

Breakfast Meal Pattern for School Year 2014-15

Food Components	Grades K – 5	Grades 6 – 8	Grades 9 – 12
Milk - Offer at least two choices to include only fat-free (flavored or unflavored) and low-fat (unflavored) milk.	1 cup daily	1 cup daily	1 cup daily
Grains - At least 1 ounce equivalent (oz eq) must be offered daily. - Minimum daily and weekly offering must be met. - All grains must be whole grain-rich.	7 – 10 oz eq/week (may exceed weekly amount as long as weekly dietary specifications are met)	8 – 10 oz eq/week (may exceed weekly amount as long as weekly dietary specifications are met)	9 – 10 oz eq/week (may exceed weekly amount as long as weekly dietary specifications are met)
Meat/Meat Alternate (optional) - None required, but may substitute 1 oz eq of meat/meat alternate for 1 oz eq grains <u>after</u> minimum daily 1 oz eq grains is offered. (counts towards weekly grain requirements and is included in dietary specifications) - May offer meat/meat alternate as additional food and not credit as grain <u>after</u> minimum daily 1 oz eq grains is offered. (does <i>not</i> count towards weekly grain requirements but is included in dietary specifications)			
Fruit/Juice/Vegetable - Juice offerings cannot exceed 50% of the total weekly fruit offerings. - Fruits and vegetables may be offered; first 2 cups of vegetables must be from r/o, dk green, beans/peas or “other” before starchy veg is offered. - Required to take ½ cup fruit (j/v) under OVS.	1 cup daily (may combine two - ½ cup servings of fruit/vegetable/juice to meet one cup requirement)	1 cup daily (may combine two - ½ cup servings of fruit/vegetable/juice to meet one cup requirement)	1 cup daily (may combine two - ½ cup servings of fruit/vegetable/juice to meet one cup requirement)
Minimum/Maximum Calories (kcal) - Weekly average	350 – 500	400 – 550	450 - 600
Saturated Fat (% of total calories) - Weekly average	< 10	< 10	< 10
Sodium - Weekly average	≤ 540 mg	≤ 600 mg	≤ 640 mg
Trans Fat	0 grams/serving	0 grams/serving	0 grams/serving

Breakfast Meal Pattern with Overlapping Grades

Breakfast Meal Pattern 2014-2015					
	Grades K-5 ^a	Grades 6-8 ^a	Overlapping Grades K-8	Grades 9-12 ^a	Overlapping Grades K-12
Fruits or Vegetables ^{b,c,d,e}	1 cup daily required for all age-grade groups				
Grains ^{f,g,h}	≥ 7 oz eq week 1 oz eq daily	≥ 8 oz eq week 1 oz eq daily	≥ 8 oz eq week 1 oz eq daily	≥ 9 oz eq week 1 oz eq daily	≥ 9 oz eq week 1 oz eq daily
Recommended Target Maximum for Grains: 10 oz eq per week for all age-grade groups					
Meats/Meat Alternates ^{k,i}	0 oz eq required daily Note: There is no separate meat/meat alternate component in the SBP. Schools may substitute 1 oz eq of meat/meat alternate for 1 oz eq of grains after the minimum daily 1 oz eq grain requirement is met. A school may also offer meat/meat alternate as an extra food and not credit towards any component.				
Fluid milk ^j	1 cup daily required for all age-grade groups				
Other Specifications: Daily Amount Based on the Average for a 5-Day Week					
Min-max calories (kcal) ^{k,l,m}	350-500	400-550	400-500	450-600	450-500
Saturated fat (% of total calories) ^l	< 10	< 10	< 10	< 10	< 10
Trans fat ^{l,m}	Nutrition label or manufacturer specifications must indicate zero grams of <u>trans</u> fat per serving.				
Sodium ⁿ	≤ 540 mg	≤ 600 mg	≤ 540 mg	≤ 640 mg	≤ 540 mg

^aIn the SBP, the above age-grade groups are required beginning July 1, 2013.

^bMinimum creditable serving for fruits and vegetables is ½ cup.

^cOne quarter-cup of dried fruit counts as ½ cup of fruit; 1 cup of leafy greens counts as ½ cup of vegetables. No more than half of the fruit or vegetable offerings may be in the form of juice. All juice must be 100% full-strength.

^dFor 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 as defined in §210.10(c)(2)(iii).

^eThe fruit quantity requirement for the SBP (5 cups/week and a minimum of 1 cup/day) is effective July 1, 2014.

^fAll grains credited towards the meal pattern for the SBP and NSLP must be whole grain-rich as of July 1, 2014.

^gIn the SBP, the weekly grain minimums must be met beginning July 1, 2013.

^hMinimum creditable serving for grains and meat/meat alternates is 0.25 ounce equivalents (oz eq).

ⁱThere is no separate meat/meat alternate component in the SBP. Beginning July 1, 2013, schools may substitute 1 oz eq of meat/meat alternate for 1 oz eq of grains after the minimum daily grains requirement is met.

^jFluid milk must be low-fat (1 percent milk fat or less, unflavored) or fat-free (unflavored or flavored).

^kThe average daily amount of calories for a 5-day school week must be within the range (at least the minimum and no more than the maximum values).

^lDiscretionary sources of calories (solid fats and added sugars) may be added to the meal pattern if within the specifications for calories, saturated fat, trans fat, and sodium.

^mIn the SBP, calorie and trans fat specifications take effect beginning July 1, 2013.

ⁿSodium Target 1 is effective July 1, 2014. Final sodium specifications are to be reached by SY 2022-2023 or July 1, 2022, and intermediate sodium specifications are established for SY 2017-2018. For future sodium specifications, see § 210.10(f)(3) for lunch and § 220.8(f)(3) for breakfast.



Food-Based Menu Planning Approach

- Three required components
 - Fruit (vegetable/juice)
 - Grains
 - Milk

Changes Effective SY 2014-2015

- All grains must be whole grain-rich. ([SP 30-2012](#))
- Fruit quantity increased to 5 cups per week. ([Meal pattern](#))
 - Minimum 1 cup per day offering.
 - Juice cannot exceed 50% of total weekly offering.
 - If substituting vegetable for fruit, must offer 2 cups of non-starchy vegetable before offering starchy vegetable.
- Target One for average weekly sodium limit. ([Sodium targets](#))
- Under Offer Versus Serve (OVS), meal selected must contain minimum of ½ cup fruit.
- Under OVS, four food items must be offered in required amounts; one item can be declined.

Food Components

Fruit

- May offer the following types of fruits:
 - Fresh
 - Frozen – with or without added sugar
 - Canned – in light syrup, water or fruit juice
 - Dried – credits as twice the volume served
 - Juice – pasteurized, 100% full-strength
- Minimum of 1/8 cup serving size (MDE Admin Policy #8 – SY 2014-15).
- One cup must be offered daily – may offer combination of two ½ cup servings to equal the one cup.
- No more than half the weekly offerings may be in the form of juice.
 - 100% fruit and vegetable juice blends are allowed – if first ingredient is fruit juice, then credits towards the fruit requirement; if first ingredient is vegetable juice, then credits towards the “other” or “additional” vegetable requirement.
- Vegetables may be offered in place of fruit, or a combination of fruit and vegetables may be offered to meet one cup requirement.
 - If substituting vegetables for fruit, at least 2 cups of non-starchy vegetables from the dark green, red/orange, beans/peas or “other” vegetable subgroups must be planned during the week before a starchy vegetable can be counted towards the meal pattern.

Grains

- At least 1 ounce equivalent (oz eq) must be offered each day.
- Minimum daily and weekly offering must be met. Upper limit is still in effect; may exceed limit to allow flexibility as long as dietary specifications are met over the course of a week.
- All grains must be whole grain-rich; each item must contain at least 50% whole grains and the remainder of grains must be enriched.
- Minimum of 0.25 oz eq per serving is needed to credit towards overall grains.
- Optional meat/meat alternate may count towards a daily grain, provided that 1 oz eq minimum grain is offered for that day.

Milk

- Must offer one cup daily.
- Must offer at least two choices – fat-free (flavored or unflavored) and low-fat (unflavored).



Meat/Meat Alternate (m/ma) – OPTIONAL

- No requirement to offer m/ma; therefore no daily/weekly minimums or maximums.
- May credit m/ma as “grain” or an “extra” food item.
- If offering m/ma, must still offer 1 oz eq grain at same meal.
- Offering m/ma as “grain”:
 - Counts towards weekly grain requirements.
 - Counts as an item under OVS.
 - Included in dietary specifications (calories, sodium, saturated fat, trans fat).
- Offering m/ma as “extra”:
 - Does not count towards weekly grain requirements.
 - Does not count as an item under OVS.
 - Included in dietary specifications (calories, sodium, saturated fat, trans fat).

Menu Planning ([SP 28-2013v2a](#), [SP 28-2013v2os](#), [SP 43-2014s](#))

All offerings must meet the daily minimum requirements for all 3 components.

- Component: One of the **3 food groups** that comprise a reimbursable breakfast and that must be offered:
 - Fruit (or veg or juice)
 - Grains (meat/meat alternate optional)
 - Milk
- Item: Specific food offered within the 3 components:
 - If no OVS, must offer at least 3 food items.
 - If operating OVS, must offer at least 4 food items.

Age/Grade Groups

- Three age/grade groups:
 - K-5
 - 6-8
 - 9-12

Flexibility in menu planning – all 3 age/grade group requirements overlap:

- A single menu can be used:
 - 1 cup fruit
 - 9 oz eq weekly grains
 - 1 cup milk

Offer Versus Serve (OVS)

- Optional for all age/grade groups.
- All offerings must meet the daily minimum requirements for all 3 components.
 - Must offer 4 food items.
 - Student must select 3 items.
 - Minimum of ½ cup fruit must be selected as one component in a reimbursable meal.

Items vs. Choices

- Items: Specific foods offered within food components in the daily required minimum amount that a student can take (1 cup milk, 1 oz eq grain, ½ cup fruit).
 - Menu planner has the discretion to count large grain items (e.g. 2 oz eq muffin) as either 1 or 2 food items.
- Choices: Offer variety by giving students options to choose from different items.
 - Examples of grain items: toast, bagel, cereal
 - Menu planner decides how many of the offered choices a student may select, based on the planned menu (1 cup milk, 1 oz eq grain, 2 fruit items).



STATE OF MICHIGAN
DEPARTMENT OF EDUCATION
LANSING



JENNIFER M. GRANHOLM
GOVERNOR

MICHAEL P. FLANAGAN
SUPERINTENDENT OF
PUBLIC INSTRUCTION

DATE: March 7, 2008

TO: Local and Intermediate School District Superintendents, Public School
Academy Directors, and Nonpublic School Administrators

FROM: *Carol*
Carol Wolenberg, Deputy Superintendent

SUBJECT: **Counting Breakfast Time as Instructional Time**

Purpose

The purpose of this memorandum is to clarify the Michigan Department of Education's (MDE) position on counting breakfast time as instructional time. A total of 1,098 hours of instruction is required at a minimum to generate a 1.0 full time equivalency (FTE). Under certain circumstances, breakfast and instructional time may coincide.

Section 2 of the Pupil Accounting Manual addresses allowable hours of pupil instruction for state school aid payment purposes. Section 2.B.1. lists several requirements for instructional time to be counted toward the 1,098 hour minimum. Those requirements include: (1) Pupils and certificated teachers must be present and engaged in instruction for the time to be counted; and (2) The breakfast period and lunch period are not countable.

MDE has been asked whether the above language precludes a district from counting time when pupils and certificated teachers are present and engaged in instruction during a time when some of those pupils are having a district-provided breakfast. The time during a normal school day when instruction, as defined in the Pupil Accounting Manual, is taking place and when some pupils in that classroom are having a district-provided breakfast is countable as instructional time. The language in Section 2.B.1. of the manual referencing a "breakfast period" pertains to a time when instruction, as defined in the manual, is not taking place, such as when a breakfast is served in a cafeteria or other non-classroom area without teachers and instruction.

Example when time does not count toward instruction: Breakfast is served in a cafeteria or common area. Instruction is not occurring.

Examples when time will count toward instruction: (1) Breakfast is being consumed in a classroom by some or all of the students. A teacher is providing instruction. (2) Breakfast is being consumed during a countable homeroom period.

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March 7, 2008

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We encourage districts to consider providing breakfast. Working within the guidance above may enable this to occur without having to lengthen the school day.

Questions related to this memo should be directed to Joellen Wonsey, Office of State Aid and School Finance, (517) 373-3352 or WonseyJ@Michigan.gov.

Breakfast 2014-2015

Offer vs. Serve

3 Components Must be Offered Daily in at least the following minimum quantities

	 O R  +	
Fluid Milk 1 cup milk	Fruit/Vegetable 1 cup [†]	Grains** 1 oz eq

***Meat/Meat Alternate can be credited as a **GRAIN** or **EXTRA**.*

***GRAIN** crediting counts as Food Item, **EXTRA** crediting does not count as Food Item.*

Grain Details



1 oz eq Muffin (55g)
1 Food Item



2 oz eq Bagel[†]
2 Food Items



1 oz eq English Muffin,
1 oz Egg (as **GRAIN**)
2 Food Items



1 oz eq English Muffin,
1 oz Egg (as **EXTRA**)
1 Food Item

Reimbursable Meal: Must Take at Least 3 Food Items

NOTE: At least ½ cup of fruit/vegetable must be selected as part of the reimbursable meal

[†]Large grain (≥ 2 oz eq) or fruit/vegetable (≥ 1 cup) items may be planned as 1 food item or 2 food items at the discretion of the menu planner.

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1 Cup Milk
1 Food Item

½ Cup Fruit
1 Food Item

4 oz Fruit Juice
1 Food Item

1 oz eq Muffin
1 Food Item

Student can decline the Milk, 1 Fruit **OR** the Muffin.

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1 Cup Milk
1 Food Item

½ Cup Fruit
1 Food Item

4 oz Fruit Juice
1 Food Item

2 oz eq Bagel
2 Food Items

Student can decline the Milk **AND** 1 Fruit **OR** the Bagel.

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  +
 

1 Cup Milk
1 Food Item

1 Cup Fruit
2 Food Items

1 oz eq Muffin
1 Food Item

Student can decline the Milk **OR** Muffin, **MUST** take the Apple because it is crediting as 2 Food Items and the only fruit offered.

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  +
 

1 Cup Milk
1 Food Item

1 Cup Fruit
2 Food Items

2 oz eq Bagel
2 Food Items

Student can decline the Milk **OR** Bagel, **MUST** take the Apple because it is crediting as 2 Food Items and the only fruit offered.



Student can decline the Milk **MUST** take the Bagel because it is crediting as 2 Food Items and the Apple because it is the only fruit offered.



Student can decline the Milk **AND** 1 Fruit **OR** the Bagel.



Student can decline the Milk, 1 Fruit **OR** the Muffin.



Student can decline the Milk **AND** 1 Fruit **OR** the Breakfast Sandwich.



Student can decline the Milk, 1 Fruit **OR** the Breakfast Sandwich.



Student can decline the Milk **OR** Breakfast Sandwich, **MUST** take the Apple because it is crediting as 2 Food Items and the only fruit offered.



Student can decline the Milk **OR** Breakfast Sandwich, **MUST** take the Apple because it is crediting as 2 Food Items and the only fruit offered.

Orange and orange juice images obtained from www.pachd.com.

Adapted from Wisconsin Department of Public Instruction



United States
Department of
Agriculture

Food and
Nutrition
Service

3101 Park
Center Drive
Alexandria, VA
22302-1500

DATE: June 15, 2011

MEMO CODE: SP 40 - 2011

SUBJECT: Child Nutrition Reauthorization 2010: Outreach to Households on the Availability of the School Breakfast Program

TO: Regional Directors
Special Nutrition Programs
All Regions

State Directors
Child Nutrition Programs
All States

The Healthy, Hunger-Free Kids Act of 2010 (the Act), Public Law 111-296, establishes requirements for conducting outreach in the Summer Food Service Program (SFSP) and the School Breakfast Program (SBP). The purpose of this memorandum is to provide guidance on the implementation of the provision requiring schools to conduct outreach on the availability of the SBP. Outreach efforts for the SFSP were addressed through a memorandum issued January 25, 2011, *Child Nutrition Reauthorization 2010: Outreach to Households on the Availability of Summer Food Service Program Meals (SFSP 04-2011, SP 15-2011)*.

Research has shown that starting the day with a nutritious breakfast helps students stay alert and perform better in school. In an effort to help more children benefit from the nutritious meals served in the SBP, Section 112 of the Act amends section 13(a) of the Richard B. Russell National School Lunch Act (42U.S.C. 1761(a)) to require each State Agency that administers the National School Lunch Program, to the maximum extent practicable, to ensure that participating School Food Authorities (SFAs) inform eligible families of the availability of reimbursable breakfasts served under the SBP.

Schools participating in the SBP must inform families of the availability of breakfasts. A notification of the availability of breakfast must be relayed just prior to or at the beginning of the school year in the informational packets that are sent to each household with free and reduced price meal applications for the new school year. In addition, schools should send reminders regarding the availability of the SBP multiple times throughout the school year. Schools can provide reminders to children through their public address systems in schools or through means normally used to communicate with the households of enrolled children. Other acceptable outreach activities may include developing or disseminating printed or electronic material to families and school children. For example, information about the SBP should be posted on the school's website.

Regional Directors

State Directors

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We encourage SFAs to use the information in *Expanding Your School Breakfast Program*, the SBP Toolkit found at <http://www.fns.usda.gov/cnd/Breakfast/expansion/default.htm>, as a resource for outreach and expansion activities. Many helpful SBP expansion resources and materials are available through Team Nutrition, State agencies and other local, State and national organizations. Additional activities to promote the availability of SBP meals may be approved by the State agency.

State agencies should direct any questions concerning this guidance to the appropriate Food and Nutrition Service Regional Office. Regional Offices with questions should contact the Child Nutrition Division.

Original Signed

Cynthia Long

Director

Child Nutrition Division

Rules and Regulations

Federal Register

Vol. 79, No. 119

Friday, June 20, 2014

This section of the FEDERAL REGISTER contains regulatory documents having general applicability and legal effect, most of which are keyed to and codified in the Code of Federal Regulations, which is published under 50 titles pursuant to 44 U.S.C. 1510.

The Code of Federal Regulations is sold by the Superintendent of Documents. Prices of new books are listed in the first FEDERAL REGISTER issue of each week.

DEPARTMENT OF AGRICULTURE

Food and Nutrition Service

7 CFR Part 220

School Breakfast Program

CFR Correction

■ In Title 7 of the Code of Federal Regulations, Parts 210 to 299, revised as of January 1, 2014, on page 107, in § 220.8, in paragraph (e), the last sentence is corrected to read as follows:

§ 220.8 Meal requirements for breakfasts.

* * * * *

(e) * * * If only three food items are offered at breakfast, school food authorities or schools may not exercise the offer versus serve option.

* * * * *

[FR Doc. 2014-14610 Filed 6-19-14; 8:45 am]

BILLING CODE 1505-01-D

DEPARTMENT OF THE TREASURY

Comptroller of the Currency

12 CFR Part 5

Rules, Policies, and Procedures for Corporate Activities

CFR Correction

■ In Title 12 of the Code of Federal Regulations, Parts 1 to 199, revised as of January 1, 2014, on page 289, in § 5.13, in paragraph (f), the second sentence is moved to the end of the paragraph.

[FR Doc. 2014-14614 Filed 6-19-14; 8:45 am]

BILLING CODE 1505-01-D

DEPARTMENT OF TRANSPORTATION

Federal Aviation Administration

14 CFR Part 71

[Docket No. FAA-2013-0171; Airspace Docket No. 13-ANM-6]

Amendment of Class E Airspace; Redmond, OR

AGENCY: Federal Aviation Administration (FAA), DOT.

ACTION: Final rule.

SUMMARY: This action amends the Class E airspace at Roberts Field, Redmond, OR. Controlled airspace is necessary to accommodate aircraft arriving and departing under Instrument Flight Rules (IFR) at Roberts Field. This action, initiated by the biennial review of the Redmond, OR airspace area, enhances the safety and management of aircraft operations at the airport. This action makes a minor correction to the geographic coordinates of the airport and also corrects the lateral dimensions of the southeast segment of Class E airspace designated as an extension to Class D and E surface area.

DATES: Effective date, 0901 UTC, September 18, 2014. The Director of the Federal Register approves this incorporation by reference action under 1 CFR Part 51, subject to the annual revision of FAA Order 7400.9 and publication of conforming amendments.

FOR FURTHER INFORMATION CONTACT: Richard Roberts, Federal Aviation Administration, Operations Support Group, Western Service Center, 1601 Lind Avenue SW., Renton, WA 98057; telephone (425) 203-4517.

SUPPLEMENTARY INFORMATION:

History

On February 11, 2014, the FAA published in the **Federal Register** a notice of proposed rulemaking (NPRM) to modify controlled airspace at Roberts Field, Redmond, OR (79 FR 8129). Interested parties were invited to participate in this rulemaking effort by submitting written comments on the proposal to the FAA. No comments were received.

Subsequent to publication, the FAA found an error in the lateral dimensions of the southeast segment of Class E surface area airspace and is corrected from 3.5-miles to 13.5-miles. The

geographic coordinates also are adjusted to coincide with the FAAs aeronautical database.

Class E airspace designations are published in paragraph 6002, 6004, and 6005, respectively, of FAA Order 7400.9X dated August 7, 2013, and effective September 15, 2013, which is incorporated by reference in 14 CFR 71.1. The Class E airspace designations listed in this document will be published subsequently in that Order.

The Rule

This action amends Title 14 Code of Federal Regulations (14 CFR) Part 71 by modifying Class E surface area airspace at Roberts Field, Redmond, OR, to remove the segment extending from the 5.1-mile radius of the airport to .9 miles west of the Deschutes VORTAC, and by modifying Class E airspace designated as an extension to the Class D and Class E surface area by adding a segment extending from the 5.1-mile radius of Roberts Field, Redmond, OR, to 13.5 miles southeast of the airport, and removing the segment from the 5.1-mile radius of the airport to .9 miles west of the Deschutes VORTAC. After a biennial review of the airspace, the FAA found the segment is no longer needed for aircraft arriving and departing under IFR operations. Class E airspace extending upward from 700 feet above the surface is modified with segments extending from the 7.6-mile radius of Roberts Field to 11.5 miles northeast and 15 miles southeast of the airport. The lateral dimensions of the southeast segment of Class E airspace designated as an extension, extending from the 5.1-mile radius of the airport is corrected from 3.5 miles to 13.5 miles. This rule is necessary to accommodate RNAV (GPS) standard instrument approach procedures and for the safety and management of IFR operations at the airport. Also, the geographic coordinates of the airport are updated to coincide with the FAA's aeronautical database. Except for administrative changes and the changes listed above, this rule is the same as published in the NPRM.

The FAA has determined this regulation only involves an established body of technical regulations for which frequent and routine amendments are necessary to keep them operationally current. Therefore, this regulation: (1) Is not a "significant regulatory action" under Executive Order 12866; (2) is not