



NEW SCHOOL BREAKFAST PROGRAM MEAL PATTERN

Missouri Dept of Elementary and Secondary Education

Overview

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- Meal pattern overview & timeline
- Age/grade groups
- Meal pattern components in SY 2013/14
 - Milk
 - Fruits/Vegetables
 - Grains (meat/meat alternate)
- OVS
- Nutrients
- Q&A



SBP Changes Effective SY 2013-2014

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- Half of weekly grains must be whole grain-rich
- Minimum weekly grain requirement*
 - *Maximum not assessed for SY 2013-14, per memo SP 26-2013
- Calorie ranges
- Zero grams of *trans fat per portion*
- A single Food-Based Menu Planning approach
- Establish age/grade groups: K-5, 6-8 and 9-12
- 3-year administrative review cycle includes SBP
- States conduct weighted nutrient analysis on one week of menus, or validate the LEA (Local Education Agency)'s analysis.



SBP Changes Effective SY 2014-2015

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- Fruit quantity to increase to 5 cups/week (minimum 1 cup/day)
- All grains must be whole grain-rich
- Target 1 for average weekly sodium limit
- Weekly juice limit
- Starchy Vegetable substitution rule
- Under OVS, meals selected by students must contain ½ cup of a fruit (or vegetable if using substitution)



Additional Future SBP Changes

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- SY 2017-2018
 - Target 2 sodium restriction
- SY 2022-2023
 - Final Target sodium restriction



Food Based Menu Planning - Breakfast

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- Grade Levels (Same as Lunch)
 - K-5
 - 6-8
 - 9-12

- Flexibility in menu planning at breakfast
 - All three grade group requirements overlap at breakfast
 - A single menu can be used for all groups



Breakfast FBMP 2013-2014

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- Must offer 3 components
 - Grains (optional meat/meat alternate after daily grain met)
 - Fruit/Vegetable/Juice
 - Milk



Definitions

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- **Food component:** one of 3 food groups that comprise reimbursable breakfasts
- **Food item:** a specific food offered within the 3 food components; must offer at least 4 food items daily under OVS and students must select at least three food items



SCHOOL BREAKFAST PATTERNS

Meal Pattern	K-5 Daily	6-8 Daily	9-12 Daily
Fruit ¹ (5 cups weekly, grades K – 12, effective July 1, 2014)	1 cup	1 cup	1 cup
Vegetables ² (see note below)	0	0	0
Dark green	0	0	0
Red/Orange	0	0	0
Beans/Peas (Legumes)	0	0	0
Other	0	0	0
Grains ³ (oz. equivalent) K-5: 7 oz minimum – 10 oz maximum weekly 6-8: 8 oz minimum – 10 oz maximum weekly 9-12: 9 oz minimum – 10 oz maximum weekly	1 oz eq.	1 oz eq.	1 oz eq.
Meats/Meat Alternates ⁴ (oz. equivalent) (see note below)	0	0	0
Fluid Milk ⁵ (cups)	1 cup	1 cup	1 cup

¹The fruit requirement, 5 cups per week, minimum of 1 cup daily is effective July 1, 2014 (School year 2014-2015). One quarter-cup of dried fruit counts as ½ cup fruit. No more than half of the fruit or vegetable offerings may be in the form of juice. All juice must be 100% full strength juice.

²For breakfast, vegetables may be substituted for fruits, but the first two cups per week of any such substitution must be from the dark green, red/orange, beans and peas (legumes) or “other vegetables” subgroups.

³At least half of the grains offered must be whole grain-rich beginning July 1, 2013 (School Year 2013-2014). All grains must be whole grain-rich beginning July 1, 2014 (School Year 2014-2015). The minimum - maximum grain ranges must be offered beginning July 1, 2013 (School Year 2013-2014).

⁴There is no separate meat/meat alternate component in the School Breakfast Program. Beginning July 1, 2013 (School Year 2013-2014), schools may substitute 1 oz. eq. of meat/meat alternate for 1 oz. eq. of grains after the minimum daily grains requirement is met.

⁵Fluid milk must be low-fat (1 percent milk fat or less, unflavored) or fat-free (skim unflavored or flavored).

“Offer vs. Serve”

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- “Offer vs. Serve” is an OPTION at BREAKFAST for all grades K-12, which is different from lunch where 9-12 MUST be OVS.
- Under OVS for SY 2013-2014, LEA must offer at least 4 food items and students must select at least three food items
- Food items selected may be from any of the required components and must be in at least the minimum daily portions:
 - ie: 1oz eq grain; 1/2cup fruit/juice; 1 cup milk



Let's start with the 2 easiest...

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- MILK
- FRUIT/VEGETABLE/
100% JUICE



Breakfast Meal Pattern			
	Grades K-5	Grades 6-8	Grades 9-12
Meal Pattern	Amount of Food Per Week (minimum per day)		
Fluid milk (cups)	5 (1)	5 (1)	5 (1)

Must offer a variety (at least 2 choices)

Low-fat (1% or less) – unflavored

Fat-free – unflavored or flavored

Fat-free or low-fat lactose-reduced or lactose-free

Applies to all service types: traditional, breakfast in the classroom, grab-n-go, etc.



Fruits

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Breakfast Meal Pattern			
	Grades K-5	Grades 6-8	Grades 9-12
Meal Pattern	Amount of Food Per Week (minimum per day)		
Fruits (cups)	2.5 (1/2)	2.5 (1/2)	2.5 (1/2)

Selection of fruits may include fresh, frozen without added sugar, canned in juice or light syrup, or dried.

¼ cup of dried fruit equals ½ cup of fruit



Fruit Component

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- Must offer at least ½ cup of fruit and/or vegetables daily
- No maximum limit on fruit/vegetable quantities
- Fresh, frozen without added sugar, canned, and dried forms allowed
 - No fruit juice limit in SY 2013-14
- No OVS requirement to take fruit or vegetable
 - Student must select at least three food items for SY 2013-14



Frozen Fruit Products

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- SP-20 2012-Revised
- SY 2012-2013 new requirement requires fruit served in the NSLP contain no added sugar
- USDA has reduced the amount of added sugars in packing media for frozen fruits
 - However, most frozen strawberries, peaches and apricots offered by USDA contain some added sugars
- To provide LEA's with time to use existing inventories and time for the industry to reformulate new products, schools may continue to serve frozen fruit with added sugar for SY 2013-2014



Fruit Component

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- **Juice must be 100% juice;**
 - NO limitations on juice in SY 2013-2014;
 - However, it is recommended that if juice is offered, schools also offer other fruit options during the week, to assist students in transitioning to the limit on juice offerings effective in SY 2014-15.

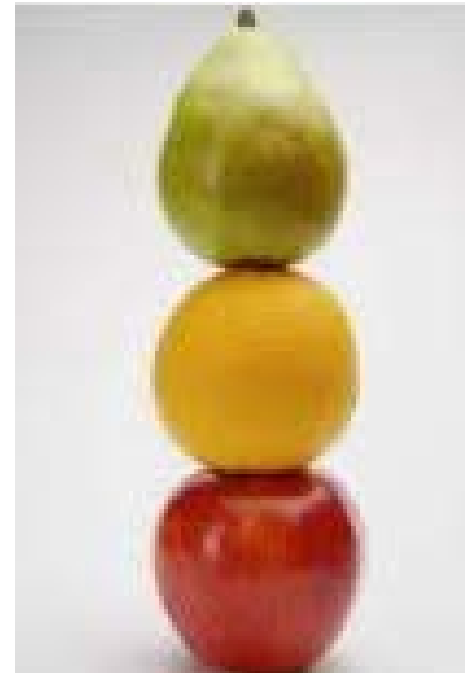
Students are NOT required to take fruit under OVS for SY 2013-2014. But do remember: students must select at least three food items.



Fruit Component

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- Work toward 1 cup fruit/day;
- Work toward no more than half fruit/vegetable offerings in form of juice starting SY 2014-2015;
- Many LEAs are already offering students 1 cup fruit/vegetable/ or 100% juice at breakfast



Fruits- Smoothies

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- Fruit smoothies prepared in-house may credit toward both the fruit and milk components
- Commercial products may only credit toward fruit component
- All meal components must be offered in the required minimum amounts
 - Must still offer variety of fluid milk choices
 - Additional fruit offerings encouraged
- Refer to memo SP 36-2012, released 7/11/12



Questions???



To review the required components for breakfast:

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GRAIN



GRAIN



FRUIT



MILK



Now let's look at GRAIN

21



Grains

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Breakfast Meal Pattern			
	Grades K-5	Grades 6-8	Grades 9-12
Meal Pattern	Amount of Food Per Week (minimum per day)		
Grains (oz eq)	7-10 (1)	8-10 (1)	9-10 (1)

Offer daily and weekly serving ranges of grains at breakfast

Half of grains offered must be whole grain-rich in SY 2013-14

May substitute meat/meat alternate for grains once daily grain minimum is met, to meet the weekly grain requirement.



Grains Component: Flexibility

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- Flexibility in menu planning and complying with weekly ranges for grains in SY 2013-14
 - LEAs compliant if meeting weekly minimum; maximum will *not be assessed*
- No impact on:
 - Daily and weekly minimum for grains for breakfast
 - Weekly calorie ranges are in effect
 - Trans fat and saturated fat also apply



What about large 2oz eq grain items?

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□ Can be counted as 2 items:

- Beginning in SY 2013-14, 1 oz eq is the minimum required amount a child must be offered daily, for all age/grade groups, and counts as one item. Therefore, for purposes of OVS, when a school offers a 2 oz eq grain at breakfast, this large grain item may be counted as two food items. For example, it is acceptable to offer a large grains item (2 oz. eq muffin), fruit and milk. **A student that selects the 2 oz eq muffin and either the milk or the fruit would have a reimburseable meal.**

□ Can be counted as 1 item:

- However, the menu planner may also choose to count it as only one item and offer three additional food items. This decision is made by the menu planner. For example, the menu planner may offer a 2 oz eq muffin, a 1 oz eq piece of toast, fruit and milk. **A student that selects any three items such as the toast, fruit and milk would have a reimburseable meal.**

2 ITEMS



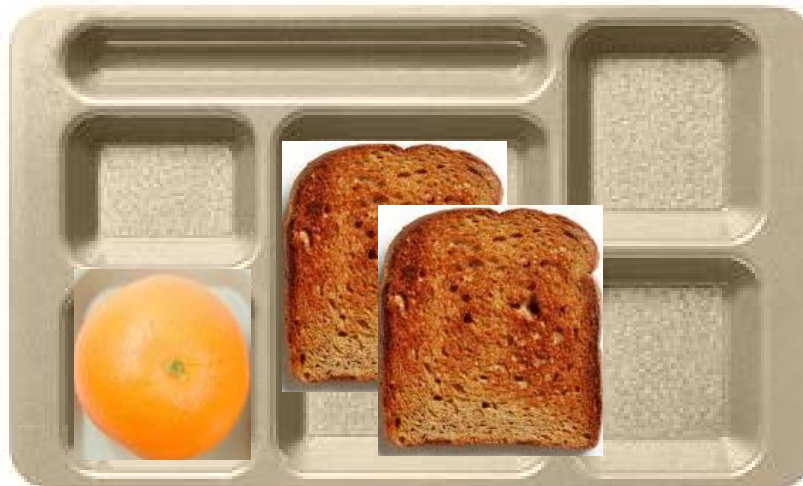
1 ITEM



OVS Question

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- **May a school using OVS offer two different 1 oz eq grain items at breakfast, and allow students to take two of the same grain items and count them as two items for purposes of OVS?**
 - Yes, this is acceptable if the menu planner chooses to do so. For example, a menu may offer 1 cup milk and ½ cup fruit, plus two grains: cereal (1 oz eq) and toast (1 oz eq). The student could select the fruit and two pieces of toast and this would count as the three items required for a reimbursable meal under OVS. The menu planner has discretion whether or not to allow students to select duplicate items.



Whole Grain-Rich Foods

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- In SY 2013-14, half of the grains offered must be whole grain-rich (WGR)
- All grains must be WGR by SY 2014-15
- Increasing availability commercially
 - USDA Foods offers WGR flour, oats, pancakes, tortillas, and rice



Whole Grain Rich Criteria

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- Foods that qualify as whole grain-rich for the school meal programs are foods that contain 100% whole grain or contain a blend of whole-grain meal and/or flour and enriched meal and/or flour of which at least 50% is whole grain.
- Whole grain-rich products must contain at least 50-percent whole-grains and the remaining grain, if any, must be enriched.



Grains

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- Product ingredient listing lists whole grain first, specifically:
 - Non-mixed dishes (e.g. breads, cereals): Whole grains must be the primary ingredient by weight (a whole grain is the first ingredient in the list)

Ingredients:

WHOLE WHEAT FLOUR, WATER, SUGAR, WHEAT GLUTEN, YEAST, RAISIN JUICE CONCENTRATE, WHEAT BRAN, MOLASSES, SOYBEAN OIL, SALT, MONOGLYCERIDES, CALCIUM PROPIONATE (PRESERVATIVE), CALCIUM SULFATE, DATEM, GRAIN VINEGAR, CITRIC ACID, SOY LECITHIN, WHEY, NONFAT MILK

LEARN WHAT THESE NUTRITION FACTS MEAN TO YOU.

Amount/Serving		%DV	Amount/Serving		%DV
Total Fat 1g		2%	Total Carbohydrate 18g		6%
Saturated Fat 0g		0%	Dietary Fiber 2g		8%
Trans Fat 0g			Sugars 3g		
Polyunsaturated Fat 0g			Protein 4g		
Monounsaturated Fat 0g					
Cholesterol 0mg		0%			
Sodium 135mg		6%			
Vitamin A 0% • Vitamin C 0% • Calcium 4% • Iron 6% • Thiamin 4% Riboflavin 2% • Niacin 6% • Folic Acid 2%					

Nutrition Facts

Serving Size 1 slice (38g)
Servings Per Container 18
Calories 90
Calories from Fat 10

*Percent (%) Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower based on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4



Grains

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- Items prepared by school: The recipe is used to determine whether the total weight of whole grain ingredients exceeds the total weight of the non-whole grain ingredients
- Recipe (Whole grain bread stick):

Recipe: 002263 WHOLE GRAIN Bread Stick-ELEM

Recipe Source:

Recipe Group: GRAINS & BREADS

Alternate Recipe Name:

Number of Portions: 300

Size of Portion: 1OZ

05040 FLOUR, WHOLE WHEAT.....	5 LB + 4 OZ
050395 FLOUR, ALL PURPOSE, ENRICHED, WHITE, UNBLEACH...	4 LB + 12 OZ
075151 WATER, HOT.....	3 QT + 1 1/2 CUP
990063 MARGARINE, COMMODITY PROCESSED VALUED.....	3 CUP
000054 MILK, NONFAT DRY, POWDER (INSTANT).....	2 CUP
000992 YEAST, Active Dry.....	1 CUP
075090 SUGAR, GRANULATED.....	2 CUP + 3/4 CUP
089630 SALT.....	1/4 CUP
075015 GARLIC POWDER.....	2 TBSP
901095 ITALIAN SEASONING.....	1 TBSP
990063 MARGARINE, COMMODITY PROCESSED VALUED.....	3 TBSP
115860 CHEESE, PARMESAN, GRATED.....	3 TBSP



Grain-based Desserts

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- No grain-based dessert limit at breakfast (Lunch Only)
- Sugar in grain items is allowed
 - Cinnamon rolls, french toast, etc.
 - Some grain products can *only* be served as desserts in lunch/not allowable in breakfast (brownies, cake, cookies)



Questions???



Meat/Meat Alternate

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- Schools will continue to have the ability to offer a meat/meat alternate at breakfast, even though the new SBP meal pattern does not require a meat/meat alternate component.
- A meat/meat alternate can be offered at breakfast as long as a minimum of at least 1 oz eq of grains is also offered daily



Meat/Meat Alternate

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- Schools that wish to offer a meat/meat alternate at breakfast have two options:
 - Offer a meat/meat alternate in place of grains, provided that at least 1 oz of grains is offered daily.

OR

- Serve a meat/meat alternate as an extra food and not count it toward the weekly grain requirement. The extra meat/meat alternate must fit within the weekly dietary specifications.



Meat/Meat Alternates as Extras

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- When offering a meat/meat alternate as an extra item
 - Must also offer at least 1 ounce equivalent of grains daily
 - The meat/meat alternate does not count toward the grains range
 - The meat/meat alternate does not count for OVS purposes
 - Meat/meat alternate must fit within the weekly dietary specifications



What would it look like to substitute a meat for a grain?

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GRAIN



MEAT/MA in
place of 2nd grain



FRUIT



MILK



What would it look like have meat/meat alternate as an “extra”?

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GRAIN



GRAIN



MEAT/MA as an extra



FRUIT



MILK



A reimbursable breakfast could look like this under OVS:

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GRAIN



MEAT/MA in
place of 2nd grain



FRUIT



MILK



Recap: Offer vs. Serve

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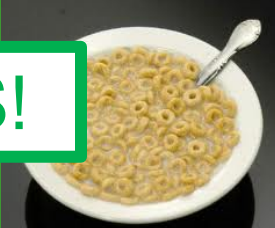
- **Under OVS for SY 2013-2014, LEA must offer at least 4 food items and students must select at least three food items.**
- Food items selected may be from any of the required components and must be in at least the minimum daily portions:
 - ~ ie: 1oz eq grain; 1/2cup fruit/juice; 1 cup milk



Does it work for SY 2013-2014?

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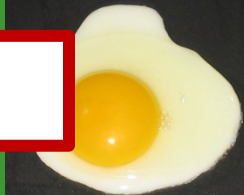
YES!



YES!



NO!



Q: What about potato products for breakfast?

40

- A: For SY 2013-2014:
 - NO substitution requirements;
 - NO vegetable sub-group requirements;
 - Vegetables and fruits may be offered interchangeably;
 - May offer hash browns and mixed items at breakfast if calories allow



NOTE: In school year 2014-2015, the first 2 cups per week of any vegetable substitution for fruit must come from the dark green, red/orange, beans/peas or other vegetable category before the starchy vegetables can be served.



Q: What's up with the bread/grain chart?

41

- The NEW bread/grain chart goes into effect SY2013-2014 for breakfast and lunch;
- Grain amount increases from 14.75 to 16 grams;
- Cereal (flakes/rounds) must be 1 cup or 1 oz (many are 15/16oz, $\frac{3}{4}$ cup so check labels)
- Check labels: some 2 oz eq items will now be 1.75 oz eq or less



Calorie Ranges - Breakfast

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Grade	K-5	6-8	9-12
Min. level	350	400	450
Max. level	500	550	600



Dietary Specifications

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□ Sodium

Target through School Year 2014-2015 Breakfast			
Grades	K-5	6-8	9-12
Level	≤540 mg	≤600 mg	≤640 mg

- Schools will reduce the sodium content of meals gradually over a 10-year period through targets at two years (SY 2014-15), five years (SY 2017-18) and ten years post implementation (SY 2022-23).



Dietary Specifications

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□ Saturated Fat:

Grades	K-5	6-8	9-12
Level	<10% of calories		

□ Trans Fat:

- Nutrition label or manufacturer specifications must indicate zero grams of trans fat per serving.
- Naturally occurring trans fat in meat and dairy are excluded.



K-12 Breakfast

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- A carefully planned Breakfast menu could meet the requirements for all 3 grade groups:
 - 9-10 oz eq grains (Max Grains lifted in SY 13-14)
 - 450-500 calories





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Questions on Breakfast?