Breakfast Meal Pattern Requirements

south dakota
DEPARTMENT OF EDUCATION
Learning. Leadership. Service.

1

Welcome to the SD Child and Adult Nutrition Services webinar on Breakfast Meal Pattern requirements in the School Nutrition Program.

Breakfast Meal Components

- Fruits: 1 cup

- Grains:

Age-Grade Group	K-5	6-8	9-12
Minimum Daily	1 oz. eq.	1 oz. eq.	1 oz. eq.
Minimum Weekly	7 oz. eq.	8 oz. eq.	9 oz. eq.

- Milk: 1 cup

2

There are 3 meal components for breakfast --- fruits, grains, and milk. 1 cup of fruit and 1 cup of milk is required for all grade groups. As you can see here grain requirements are a 1 oz equivalent minimum per day, but the weekly minimum varies by grade group. Grades K-5 need 7 oz equivalents at minimum per week. Grades 6-8 need 8 oz. equivalents at minimum per week and grades 9-12 need 9 oz equivalents at minimum per week.

Grade Groups

Same grade groups for NSLP and SBP:

- K-5
- 6-8
- 9-12

There is MORE menu planning flexibility at breakfast.

3

•The same grade groups are used for planning lunches and breakfasts.

•The grade groups are now narrower to provide age-appropriate meals.

As you will see in the following slides, there is significant overlap in component and nutrient standard requirements. This provides further flexibility for schools that serve more than one age-grade group at breakfast and means a single menu can be used for all grade groups!

		Breakfast Meal Pattern		
		Grades K-5	Grades 6-8	Grades 9-12
Meal Pattern		Amount of Food Per Week (Minimum Per Day)		
Fruits[d] (cups)		5 (1)	5 (1)	5 (1)
Vegetables[d] (cups)		No requirement, substitution for fruit allowed.		
Veg subgroups				
Dark Green		0	0	0
Red / Orange		0	0	0
Beans/Peas (Legumes)		0	0	0
Starchy[d]		0	0	0
Other		0	0	0
Grains (oz eq)		7-10 (1)	8-10 (1)	9-10 (1)
Meat/Meat Alternates (oz eq)		No requirement, substitution in place of grains allowed after 1 oz eq daily requirement met.		
Fluid Milk (cups)		5 (1)	5 (1)	5 (1)

Breakfast Meal Pattern

Here are the Breakfast Meal Pattern requirements. This table shows both the daily and weekly minimum requirement for each food component.

The daily fruit requirement is 1 cup.
Half of grains served must be Whole Grain Rich, the remaining does not have to be Whole Grain Rich.
Milk requirements will include low-fat flavored milk as well as the previously accepted non-fat flavored and unflavored and low-fat unflavored.

For breakfast, vegetables may be substituted for fruits, but the 1st two cups per week of any such substitution must be from the dark green, red/orange, other, beans/peas (legumes) subgroups **before you can serve the Starchy subgroup.**

Now we will discuss each individual component and their requirements for the breakfast meal pattern.

Fluid Milk (Breakfast)

- Same requirements as Lunch
- Allowable milk options:
  - Must be pasteurized fluid milk
  - Fat-free (unflavored or flavored)
  - Low-fat (unflavored or flavored)
  - Fat-free or low-fat (lactose-reduced or lactose-free)
- Must offer at least **two** choices
- For all grade groups schools must offer at least 1 cup daily.

5

- Milk has the same requirements as it does for lunch.
- All milk must be pasteurized.
- Schools must offer at least **two** milk choices, and one of them must be unflavored.
- Allowable milk options include fluid fat-free and low-fat milk, and the milk may be flavored or unflavored.
- For all grade groups schools must offer at least 1 cup daily.

TA1

Fruit (Breakfast)

Schools must offer 1 cup of fruit daily.
◦ Fresh, frozen, dried, or canned fruit pieces
◦ 100% fruit juice limited to no more than half of the weekly fruit credit
   ◦ 100% juice no more than 2.5 cups per week
   ◦ For example, ½ cup fruit pieces and ½ cup 100% juice daily fits the juice requirement

6

- Schools must offer 1 cup of fruit daily. The fruit can be fresh, frozen, dried or canned fruit pieces.
- There is a limit on how much juice can be served: No more than half of the weekly fruit may be credited in the form of 100% fruit or vegetable Juice. So that means no more than 2.5 cups per week of juice.

- For example, ½ cup grapes and ½ cup OJ meets the 1 cup daily fruit requirement.

Slide 6

Fruit (Breakfast)

Schools may offer a:
- Single fruit
- Combination of fruits
- Combination of fruit pieces and 100% fruit juice

7

Here are the options for how fruit can be offered to students: Schools may offer a single fuit, a combination of fruites, or a combination of fruit pieces and 100% fruit juice.

Now we are going to look at some Juice labels and decide if the juice is creditable.

Here we have an ingredient label for juice. We need to read the label and figure out if this juice is creditable or not.

The first ingredient in this juice is 100% fruit juice and the label says 100% juice. That means that this juice **is** creditable.

*ary box appear on advance click**

*circles and answer box appear on advance click**

CREDITABLE JUICE OR NOT?

Yes, this juice is creditable!

Label: 100% APPLE JUICE
FROM CONCENTRATE WITH VITAMIN C

Ingredients: CONTAINS PURE FILTERED WATER, CONCENTRATED APPLE JUICE, VITAMIN C (ASCORBIC ACID).

9

Let's try another one. First ingredient listed for this juice is water, but the **label says 100% juice**. That means that this juice **is** creditable.

circles and answer box appear on advance click

The first ingredient on this juice label is water and label does not say 100% juice. There are also a lot of other ingredients on the this juice label. The slide only shows the first handful of ingredients. That means that this juice is **NOT** creditable.

X and answer box appear on advance click

CONFERENCE CALL TOPIC

Vegetable Juice

Ingredients

WATER, SWEET POTATO, JUJUBE, APPLE AND PEAR JUICE CONCENTRATES, LESS THAN 2% OF DRAGON PUNCH, CARROT AND ARONIA JUICE CONCENTRATES, NATURAL FLAVORS, ASCORBIC ACID (VITAMIN C), MALIC ACID, CELERY, BETA CAROTENE (COLOR), KALE, BROCCOLI, LETTUCE, AND SPINACH CONCENTRATES, D-ALPHA TOCOPHERYL ACETATE (VITAMIN E), VITAMIN A PALMITATE

11

Here is a label for Vegetable Juice.   We can see that it contains both fruits and vegetables so you may be wondering how does it credit? Should this credit as a fruit or vegetable?
This juice would be credited as a vegetable, since the first ingredient after water is sweet potato. It would count in the additional vegetable subgroup.
If water is the first ingredient, the package must say 100% Juice

Vegetables (Breakfast)

Potatoes at breakfast:
- Serve as an extra food with no component credit

  - This is counted in nutrient standards!

    or
  - Follow vegetable substitution rule

12

- At breakfast there are some exceptions and flexibilities when menu planning. We will present all the rules and flexibilities today, but we strongly encourage you to begin with a simple menu plan.
- Once you become comfortable with the simple menu, you can try out the various flexibilities if they work for your school. We consider these complicated or masters level menu planning.

- For breakfast, vegetables may be substituted for fruits, but the 1st two cups per week of any such substitution must be from the dark green, red/orange, other, beans/peas (legumes) subgroups **before you can serve Starchy subgroup.**

- There is also a rule for menu planning Starchy vegetables like hash brown potatoes. You can serve it as an extra food with no component credit, or you can follow the vegetable substitution rule. The menu must contain 2 cups from any other veg subgroup (dark green, red/orange, beans peas (legumes), or other in order to include a Starchy veg on the breakfast menu.

- There is also a requirement for students to take a minimum of ½ cup of fruit or

vegetable under Offer Vs. Serve.

Grains (Breakfast)

Age-Grade Group	K-5	6-8	9-12
Minimum Daily	1 oz. eq.	1 oz. eq.	1 oz. eq.
Minimum Weekly	7 oz. eq.	8 oz. eq.	9 oz. eq.

13

There is a minimum DAILY grain requirement of 1 oz eq. for all grade groups (K-12)
There is a minimum WEEKLY grain requirement for each grade group. Grades K-5 need 7 oz equivalents at minimum per week. Grades 6-8 need 8 oz. equivalents at minimum per week and grades 9-12 need 9 oz equivalents at minimum per week.

Grains (Breakfast)

HALF OF GRAINS MUST BE WHOLE GRAIN RICH

14

Starting with SY 2019-2020, half of grains offered must be whole grain-rich.

Breakfast dietary Specifications

(A.K.A. NUTRIENT STANDARDS)

15

Next we will discuss the Breakfast Dietary Specifications. Dietary Specifications and Nutrient Standards mean the same thing.

Calorie Ranges (Breakfast)

Grade Groups	K-5	6-8	9-12	K-12
Calorie Ranges	350-500	400-550	450-600	450-500

16

- Here are the calorie ranges for Breakfast for each grade group. Remember that calories are calculated using a weekly average. That is done by adding up all the calories in your menus and dividing it by the number of days served.

- You can see on this slide there are many menu planning flexibilities due to the overlap in requirements. You can use a K-12 menu plan with a 450-500 calorie requirement.

- We will go over menu planning flexibilities in just a moment.

Fats (Breakfast)

Same as the lunch fat requirements

Trans Fat- Zero grams per serving, or 0.5g per serving on the label

Saturated Fat- Less than (<) 10% of the total calories can be from saturated fat

17

The requirements for fats at breakfast are the same as lunch. For Trans Fat there needs to be zero grams per serving or .5 grams per serving on the label.

Less than 10% of the total calories can be from saturated fat.

Sodium (Breakfast)

	Target 1	Target 2
	SY2014-15	SY2024-25
K-5	≤540mg	≤485mg
6-8	≤600mg	≤535mg
9-12	≤640mg	≤570mg

18

- Here are the sodium targets for breakfast. Target 1 sodium requirements were retained until SY2023-24, and Target 2 sodium requirements will take effect SY2024-25.
- If you are using a combined menu planning group like K-12, your sodium target is the most strict requirement which would be less than ≤540mg.

Breakfast Menu Planning grade groups

19

Next we will discuss Breakfast Menu Planning for the grade groups.

Grade Groups (Breakfast)

5-day Week-	Grades K-8 Weekly (daily)	Grades K-5 Weekly (daily)	Grades 6-8 Weekly (daily)	Grades 9-12 Weekly (daily)	Grades K-12 Weekly (daily)
Fruits (cups)	5 (1)	5 (1)	5 (1)	5 (1)	5 (1)
Grains (oz eq)	8-10 (1)	7-10 (1)	8-10 (1)	9-10 (1)	9-10 (1)
Fluid Milk (cups)	5 (1)	5 (1)	5 (1)	5 (1)	5 (1)
Min-max Calories, daily avg	400-500	350-500	400-550	450-600	450-500

20

1 outline appears on advance click
2nd outline appears on advance click

- As previously discussed, there are many overlaps in calorie requirements for breakfast for all grade groups. You can use the standard: K-5, 6-8, 9-12 menu plans or you can combine the groups into K-8 or K-12 menu plans
Advance click for circles to appear

The Simple Approach

Whole Grain Rich: Plan a minimum of 1-2 oz eq grain <u>daily</u>, to meet daily & weekly requirements

Fruit: Plan 1 cup fruit <u>daily</u>

Milk: Plan 1 cup <u>daily</u>
◦ at least 2 choices of low-fat or no-fat milk must be offered

Menus must meet **dietary specifications**:
◦ Calorie ranges for grade groups
◦ Zero grams trans fat
◦ <10% of total calories can be from sat fat

21

Bullet points appear on click

You can make breakfast very simple or very complicated.
It is recommend to use the simple approach when you first start.

Here are the requirements for a simple approach breakfast menu. Every day a minimum of 1-2 oz of grains need to be served along with 1 cup of fruit and 1 cup of milk. Remember that at least 2 choices of low fat or no fat milk must be offered.   Menus must also meet those dietary specifications that we discussed for calorie range, trans fat, saturated fat and sodium.

Where's the Beef?

22

You may be asking yourself - Can I add Meat/Meat Alternate to my breakfast menu?
Yes! There are options!

Meat/Meat Alternate (Breakfast)

No m/ma is required
- If you want to serve a M/MA you must plan 1 oz eq grain first.

23

There is no requirement to menu plan a meat/meat alternate at breakfast. Since many schools prefer to add a source of lean protein at breakfast, there is flexibility for the menu planner to allow for meat/meat alternate at breakfast.

Option 1: schools have flexibility to offer a meat/meat alternate in place of grains (or as a substitution) as long as the menu also meets the 1 oz equivalent of grains daily requirement. This is intended to safeguard planning flexibility while promoting the consumption of whole grain-rich foods consistent with the recommendations of the Dietary Guidelines for Americans.

When the meat/meat alternate is offered in place of grains as part of the reimbursable meal, the menu planner counts it toward BOTH the weekly grains requirement AND as a "food item" under OVS.

M/MA (Breakfast)

The menu planner may <u>choose</u> to offer a m/ma.
There are two options:

Option 1: Credit the M/MA and offer 1 oz eq grain

Option 2: Do not credit the M/MA. Serve as an extra/free food.
  ◦ This option is expensive and will likely push you over your calorie, sodium, & saturated fat limits.

24

In the second option, menu planners have discretion to offer meat/meat alternates as extra food, and choose to not credit the extra food toward the creditable grain component. These are considered extras offered outside the reimbursable meal, so they do not get counted in the reimbursable meal – keep this in mind for Offer verses serve.

Also, since meat/meat alternate is not a required component, there is no weekly maximum.

However, schools must continue to serve at least the minimum daily grain as part of the meal. Regardless of the decision of whether or not to substitute a meat/meat alternate for grains, all "extra" food offered would count toward the dietary specifications (calories, sodium, saturated fat, and trans fat).

This option is intended to give menu planners additional flexibility in building a menu that meets all the new meal requirements and while maintaining the option to add a source of lean protein at breakfast.

Food Items at Breakfast:
More flexibilities

Extra or free food items may be offered that do not credit towards any component.

◦ Menus must meet daily and weekly meal pattern requirements without the addition of the extra/free food items.

◦ All extra or free foods must fit within the weekly nutrient standards (calories, saturated fat, trans fat, and sodium)

25

We already discussed how menu planners have discretion to offer meat/meat alternates as extra food, and choose to not credit the extra food toward the creditable grain component. The menu planner may also plan extra food items. These are considered extras offered outside the reimbursable meal, so they do not get counted in the reimbursable meal – keep this in mind if you are on Offer Verses serve. These extra/free foods do not get counted in the daily or weekly component requirements. All "extra" food offered would count toward the dietary specifications (calories, sodium, saturated fat, and trans fat).

And remember, schools must continue to serve at least the minimum daily and weekly component requirements.

Other considerations

BREAKFAST MENUS

26

Now we will discuss a few more things to consider when it comes to breakfast menus.

Grab and Go
Pre-Plated/Bundled Foods

27

Images of grab and go/bundled breakfasts

You may want to consider doing pre-plated breakfast or bundled foods as shown here. These are a convenient and quick option for students who are in a hurry.
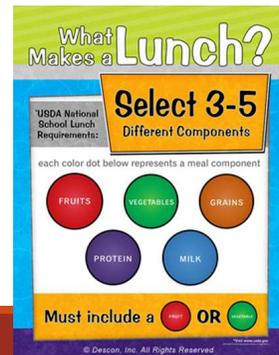
Identify those reimbursable meals!

Help the students and staff understand what is offered as a part of their reimbursable meal.

Identifies minimum requirements under Offer vs. Serve.

Helps with nutrition education.

Identifies a la carte purchases.

Today's Breakfast:
Egg Burrito, Apple, & Milk or
Muffin, Apple, & Milk

What Makes a **Lunch?**

USDA National School Lunch Requirements:

Select 3-5 Different Components

each color dot below represents a meal component

FRUITS   VEGETABLES   GRAINS

PROTEIN   MILK

Must include a FRUIT OR VEGETABLE

© Descon, Inc. All Rights Reserved

28

Identification of a reimbursable meal at or near the beginning of the meal service line is required.

On this slide are a couple of examples of how this can be done.

It is important to help the students and staff understand what is offered as part of their reimbursable meal. It identifies the minimum requirements under Offer vs. Serve, helps with nutrition education and identifies a la carte purchases.

Breakfast Meal Patterns

This training credits for 15 minutes of training in

Key Area 1 - Nutrition

1110 USDA Nutrition Requirements

Your Name:

Date of Training:

south dakota
DEPARTMENT OF EDUCATION
Learning. Leadership. Service.

29

Thank you for watching this Webinar on Breakfast Meal Patterns. This training credits for 30 minutes of training in Key Area 1-Nutrition.

Contact Us

CANS Office

Email: DOESchoolLunch@state.sd.us

Phone: 605-773-3413

Website: doe.sd.gov/cans/index.aspx

south dakota
DEPARTMENT OF EDUCATION
Learning. Leadership. Service.

30

If you have any questions about this training feel free to contact our office via email or phone.

Non-Discrimination Statement

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

(1) Mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;

(2) Fax: (202) 690-7442; or

(3) Email: program.intake@usda.gov.

This institution is an equal opportunity provider.

31