



BREAKFAST MEAL PATTERN REQUIREMENTS

Breakfast Meal Components

- Fruits - 1 cup

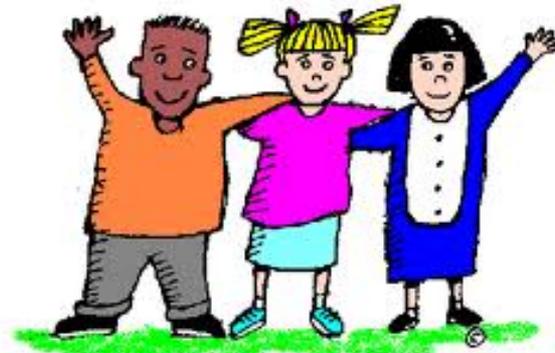
- Grains

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

Grade Groups

- Same grade groups for NSLP and SBP:
 - K-5
 - 6-8
 - 9-12



- There is MORE menu planning flexibility at breakfast.

Breakfast Meal Pattern

	Breakfast Meal Pattern		
	Grades K-5	Grades 6-8	Grades 9-12
	Amount of Food Per Week (Minimum Per Day)		
Meal Pattern			
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)

Fluid Milk (Breakfast)

- Same requirements as Lunch
- Allowable milk options:
 - Must be pasteurized fluid milk
 - Fat-free (unflavored or flavored)
 - Low-fat (unflavored only)
 - 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.



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, $\frac{1}{2}$ cup fruit pieces and $\frac{1}{2}$ cup 100% juice daily fits the juice requirement

Fruit (Breakfast)

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



CREDITABLE



JUICE

Yes, this juice

OR NOT?

is creditable!



Label: 100% Juice

Naturally Cranberry

Ingredients: 100% FRUIT JUICE (FILTERED WATER SUFFICIENT TO RECONSTITUTE APPLE, CRANBERRY AND PEAR JUICE CONCENTRATES), CALCIUM GLUCONATE, CITRIC ACID, NATURAL FLAVORS, CALCIUM LACTATE, ASCORBIC ACID (VITAMIN C), VEGETABLE COLOR.

CREDITABLE



JUICE

Yes, this juice

OR NOT?

is creditable!



Label: 100% APPLE JUICE

FROM CONCENTRATE WITH VITAMIN C

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

CREDITABLE

JUICE

OR NOT is not creditable!

Label: Strawberry Passion Flavored
Juice Beverage

Ingredients: CONTAINS PURE
FILTERED WATER, PINEAPPLE JUICE FROM
CONCENTRATE, SWEETENERS (HIGH
FRUCTOSE CORN SYRUP, SUGAR),
APPLE, PASSIONFRUIT AND
STRAWBERRY JUICES FROM
CONCENTRATE...



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



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

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.



Grains (Breakfast)

- **All** grains must be whole grain rich



(a.k.a. Nutrient Standards)

BREAKFAST DIETARY SPECIFICATIONS

Calorie Ranges (Breakfast)

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

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

Sodium (Breakfast)

	Target 1	Target 2	Target 3
	SY2014-15	SY2017-18	SY2022-23
K-5	≤540mg	≤485mg	≤430mg
6-8	≤600mg	≤535mg	≤470mg
9-12	≤640mg	≤570mg	≤500mg

BREAKFAST MENU PLANNING GRADE GROUPS

Grade Groups (Breakfast)

	Grades K-8	Grades K-5	Grades 6-8	Grades 9-12	Grades K-12
5-day Week-	Weekly (daily)	Weekly (daily)	Weekly (daily)	Weekly (daily)	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

The Simple Approach

- **Whole Grain Rich:** Plan a minimum of 1-2 oz eq grain daily, to meet daily & weekly requirements
- **Fruit:** Plan 1 cup fruit daily
- **Milk:** Plan 1 cup daily
 - 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

Where's the Beef?



Meat/Meat Alternate M/MA (Breakfast)

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



M/MA (Breakfast)



- The menu planner may choose 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.

Food Items at Breakfast: More flexibilities

Extras

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)





Breakfast Menus

OTHER CONSIDERATIONS

Grab and Go Pre-Plated/Bundled Foods



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

