning break. To learn more about these and other breakfast service options, please see the School Breakfast Program webpage: <https://www.fns.usda.gov/sbp/school-breakfast-program-sbp>.

8. What additional support do schools receive from FNS?

Through its Team Nutrition initiative, FNS provides training and technical assistance to school nutrition professionals to enable them to prepare and serve nutritious meals that meet the Program meal pattern requirements and appeal to children. The Team Nutrition Resource Library has web-based resources available to help children and school nutrition professionals understand the link between diet and health. State and local agencies may request free printed copies of certain Team Nutrition materials. To learn more, visit: <http://www.fns.usda.gov/tn/team-nutrition>.

9. Where can I go to learn more about the SBP?

For more information about the SBP, please contact the State agency responsible for the administration of the Program in your State: <https://www.fns.usda.gov/school-meals/school-meals-contacts>.



USDA's Food and Nutrition Service <https://www.fns.usda.gov/>
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Updated November 2017

SCHOOL BREAKFAST PROGRAM



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



- Interactive Web-Based Food Buying Guide
 - <https://foodbuyingguide.fns.usda.gov/Home/Home>
 - Grain Chart- Exhibit A (USDA)
 - <https://foodbuyingguide.fns.usda.gov/Content/TablesFBG/ExhibitA.pdf>
- USDA Breakfast Fact Sheet
 - <https://fns-prod.azureedge.net/sites/default/files/resource-files/SBPfactsheet.pdf>
- Team Nutrition
 - <https://pueblo.gpo.gov/TN/TNPubs.php?PubID=15107>



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

TODAY'S LUNCH MENU  [Enter school name]

[Enter]
[Enter]
[Enter]
[Enter]
[Enter]

[Other Additional Menu Details Can Go Here or C

THIS WEEK FOR LUNCH [Enter school name]


MONDAY	TUESDAY	WEDNESDAY
[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, al la carte, etc.]
[Enter]	[Enter]	
[Enter]	[Enter]	
[Enter]	[Enter]	

AL LA CARTE [Enter school name]


[Enter]
[Enter]
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[Enter]
[Enter]

[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



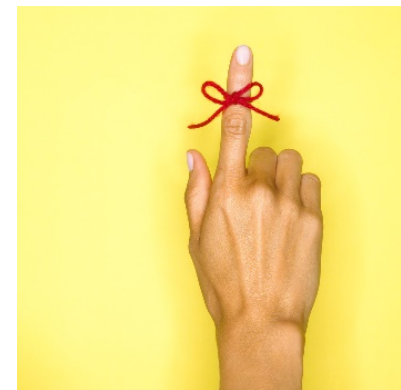
vegetable

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Important things to remember

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





Contact Information

Nutrition Division

800.545.7892 or 217.782.2491

cnp@isbe.net

ISBE Website

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