Welcome to school breakfast meal pattern training hosted by Oregon Department of Education Child Nutrition Program.

USDA issued a memo in May of 2014, regarding new requirements for the School Breakfast Program Meal Pattern that are required by the Healthy Hunger-Free Kids Act of 2010.

This training is designed to help you understand the meal pattern for breakfast and give you a chance to identify reimbursable breakfast meals.

Starting Here! Starting Now! (click) All grains credited for school meals, including breakfast, must be whole grain-rich products. (click) Sponsors must offer a minimum of 1 cup of fruits daily to all age-grade groups. For Offer vs. Serve students must select at least ½ cup of fruit to have a reimbursable breakfast. (click) Sponsors may offer vegetables in place of fruit. The first two cups per week of any such substitution must be from the following subgroups: dark green, red/orange, legumes, or the ‘other’ vegetables sub-group. (click) Target 1 sodium specifications for sponsor meals will be effective 2014 thru 2017.

We will go into more detail on each of these additions in the training but first let’s review the breakfast meal pattern.
All sponsors were required use a food based menu planning approach for breakfast.

Sponsors implemented the 3 age-grade groups (K-5, 6-8, 9-12). There is overlap in the Breakfast component requirements between the age-grade groups. The primary difference being increased minimum grain requirements for older students.

Sponsors plan breakfast meals that meet the calorie ranges, on average, over the course of the week. Again, there is overlap between the age-grade groups, which gives some flexibility for sponsors that serve more than one age-grade group at breakfast. The calorie requirements are average calorie requirements and the limits do not apply on a per meal or per student basis.

All foods offered at breakfast must contain 0 grams of trans fat per portion.

Let’s start with some definitions that will make understanding the food based meal pattern a little clearer. **(click)** A food component for breakfast is one of 3 food groups that comprise reimbursable breakfasts. These are grains (with the optional 1 meat/meat alternate allowed); fruit/vegetable; and milk. **(click)** A food item is a specific food offered within the 3 food components. – some examples – toast is a grain, a muffin is a grain; orange juice is a fruit, sliced apples are a fruit

It is important to understand that a menu item **(click)** is the actual food served. A menu item may contain one or more food components and
Pre-plated service is used if a sponsor does not operate under Offer vs Serve. At least three food items in full portion size and from each food component must be offered. On some days, more than the daily minimum amounts must be offered to meet any applicable weekly minimums for grains.

Offer versus serve (OVS) is a meal planning and service option. OVS allows students to decline some of the food offered in a reimbursable lunch or breakfast. The goals of OVS are to reduce food waste and to permit students to choose the foods they want to eat.

Under Offer vs. Serve, the student must be offered at least 4 food items from 3 food components and must select at least 3 food items and one of the items must be a ½ cup of fruit. The food items selected may be from any of the required components and must be offered in at least the minimum daily portion.
In CNP web question number 76 on the site information sheet is where you notify ODE CNP if you’re participating in offer vs serve. If you have any questions please contact your assigned specialist.

ODE CNP has 4, 5, and 7 day grade grid that will show the required daily and weekly amount. On this slide the lunch pattern is covered since we are only discussing the Breakfast meal pattern. The grade grids will be posted on our web site with this training.

This Grid is Based on a 5 day week. (Click) The grade groups are located at the top of the column. (click) The 3 food components that comprise reimbursable breakfasts are located on the left. These are fruit/vegetable; grains (with the optional 1 meat/meat alternate allowed); and milk. (click) Lets take a look at grains. The number in the parenthesis is the daily requirement. (click) the number to the left of the parenthesis is the weekly required amount. This is the same format used for the other components. Notice with grains if you serve the daily minimum each day you will not meet your weekly requirement so on some days you need to serve more than the daily minimum.

(Click) Also on this grid you will find the dietary specification for each grade group (calories, sodium, saturated fat, trans fat),
### Food Components: Grains (WGR)

- All Grains must be Whole Grain-Rich (WGR)
- Daily – 1 oz eq daily/all grade groups
- Weekly – (5 Day School Week)
  - K-5 7 oz eq
  - 6-8 8 oz eq
  - 9-12 9 oz eq

All grains offered must be whole grain-rich. Identifying creditable grains is explained in the USDA Whole Grain Resource. A link to this resource is on the Resource Page of this presentation. Grain items made with refined grains that do not meet the whole grain-rich criteria are not creditable toward the grain component, however, all grains offered count toward the dietary specification (calories, sodium, saturated fat, trans fat), even if they are not credited toward the grains component (i.e., extra foods)

For all grade groups, sponsors must offer at least 1 ounce equivalent of grains each DAY.

The minimum weekly offering varies by age-grade group and number of school days per week.

For a 5 day school week you would need to plan:

- 7 ounce equivalents over the week for K-5
- 8 ounce equivalents over the week for 6-8
- 9 ounce equivalents over the week for 9-12

If your combining grade groups then you must plan based on the ounce equivalent that will meet all grade groups. For example if you have a k-8 menu then the weekly planned amount would be 8 ounce equivalent of grain over the week. For k-12 menu then you would have to plan for 9 ounce equivalent of grain over the week.
No requirement to offer Meat/Meat Alternate

- May offer in place of a grain after daily requirement is met. (1 oz eq of M/MA may credit as 1 oz eq of grain)
- May offer as an extra food

Food Components:
Optional Meat/Meat Alternate (M/MA)

Sponsors will continue to have the ability to offer a meat/meat alternate at breakfast, even though the breakfast meal pattern does not require a meat/meat alternate. A meat/meat alternate can be offered at breakfast as long as a minimum of at least 1 ounce equivalent of grains is also offered daily.

Sponsors that wish to offer a meat/meat alternate have 2 options for incorporating meats/meat alternates into their menu.

Sponsors may offer a meat/meat alternate in place of grains, provided they offer at least 1 ounce equivalent of grains daily. The meat/meat alternate offered in place of grains would count toward the weekly grains requirement and the dietary specifications. The menu planner receives credit for the meat/meat alternate under a required food component (grains).

Sponsors may also 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 (calories, saturated fat, sodium and trans-fat,) and the school must continue to offer a sufficient amount of grains daily to meet the weekly grains requirement. The meat/meat alternate does not change the other required components in the breakfast meal pattern.
Sponsors must offer a minimum of 1 cup of fruits daily to all age-grade groups.

- Sponsors may offer vegetables in place of fruits. Two cups per week of any such substitution must be from the dark green, red/orange, legumes, or the ‘Other’ vegetable sub-groups. After 2 cups from these sub-groups have been offered, a starchy vegetable can be offered in place of a Fruit.
- 100% juice may be offered to meet up to one-half of the weekly fruit requirement.
- Dried fruit may be offered; it credits for double the amount offered. For example ¼ cup of raisins credits and ½ cup of fruit.
- Under Offer versus Serve (OVS), students must select at least ½ cup of fruits (or vegetable substitute) to have a reimbursable meal.

Is the limit on juice a daily or a weekly limit?

The juice limit will apply weekly to support menu planning flexibility. No more than one-half of the weekly offering for the fruit component or the vegetable component may be in the form of 100% juice.
Sponsors must offer only fat free (unflavored or flavored) or 1% low-fat (unflavored) milk. For all age-grade groups, sponsors must offer at least 1 cup of milk daily. A variety of milk, at least 2 options, must be offered.

Now we will discuss dietary specifications for breakfast. The dietary specifications are:

• (click) Sodium
• (click) Calories
• (click) Saturated fat and
• (click) Trans fat

The dietary specifications apply to breakfast offered on average over the course of the week, and do not apply to each individual meal or per student.

The sodium specification for school meals will be in affect 2014 thru 2017. The sodium specification on an average over the course of the week must not exceed what is established for each age-grade group. The sodium content of the average breakfast offered during the week must be:

- for grades K-5 540 mg or less
- for grades 6-8 600 mg or less
- for grades 9-12 640 mg or less

If you are serving students from more than one grade group, you
must plan using the lower sodium limit. For example a k-12 breakfast menu would have a sodium limit of 540 mg or less.

The Calorie Ranges for each age-grade group are:
- K-5  350-500 calories
- 6-8  400-550 calories
- 9-12 450-600 calories

If you are serving students from more than one grade group, you must plan using the lowest calorie overlap. For example, a k-12 breakfast menu would have a calorie range of 450-500 calories.

Less than 10 percent of calories can come from saturated fat.

Trans fat must be zero grams per serving.
Here are some special things to consider.
Can a large grain food item, such as a 2 ounce equivalent muffin, count as more than one food item at breakfast?
Yes, the menu planner has the discretion to offer a 2 ounce equivalent muffin as (click) one or two breakfast items. The menu planner should document on the Daily Production Record and Identify to point of service staff and students how the muffin counts, so a reimbursable meal can be selected by the student, and identified at the point of service. It would be acceptable for the menu planner to offer the large muffin as two food items, 1 cup of fruit, and fluid milk. In such a scenario, however, only the milk could be declined under Offer versus Serve; the students would have to select the muffin and at least ½ cup of fruit to have a reimbursable meal under OVS.

Menu planners have two options for counting a combination food consisting of meat/meat alternate and grains, such as an egg and cheese burrito.

(click) An option is to count the combination food as two items under the grain component. It provides at least 1 ounce eq. of grains (the minimum daily requirement for the grain component) plus an additional 1 ounce equivalent of meat/meat alternate which is also counted toward the grains requirement. It would be considered as two items for Offer versus Serve. It would be acceptable under Offer versus
Serve to offer a combination food that counts as two grain items, plus the full required amounts of fruit and milk.

(click) The other option for the menu planner is to offer a meat/meat alternate in the combination food and not count it toward the grain component. In this case, the meat/meat alternate is an extra and does not count as an item for Offer versus serve. The 1 ounce equivalent of grains in the combination food does count as one grains item. Therefore, the egg and cheese burrito given in this example, would only count as one grain item. Three additional items including fruit (or vegetable) and milk must be offered to have the 4 needed items for Offer versus Serve.

May a school using Offer versus Serve offer two different 1 ounce equivalent grain items at breakfast, and allow students to take two of the same grain items and count them as two items for Offer versus Serve?

Yes, this is acceptable if the menu planner chooses to do so. For example, a menu may offer 1 cup milk and 1 cup fruit, plus two grains: cereal (1 ounce equivalent) and toast (1 ounce equivalent). The student could select at least ½ cup of fruit and two pieces of toast and this would count as the three items required for a reimbursable meal for Offer versus Serve. The menu planner has discretion whether or not to allow students to select duplicate items. It must be made clear to students and point of service staff if this is allowed.
What About?

Pre-Bagged Meals:

Can pre-bagged meals be offered when breakfast is offered in the classroom and Offer versus Serve is in place?

Yes, If a school participates in Offer versus Serve at breakfast and offers breakfasts where some or all of the components are bundled together, to the extent possible the school should offer choices, (click) such as a fruit basket, aside from the pre-bagged items. However, there is no requirement that all possible combinations of choices be made available to the student.

Now let’s practice with a site that serves a pre-plated breakfast.

The student is served – (click) Muffin 2 ounce equivalent, (Click) Bananas 1 cup, (click) milk 1 cup

Is this reimbursable?

Yes this is a reimbursable served breakfast. The student has the minimum daily requirement for each food item and component.

Would this pre-plated meal meet the planned meal requirements?

Meal planned is:
Yogurt 1 ounce equivalent
Banana – 1 cup
Milk- milk 1 cup

(c)lick No– This meal would not be acceptable unless a 1 ounce equivalent grain was added. A meat/meat alternate can not be offered unless 1 ounce equivalent grain item is also offered.
If you offered a 1 ounce equivalent grain with the meal then it would be reimbursable. Now this meal would be a reimbursable meal.

Let’s try another pre-plated breakfast.

The student is served –

- Breakfast Sandwich 2 ounce equivalent grain + 1 meat,
- Peaches ½ cup,
- Milk 1 cup

Is this reimbursable?

No, this is not a reimbursable served breakfast. The student must be served 1 cup of fruit.

If you served 1 cup of fruit then Yes it would be a reimbursable meal.
Let’s talk more about the impact of Offer vs Serve. When planning your menu you must offer at least 4 food items from the 3 food components and they must be offered in their full portion size – at a minimum, the menu needs 1 ounce equivalent of grain, 1 cup of fruit (or vegetable substitute), 1 cup of milk and one additional item from either the grain (with meat/meat alternate substitute) or fruit (with vegetable substitute) component.

So, let’s practice for Offer vs Serve breakfasts. In each example, decide if the selected items make a meal or no meal.

The student is offered – cereal 1 ounce equivalent, wheat toast 1 ounce equivalent, strawberries 1 cup, milk 1 cup

Student selects: (click) cereal, (click) toast, (click) milk

(click) No – While the student did select 3 items, they did not take fruit. At least ½ cup of fruit must be selected for a breakfast to be a reimbursable meal.

If the student selected at least 1/2 cup of strawberries it would be a reimbursable meal.
The student is offered – Muffin 2 ounce equivalent, Bananas 1 cup, milk 1 cup

Student Selects – (click) Muffin and (click) Banana

(click) Yes – It is acceptable to offer a large grain item (2 ounce equivalent Muffin), fruit and milk. A student that selects the 2 ounce eq. muffin (2 grains items) and the fruit would have a reimbursable meal. It is not required that a student take milk. In this meal the student would not be able to decline the muffin as it is 2 food items.

1 ounce equivalent is the minimum required amount a child must be offered daily, for all age/grade groups. Therefore, when a school offers a 2 ounce equivalent grain at breakfast, it counts as 2 items. For purposes of OVS, a large grain item also counts as 2 of the 4 items that must be offered.

The student is offered – cereal 1 ounce equivalent, toast 1 ounce equivalent, apple 1 cup, and milk 1 cup

Student selects – 2 pieces of toast (click twice) and a half apple (click)

Yes (click) The student has selected 3 food items. The decision if a student can take 2 of the same food item is up to the meal planner. Food items should be identified with the number that may be selected. The student selected the minimum ½ cup of fruit, so this is a reimbursable meal.
Offered – a breakfast sandwich that is planned as 2 ounce equivalent of grain for the whole grain-rich English muffin and the meat as an extra food, 1 cup of peaches and 1 cup of milk.

**Student selects only the sandwich**

*Click* No, the student has only selected 2 food items – the two ounce equivalent grain from the english muffin. The meat/meat alternate was planned as an extra food. The student has also not selected the required fruit. In order for this to be a reimbursable breakfast, the student would have to select ½ cup fruit or select both the fruit and milk along with the sandwich. The sandwich could not be declined.

**If the student selected at least 1/2 cup of peaches with the sandwich it would be a reimbursable meal.**

**Questions**

If you have any questions please contact your assigned specialist.
Resources

The USDA Questions and Answers and other materials related to the new meal requirements are available on the FNS website at

www.fns.usda.gov/school-meals/nutrition-standards-school-meals


www.fns.usda.gov/school-meals/nutrition-standards-school-meals

For other materials related to the Breakfast Meal Pattern visit our website at

www.ode.state.or.us/search/page/?id=1999

Resources mentioned in this presentation are listed for you here. Please visit our training web page at www.ode.state.or.us/go/snptraining.

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Thank you for participating in a School Breakfast Overview.

We greatly appreciate all of the work that you do to fuel Oregon’s future.