**BREAKFAST for the SCHOOL NUTRITION PROGRAM - At A Glance**

### Breakfast Meal Pattern: Based on a 5 Day Week (4 & 7 day weekly minimums will vary)

<table>
<thead>
<tr>
<th>Grade</th>
<th>K-5</th>
<th>6-8</th>
<th>9-12</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Meal Pattern:</strong></td>
<td>Amount of Food Per Week (Minimum Per Day)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fruits (cups)</td>
<td>5 (1)</td>
<td>5 (1)</td>
<td>5 (1)</td>
</tr>
<tr>
<td>Vegetables (cups)</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Meat/Meat Alternate (oz. equivalent)</td>
<td>0</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Grains (oz. equivalent)</td>
<td>7 (1)</td>
<td>8 (1)</td>
<td>9 (1)</td>
</tr>
<tr>
<td>Fluid Milk (cups)</td>
<td>5 (1)</td>
<td>5 (1)</td>
<td>5 (1)</td>
</tr>
</tbody>
</table>

**Other Specifications:**

- **Minimum-Maximum Calories:**
  - 350-500
  - 400-500
  - 450-600
  - The average calories the school week must be within the range (at least the minimum and no more than the maximum values).

- **Sodium (SY 2014-16):**<br>  - <540mg<br>  - <600mg<br>  - <640mg

- **Saturated Fat (% of total calories):**<br>  - ≤10<br>  - ≤10<br>  - ≤10

- **Trans fat:**
  - Nutrition label or manufacturer specifications must indicate zero grams of trans fat per serving

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### Meal Pattern Definitions

**Food Component**

One of 3 food groups offered for a reimbursable breakfast.

1. Grains (Meat/Meat Alternate option allowed)
2. Fruit (Vegetable as a substitution)
3. Fluid Milk

**Food Item**

A specific food offered within a food component.

**Menu Item**

Menu items are the actual foods served such as breakfast burrito, fruit salad, or muffins. Menu items may contain one or more components and count as one or more food items.

**Offer vs. Serve**

*(Optional at all Grade Levels for Breakfast)*

- Must offer at least 4 food items
- Student must take at least 3 food items

**Whole Grain Rich**

All grains offered at breakfast must be whole grain-rich.
Breakfast Food Component

**Fruit**

<table>
<thead>
<tr>
<th>Grades</th>
<th>Daily Minimum Requirement</th>
<th>Weekly Minimum Requirement</th>
</tr>
</thead>
<tbody>
<tr>
<td>All Grades</td>
<td>1 cup</td>
<td>5 cups</td>
</tr>
</tbody>
</table>

- Students are required to take ½ cup fruit under OVS.
- Vegetables may be substituted for fruit.
- At least 2 cups of vegetables from Dark Green, Red/Orange, Other and Legumes sub-groups must be offered in addition to Starchy sub-group, unless the Starchy vegetable is only offered and an “extra” and not credited toward meal pattern.
- 100% Fruit or Vegetable Juice may be used for up to ½ the weekly requirement.

**Fluid Milk**

<table>
<thead>
<tr>
<th>Grades</th>
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</tr>
</thead>
<tbody>
<tr>
<td>All Grades</td>
<td>1 cup</td>
<td>5 cups</td>
</tr>
</tbody>
</table>

- Offer only fat-free (unflavored or flavored) or low-fat (unflavored) milk
- Variety of milk – at least 2 types of milk must be offered

**Grains**

<table>
<thead>
<tr>
<th>Grades</th>
<th>Daily Minimum Requirement</th>
<th>Weekly Minimum Requirement</th>
</tr>
</thead>
<tbody>
<tr>
<td>K-5</td>
<td>1 oz. equivalent</td>
<td>7 oz. equivalents</td>
</tr>
<tr>
<td>6-8</td>
<td>1 oz. equivalent</td>
<td>8 oz. equivalents</td>
</tr>
<tr>
<td>9-12</td>
<td>1 oz. equivalents</td>
<td>9 oz. equivalents</td>
</tr>
</tbody>
</table>

- Sponsors must offer more than the minimum daily amount to meet the weekly requirement.
- The minimum quantity that can be credited towards the grains component is one-quarter of an ounce equivalent (0.25 oz. eq.)
- All grains must be whole grain rich

**Breakfast Meal Option**

**Optional Meat/Meat Alternate**

- No requirement to offer M/MA
- May offer M/MA in place of 1 grain after daily grain requirement is met. (1 oz. equivalent of M/MA may credit as 1 oz. equiv. of grain)
- May offer M/MA as an extra food

**Resources**

Individual training and additional resources for the School Breakfast Program can be found on the ODE School Nutrition training webpage:

[www.ode.state.or.us/go/snptraining](http://www.ode.state.or.us/go/snptraining)
OFFER VS. SERVE for the SCHOOL BREAKFAST PROGRAM

THE BASICS

- OVS—offer at least 4 Food Items from the required 3 Food Components—
  - Grains (with M/MA option),
  - Fruits (or Vegetable Substitute),
  - Milk
- At least 4 Food Items must be offered
- Students must select 3 from any of the offered food items
- Selected items must be in the minimum daily portion size
- Students are required to take ½ cup fruit/vegetable substitute for Offer vs Serve

Menu Planning Chart

<table>
<thead>
<tr>
<th>Components</th>
<th>Food Items</th>
<th>Menu Items</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fruit</td>
<td>Peaches</td>
<td>Fruit of the Day</td>
</tr>
<tr>
<td>Grain</td>
<td>Whole Grain Muffin</td>
<td>Sunrise Muffin</td>
</tr>
<tr>
<td>Grain (M/MA Option)</td>
<td>Egg</td>
<td>Fluffy Omelet</td>
</tr>
<tr>
<td>Milk</td>
<td>1% Milk Non-fat Chocolate Milk</td>
<td>Choice of 1% or Chocolate Milk</td>
</tr>
</tbody>
</table>

- Menu offers at least 4 Food Items
- Student must select at least 3 items for a reimbursable meal
- Student may take all 4 food items offered
# IDENTIFYING A REIMBURSABLE SCHOOL BREAKFAST

## Offer:

**Cereal** – 1 oz. equivalent  
**Strawberries** – 1 cup  
**Toast** – 1 oz. equivalent  
**Milk** – 1 cup

### OVS – Student may select:
1. Cereal, Strawberries & Toast  
2. Strawberries, Toast & Milk  
3. Cereal, Strawberries & Milk  
4. All 4 Food Items

## Offer:

**Muffin** – 2 oz. equivalent  
**Banana** – 1 cup  
**Milk** – 1 cup

### OVS – Student may select:
1. Muffin & Banana  
2. Muffin, Banana & Milk

## Offer:

**Breakfast pizza** – 1 oz. equiv. Grain + 1 oz. M/MA extra  
**Muffin** – 1 oz. equivalent  
**Orange Juice** – 1 cup  
**Milk** – 1 cup

### OVS – Student may select:
1. Pizza, Muffin & Juice  
2. Muffin, Juice & Milk  
3. Pizza, Juice & Milk  
4. All 4 Food Items

## Offer:

**Toast** – 1 oz. equivalent  
**Egg** – 1 oz. equivalent  
**M/MA option**  
**Fruit Compote** – 1/2 cup  
**Peppers** – 1/2 cup  
**Milk** – 1 cup

### OVS – Student may select:
1. Toast, Egg & Fruit Compote  
2. Peppers, Egg & Milk  
3. Toast, Peppers & Milk  
4. All 5 Food Items