

THE NEW BREAKFAST MEAL PATTERN



School Nutrition Programs
Office of School Support Services
Michigan Department of Education

Law Requirements



- Sec. 9
 - National School Lunch Act
 - Meals must reflect the Dietary Guidelines
- Sec. 201
 - Healthy, Hunger-Free Kids Act of 2010
 - Regulations based on recommendations from the Institute of Medicine (IOM)

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WHY SCHOOL BREAKFAST ?



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Why School Breakfast?

- Studies have proven that students who eat breakfast benefit nutritionally and educationally. Eating school breakfast results in increased math and reading scores.
- The majority of students who start their day with breakfast say they feel good, are happy, and more alert throughout their school day.
- www.michigan.gov/schoolnutrition
 - click School Breakfast Program under Programs

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School Breakfast Outreach

- SFAs participating in the SBP must inform families of the availability of breakfast:
 - Prior to or at the beginning of the school year
 - Schools should send reminders regarding the availability of the SBP multiple times throughout the school year

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Counting Breakfast as Instructional Time

- Memo clarifies MDE's position on counting breakfast time as instructional time:
 - Gives examples when time counts toward instruction
 - May help encourage districts to provide breakfast without having to extend the school day

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School Breakfast Toolkit

- Toolkit with information to promote and expand the SBP
- <http://www.fns.usda.gov/sbp/toolkit>





<http://boostbreakfast.com/>

BREAKFAST MEAL PATTERN



SBP Changes Effective SY 2014-2015

- Fruit quantity increased to 5 cups/week (minimum 1 cup/day)
- All grains must be whole grain-rich
- Target 1 for average weekly sodium limit must be met
- Under OVS, meals selected by students must contain ½ cup fruit (juice or vegetable)

SBP Changes Effective SY 2014-2015

- Juice offerings cannot exceed 50% of the total fruit offerings
- Vegetable substitution limit applies
 - First two cups of vegetables must be from non-starchy vegetable subgroups

Food-Based Menu Planning Approach

• 3 Required Components

- Fruit (veg/juice)
- Grains
- Milk



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Meal Pattern For Breakfast

	Amount of Food Per Week (Minimum Per Day)		
	Grades K-5	Grades 6-8	Grades 9-12
Fruits (cups)	5 (1)	5 (1)	5 (1)
Vegetables (cups)	0	0	0
Grains (oz eq)	7-10 (1)	8-10 (1)	9-10 (1)
Meats/Meat Alternates (oz eq)	0	0	0
Fluid milk (cups)	5 (1)	5 (1)	5 (1)

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Fruits



Breakfast Meal Pattern			
	Grades K-5	Grades 6-8	Grades 9-12
Meal Pattern	Amount of Food Per Week (Minimum Per Day)		
Fruits (cups)	5 (1)	5 (1)	5 (1)

Fruits Component

Fruits required

- 1 cup required for all grades (SY 2014-15)
- Vegetable substitute allowed

Juice cannot exceed 50% of total fruit offerings over the course of the week

- Only full strength juice

Dried fruit credits double for amount offered

Under OVS, at least ½ cup fruit (veg/juice) must be selected

Fruits Component

- Temporary allowance for frozen fruit with added sugar

• SY 14/15

- Schools may offer a:

- Single fruit type
- Single vegetable
- Combination of fruits
- Combination of vegetables
- Combination of fruits and vegetables



Grains



	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)

Upper limit on grains for the week still in effect; may be exceeded to allow flexibility.

Grains Component

- Same crediting and whole grain-rich criteria as lunch
- 1 oz eq minimum daily requirement (all grades)
- Daily and weekly requirements for menu planning purposes
 - K-5 7-10 oz eq per week
 - 6-8 8-10 oz eq per week
 - 9-12 9-10 oz eq per week



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Grains Component: Flexibility

- No impact on:
 - Daily and weekly minimum for grains for breakfast
 - Weekly calorie ranges are in effect
 - Trans fat and saturated fat also apply



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Grain Requirements for the NSLP and SBP (SP 30-2012)

- Addresses the new use of "ounce equivalencies" (oz eq) in the school meal programs and defines "whole grain-rich" (WGR)
- Quantities of grains are based on ounce equivalencies in a manner that is consistent with the Dietary Guidelines for Americans and MyPlate food guidance system
- Beginning **July 1, 2013**, all grains must be credited using "oz eq" method (not grains or breads)

Comparing the Two Methods of Calculating Ounce Equivalencies

Sample Product 1:

Whole-Grain Bread

- One slice weighs 0.9 oz
- Ingredient statement lists whole wheat flour first. All other grains are enriched.
- Manufacturer documentation states that each slice contains 17 grams of creditable grain and no noncreditable grains.



1. Calculating based on total weight of creditable product:

Because this product contains the required 16 grams of creditable grain per ounce equivalent for Groups A-C of the revised Exhibit A, we may credit it using the Exhibit A weight. The weight of the bread slice is divided by the standard weight listed for Group B products (see page 23).

Calculation: $0.9 \text{ oz} \div 1.0 \text{ oz} = 0.9 \text{ oz}$
 0.9 oz rounds down to **0.75 oz eq grains** per slice.

2. Calculating based on grams of creditable grain ingredient:

The same slice of bread may be credited using the amount of creditable grain. Manufacturers must provide documentation on company letterhead for schools to retain a copy of their standardized recipe. Sample product formulation statements are provided starting on page 25.

For this calculation, divide the grams of creditable grain by the standard of 16 grams per oz equivalent.
 Calculation: $17 \text{ g} \div 16 \text{ g} = 1.06$
 1.06 rounds down to **1.0 oz eq grains** per slice.

Formulation Statement for Documenting Grains in School Meals

Required Beginning School Year (SY) 2013-2014

Crediting Standards based on Revised Exhibit A weights per ounce equivalent (oz eq)

School Food Authorities (SFAs) should include a copy of the label from the purchased product carton in addition to the following information on letterhead signed by an official company representative. Grain products may be credited based on previous standards through SY 2012-2013. The new crediting standards for grains (as outlined in Policy Memorandum SP-36-2012) must be used beginning SY 2013-2014. SFAs have the option to choose the crediting method that best fits the specific needs of their menu planner.

Product Name: _____ Code No.: _____
 Manufacturer: _____ Serving Size: _____

- Does the product meet the whole grain-rich criteria? Yes No
(Refer to SP-36-2012 Grain Requirements for the National School Lunch Program and School Breakfast Program.)
- Does the product contain noncreditable grains? Yes No How many grams: _____
(Products with more than 0.25 oz eq or 7.09 grams for Groups A-C and 0.50 grams for Group D of noncreditable grains may not credit towards the grain requirements for school meals.)
- Use the Policy Memorandum SP-36-2012 Grain Requirements for the National School Lunch Program and School Breakfast Program: Exhibit A to determine if the product fits into Groups A-C: Baked goods, Group II (yeast grains), or Group I (ready-to-eat breakfast cereals). Please be aware that different methods may be applied to calculate weights of grain component based on creditable grains. Groups A-C use the standard of 16 grams creditable grain per oz eq. Group D uses the standard of 28 grams creditable grain per oz eq and Group I is required by volume or weight.)

Indicate in which Exhibit A Group (A-D) the product belongs: _____

Description of Product per Food Buying Guide	Portion Size of Product in Purchase A	Weight of 1.0 ounce equivalent (in grams) in SP-36-2012 B	Creditable Amount A ÷ B
Total Creditable Amount:			

Total Creditable Amount must be rounded down to the nearest quarter (0.25) oz eq. Do not round up.
 Total weight (per portion) of product as purchased: _____
 Total contribution of product (per portion) _____ oz equivalent

Beginning SY 2014-15, all grains served must be whole grain-rich

- Lunch
- Breakfast



Whole Grain-Rich vs Whole Grain

- SY 2014-2015: All grains must be whole grain-rich (not 100% whole grain)
- Whole grain-rich = At least 50% whole grain and rest of product/blend must be enriched refined flour

What Foods Meet Whole Grain-Rich Criteria?

- 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
- Remaining 50% or less of grains must be enriched

Considered Whole Grains

- Cracked wheat
- Crushed wheat
- Whole-wheat flour
- Graham flour
- Entire-wheat flour
- Bromated whole-wheat flour
- Whole durum wheat flour
- Quinoa
- Millet
- Amaranth
- The word *whole* listed before a grain - e.g. *whole* wheat
- *Berries* & *groats* are used to designate whole grains – e.g. wheat *berries* or oat *groats*
- Rolled oats & oatmeal (includes old-fashioned, quick cooking, instant)
- Brown rice, brown rice flour, wild rice
- Triticale, teff
- Sorghum
- Buckwheat

NOT Whole Grains

Grain ingredients that should not be considered whole grains (please contact your State agency to determine if a questionable grain ingredient is creditable)

- | | | |
|-------------------------|----------------------------|------------------------|
| flour | phosphated flour | hominy grits |
| white flour | self-rising flour | hominy |
| wheat flour | self-rising wheat flour | farina |
| all-purpose flour | enriched self-rising flour | semolina |
| unbleached flour | bread flour | degerminated corn meal |
| bromated flour | cake flour | enriched rice |
| enriched bromated flour | durum flour | rice flour |
| enriched flour | corn grits | ouscous |
| instantized flour | | |

Noncreditable Grains

There are some grain ingredients such as oat fiber, corn fiber, bran, germ, modified food starch, corn starch, and wheat starch (including potato, legume, and other vegetable flours) that do not contribute toward meal pattern components. If purchased grain products include these ingredients they must be present at a level of less than 2 percent of the product formula (or less than 0.25 oz eq) for the product to be creditable at lunch or breakfast beginning SY 2013-2014.

Whole Grain-Rich Product Checklist

- **Meets Element 1 criteria:** The food item must meet the oz eq requirements as defined in Exhibit A
- AND**
- **Meets one of Element 2 criteria:**
 1. Whole grains per serving must be ≥ 8 grams for Groups A-G
 2. Contains FDA health claim:

"Diets rich in whole grain foods and other plant foods and low in total fat, sat fat, and cholesterol reduce the risk of heart disease and some cancers."
 3. Whole grain is first ingredient in the product listing

Determining if Products Meet Whole Grain-Rich Requirements

- Ingredient declaration from a product carton that shows a whole grain as the primary ingredient by weight.
- Copy of a food label showing amount of whole grain in grams for NSLP/SBP serving size.
- Copy of food label displaying one of the FDA whole-grain health claims.
- Recipe that includes the ingredients & ingredient amounts by weight & volume.
- Customized product formulation statement on mfg letterhead.
- USDA Foods Fact Sheet (applicable for foods indicated as meeting the whole grain-rich criteria. Fact sheets must be accompanied by acceptable mfg documentation if it is not clear the item meets whole grain-rich criteria)

Grain-based Desserts

- Grain-based dessert limit does not apply at breakfast
- Formulated grain-fruit products do not credit
- Sugar in grain items is allowed
 - Some grain products can *only* be served as desserts in lunch/not allowable in breakfast (brownies, cake, cookies)
 - Perception is part of the menu planning process
 - Grain-based desserts are a big source of sugar and added fats

Fortification of Cereals

- A ready-to-eat breakfast cereal must be fortified to meet program requirements
 - 100% whole grain cereals do not need to be fortified
 - Check cereal products for an ingredient statement on the side or back of the box
 - Sample ingredient list:
 - Whole grain wheat, sugar, psyllium seed husk, oat fiber, contains 2% or less of salt, baking soda, caramel color, annatto color, BHT for freshness. Vitamins and Minerals: Vitamin C (sodium ascorbate, ascorbic acid), niacinamide, vitamin B6 (pyridoxine hydrochloride)

Case UPC	Product Name	Oz Eq Grain	Pack Size	Serving Size (Servings per Pkg)	Grams of Creditable Grains Per Serving	Meets USDA Whole Grain-Rich*
38000-54937	Rice Krispies® Chevy Cereal Bar Berry	1	96/1.27 oz.	1 Bar	17.3	X
38000-48396	Rice Krispies® Chevy Cereal Bar Apple Cinnamon	1	96/1.27 oz.	1 Bar	17.3	X
Kellogg's® Nutri-Grain® Cereal Bars						
38000-59779	Nutri-Grain® Cereal Bar Apple Cinnamon	1	96/1.55 oz.	1 Bar	16	X
38000-90819	Nutri-Grain® Cereal Bar Blueberry	1	96/1.55 oz.	1 Bar	16	X
38000-59772	Nutri-Grain® Cereal Bar Strawberry	1	96/1.55 oz.	1 Bar	16	X
38000-35645	Nutri-Grain® Cereal Bar Apple Cinnamon	0.75	48/1.3 oz.	1 Bar	12.7	X

Optional Meat/Meat Alternates

- New SBP meal pattern does not require a meat/meat alternate
- SFAs that wish to offer a meat/meat alternate at breakfast have two options
 - Offer meat/meat alternate to meet part of grains component
 - Offer a meat/meat alternate as an **extra**



Meat/Meat Alternate as a Grain

- When offering a meat/meat alternate as a grain:
 - Must also offer at least 1 ounce equivalent of grains daily
 - Must count the meat/meat alternate toward the weekly grains range and the weekly dietary specifications (calories, sat fat, trans fat, etc)
 - Must count as “item” in OVS

Meat/Meat Alternate as Extra

- 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 weekly minimums
 - The meat/meat alternate does not count for OVS purposes
 - Meat/meat alternate must fit within the weekly dietary specifications

Milk



Lunch Meal Pattern			
	Grades K-5	Grades 6-8	Grades 9-12
Meal Pattern	Amount of Food Per Week (Minimum Per Day)		
Fluid milk (cups) ¹	5 (1)	5 (1)	5 (1)

Fluid Milk



- 1 cup (8 fl. oz.) for all grades
- Must offer at least two choices
- Allowable milk options include
 - Fat-free (unflavored or flavored)
 - Low-fat (unflavored only)
 - Fat-free or low-fat (lactose-reduced or lactose-free)
- Whole, 2% & low-fat flavored milk not allowable

Fluid Milk



- Does not alter nutrition standards for milk substitutes (e.g., soy beverages)
- No fat/flavor restriction on milk substitutes

New Smoothie Crediting Information

- At Lunch & Breakfast, smoothies can meet the following components:
 - Fluid milk
 - Meat/meat alternate (yogurt is the only creditable m/ma allowed)
 - Vegetable
 - Fruit
- Grains may be added to a smoothie, but cannot credit towards the grain component



Some Key Smoothie Points



- Milk must be consistent with CNP guidelines
 - Fluid milk must always be offered on the serving line; must offer a variety of milk options
- Do not have to include full milk, fruit, or vegetable component
 - Must offer additional items to make up the difference
- Pureed fruit or vegetable must be counted as juice
 - Counts toward weekly juice limits
- Crediting of fruit or vegetable is determined on a volume as served basis

How Do Fruit Smoothies Credit?

- Commercial products may only credit toward the fruit or vegetable component
- All meal components must be offered in the required minimum amounts
 - Must still offer variety of fluid milk choices
 - Additional fruit, vegetable, m/ma and/or milk must be offered if the amount served in smoothie doesn't meet minimum serving sizes of meal pattern requirements
 - Additional fruit and vegetable offerings encouraged
- Refer to memo SP 10 -2014 (v.2)



FOUR DIETARY SPECIFICATIONS

Four Dietary Specifications

- Weekly average requirements
 - Calories
 - Sodium (begins SY 2014-15)
 - Saturated fat
- Daily requirement
 - Trans fat

Calories

Calorie ranges are weekly averages

GRADES	LUNCH (kcal)	BREAKFAST (kcal)
K-5	550-650	350-500
6-8	600-700	400-550
9-12	750-850	450-600

- Student selections may be above or below the ranges

Sodium Reduction Efforts

- Modify procurement specifications and recipes
 - Resources for reducing sodium
 - Team Nutrition Healthy Meals Resource System
 - <http://healthymeals.nal.usda.gov/menu-planning/sodium-reduction>
 - National Food Service Management Institute
 - <http://www.nfsmi.org/documentlibraryfiles/PDF/20120102035310.pdf>
- USDA Foods

Saturated Fat

- Saturated fat limit
 - Less than 10 percent of total calories
 - Same as previous regulatory standard
- No total fat limit

Trans Fat

- Nutrition label or manufacturer's specifications must specify zero grams of trans fat per serving (less than 0.5 gram per serving)
- Naturally-occurring trans fat excluded
 - e.g. beef, lamb, dairy products

MENU PLANNING



Menu Planning

- Must offer **3 components**
 - Fruit (vegetable/juice)
 - Grains (optional m/ma after daily grain met)
 - Milk
- Must offer **4 food items** if using OVS

Components vs. Items (OVS)

- **Component:** One of the **3 food groups** that comprise a reimbursable breakfast and that must be offered:
 - Fruit (veg or juice)
 - Grains
 - Meat/meat alternates (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** at breakfast



Age/Grade Groups

- Three age/grade groups for planning breakfasts
 - 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
 - 1 cup of fruit
 - 9 oz eq weekly of grains
 - 1 cup of milk



STRAIGHT SERVE OR OFFER VERSUS SERVE?



What is Straight Serve?

- Not implementing OVS
 - Must offer at least 3 food items from the 3 required food components
 - Must make sure daily and weekly minimums are met for the 3 required components

Challenge Activity - Straight Serve







OFFER VS SERVE

What is Offer Versus Serve?

Offer Versus Serve (OVS) is a concept that applies to Child Nutrition menu planning and to the determination of reimbursable school meals. OVS allows students to decline some of the food offered in a school lunch or breakfast.

OVS Implementation

- OVS is:
 - *Required* at senior high schools (lunch)
 - Optional at lower grade levels (lunch)
 - Optional at breakfast in all grades ←

Components vs. Items

• **Component:** One of the **3 food groups** that comprise a reimbursable breakfast and that must be offered:

- Fruit (juice/veg)
- Grains
 - Meat/meat alternates (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** at breakfast

OVS: Choices vs Items

- **Items** are the minimum a child can take.
- **Choices** give students options to choose from different items.
 - Grain item: toast, bagel, cereal
 - Milk item: choc skim, unflavored skim
 - Fruit item: orange juice, orange slices, apple juice
- Menu planner decides how many "items" make up a reimbursable meal, while having flexibility to still offer choices within those items.
- Must indicate to students what items the student may select in order to have a reimbursable meal.

OVS Implementation-SBP

• Offer 3 food components that consist of at least 4 food items

- Fruit (vegetable or juice) *
- Grain **
 - (may offer meat/meat alternate after daily grain is offered)
- Milk

* large fruit may count as 1 or 2 items
 ** large grain may count as 1 or 2 items

OVS Implementation-SBP

- Students must **take** at least **3 items** at breakfast (OVS)
- Students may decline a food item
- But must select at least ½ cup fruit and at least 2 other items

OVS – Large Grain Item

- Menu planner can offer a large grain item and count it as one or two food items
- Example: A large 4 oz muffin can count as 1 **or** 2 items



OVS - Grains



If using a 4 oz muffin:

- If it counts as 1 item, student must select 2 more items
 - one item must be ½ cup f/v/j
- If it counts as 2 items, student must select 1 more item
 - must be at least ½ cup f/v/j

Menu Example

Menu with five food items:	
Whole grain-rich muffin (2 oz eq grain)	[2 grain items]
Whole grain-rich cereal (1 oz eq grain)	[1 grain item]
Orange slices (1 cup fruit)	[1 fruit item]
Variety of milk (1 cup)	[1 milk item]

Reimbursable meal examples:

- Whole grain rich muffin, orange slices
- Whole grain rich cereal, orange slices, milk

OVS - Grains

- Allowing students to take duplicate items
 - If a menu planner offers two different 1 oz eq grain items at breakfast, a student *may* be allowed to take two of the same grain and count it as two items
 - Menu planner has the discretion to allow duplicates
 - Variety is encouraged



Menu Example

Menu with four food items:	
Slice of toast (1 oz eq grain)	[1 grain item]
Whole grain-rich cereal (1 oz eq grain)	[1 grain item]
Orange slices (1 cup fruit)	[1 fruit item]
Variety of milk (1 cup)	[1 milk item]

Reimbursable meal examples:

- 2 slices of toast, orange slices
- Toast, cereal, orange slices

OVS - Grains

- Grains and meat/meat alternate combinations
 - When counting the meat/meat alternate as a grain, a combo would count as 2 food items
- Example: egg sandwich = 1 oz eq of grains + 1 oz eq of m/ma counting as grains = 2 food items



OVS - Grains

- If not counting a meat/meat alternate toward the grains component, the combo counts as one food item
- Three additional items must be offered to have OVS
- Student may decline the combination
- Example: egg sandwich = 1 oz eq of grains and 1 oz eq of m/ma not counting as grains (extra) = 1 food item

Menu Example

Menu with four food items:

Whole grain-rich cereal (1 oz eq grain)	[1 grain item]
Hard-boiled egg (1 oz eq credited as grain)	[1 grain item]
Orange slices (1 cup fruit)	[1 fruit item]
Variety of milk (1 cup)	[1 milk item]

Reimbursable meal examples:

- Egg, cereal, oranges
- Egg, oranges, milk
- Cereal, oranges, milk

Menu Example

Menu with 4 food items with m/ma offered as an additional food:

Slice of toast	(1 oz eq grain)	[1 grain item]
Hard-boiled egg	("additional" food)	
Orange slices	(½ cup fruit)	[1 fruit item]
Apple juice	(½ cup fruit)	[1 fruit item]
Variety of milk	(1 cup)	[1 milk item]

- Egg does not count as item and serves as an extra
- Must take 3 out of the 4 items (toast, orange slices, apple juice, milk)

OVS - Fruit



- 1 cup daily minimum must be offered
- Menu planner can offer fruit as multiple items and/or in various portion sizes to total 1 cup
 - Vegetable substitute allowed
- Juice cannot exceed 50% of total fruit offerings
 - Only full strength juice
 - Dried fruit credits double for amount offered
 - Under OVS, at least ½ cup fruit (veg/juice) must be selected

OVS - Fruit

- Menu planner can offer a large fruit (that is equivalent to at least one cup fruit) and that fruit may credit as one or more items
- Example: A large apple (125-138 count) can count as 1 **or** 2 items



Menu Example – Multiple Items

Menu with seven food items:

• Slice of toast	(1 oz eq grain)	[1 grain item]
• Whole grain cereal	(1 oz eq grain)	[1 grain item]
• Choose at least one (and up to all four) of the following items:		
◦ Tomato juice	(½ cup fruit)	[1 fruit item]
◦ Apple slices	(½ cup fruit)	[1 fruit item]
◦ Pineapple chunks	(½ cup fruit)	[1 fruit item]
◦ Mixed berries	(½ cup fruit)	[1 fruit item]
• Variety of milk	(1 cup)	[1 milk item]

Reimbursable meal examples

- Toast, cereal, tomato juice, apple slices
- Toast, tomato juice, apple slices
- Berries, tomato juice, apple slices

Menu Example – Various Portion Sizes

Breakfast food items containing fruits and/or vegetables:

- Egg frittata (with ¼ cup vegetable)
- 8 oz 100% orange juice (1 cup fruit)
- Mango/Black Bean Salsa (¼ cup fruit/vegetable combo)
- Diced pineapple (¼ cup fruit)
- Apple slices (¼ cup fruit)

May offer different ¼ cup servings of fruits and or vegetables that may be selected to meet the 1/2 cup requirement

OVS – Pre-bagged Meals

- Some or all components are bundled together
 - Attempt to the extent possible to offer choices
 - Fruit basket
 - Milk choices
- No requirement that all possible combinations of choices be made available to students

Challenge Activity - Offer vs Serve (OVS)











BREAKFAST REQUIREMENTS

Training and Signage

- Schools must identify food items that make a reimbursable meal at or near beginning of line
- Schools using OVS must identify what students must select as part of a reimbursable meal
- Staff at the Point of Service and serving line must be trained on what makes a reimbursable meal:
 - Example: Knowing if duplicate items are allowed
 - Example: Recognizing appropriate serving sizes

Meal Identification



- All menu items on serving line must be identifiable, labeled, or listed at the beginning of serving line and prior to POS



Build a Healthy Breakfast

Build a healthy breakfast by choosing at least 3 items - 1 must be a fruit (vegetable or juice)

Fruit/Vegetable/juice - may select 3 items
 1/2 c. applesauce (= 1 item)
 4 oz. orange juice (= 1 item)
 1/2 c. peaches (= 1 item)

Milk - may select 1 item
 8 oz skim (white)
 8 oz 1% (white)

Additional item:
 1 oz fat free cream cheese

Grains/Breakfast Entrees - may select 3 items
 1 oz bagel (= 1 item)
 2 oz muffin (= 1 item)
 1 serving cereal (= 1 item)

Pre-plating/Pre-packaging/Bundling

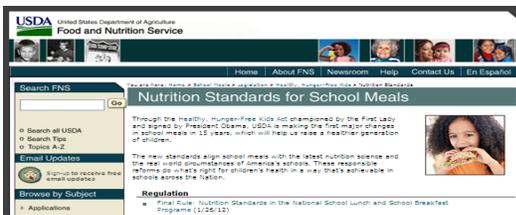
- Remember – OVS is not required at breakfast
- Pre-plating/pre-packaging/bundling is allowed
- Encouraged to offer choices to the extent possible
- Encourage breakfast in the classroom and grab n' go breakfast kiosks



RESOURCES

USDA Website

- For current updated information, go to **Nutrition Standards for School Meals**
<http://www.fns.usda.gov/cnd/Governance/Legislation/nutritionstandards.htm>



Child Nutrition Programs – School Meals Home Page



<http://www.fns.usda.gov/school-meals/child-nutrition-programs>

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Technical Assistance Resources

- FNS New Meal Pattern website
<http://www.fns.usda.gov/cnd/Governance/Legislation/nutritionstandards.htm>
 - Timeline
 - Technical Assistance & Guidance Materials
 - Recently released Q&As, other policy memos
- Best Practices Sharing Center
 - SFAs and States can share resources and tools they use to serve healthy menus that meet the new school meal regulations by uploading information to this site
 - <http://healthymeals.nal.usda.gov/bestpractices>

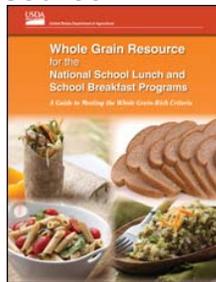
Technical Assistance Resources

- **NEW!** *SP 57-2014: Offer Versus Serve: Guidance for the National School Lunch and Breakfast Program*
- **NEW!** *SP 10-2012 (v.8): Q and As on "Nutrition Standards in the National School Lunch and School Breakfast Programs"*
- *SP 30-2012: Grain Requirements for the National School Lunch & School Breakfast Programs*
- **NEW!** *SP 43-2014: Q and As on the SBP Meal Pattern in SY 2014-15*

<http://www.fns.usda.gov/school-meals/policy>

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Whole Grain Resource



- <http://www.fns.usda.gov/tn/whole-grain-resource>

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Healthier School Day Website



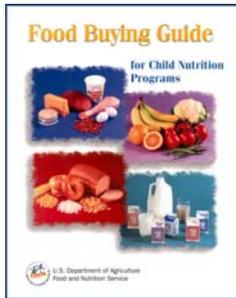
<http://www.fns.usda.gov/healthierschoolday>

Fact Sheets for Healthier School Meals



<http://www.fns.usda.gov/tn/resource-library>

Updated Food Buying Guide



<http://www.fns.usda.gov/tn/foodbuying-guide-child-nutrition-programs>

Food Buying Guide Calculator



<http://fbg.nfsmi.org>

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<http://www.fns.usda.gov/tn/recipes-healthy-kids-cookbook-child-care-centers-0>

TH

Thirty kid-approved recipes from the Recipes for Healthy Kids Competition, which the U.S. Department of Agriculture (USDA) launched in September 2010 in support of First Lady Michelle Obama's Let's Move! initiative in collaboration with the American Culinary Federation and School Nutrition Association.



Table of Contents

50 Recipes for Kids	50 Recipes for Adults
<ul style="list-style-type: none"> • 50 Recipes for Kids • 50 Recipes for Adults 	<ul style="list-style-type: none"> • 50 Recipes for Kids • 50 Recipes for Adults

The top recipes in each category have been standardized in cookbooks for homes, child care centers, and schools.

The cookbooks feature recipes with foods that children and adults alike should consume more of: dark green and orange vegetables, dry beans and peas, and whole grains.

The cookbooks and recipes are available on the Team Nutrition Web site at www.teamnutrition.usda.gov. The cookbooks should be published by the end of 2012.

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Choose My Plate Resources

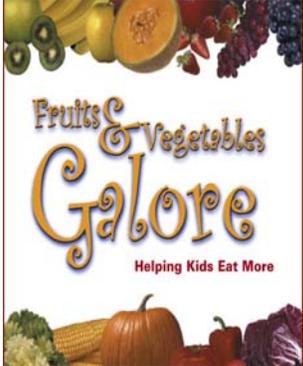
<http://www.choosemyplate.gov/food-groups/>



The screenshot shows the 'Vegetables' page on the Choose My Plate website. It includes a navigation menu on the left with categories like Food Groups Overview, Protein, Vegetables, Grains, Protein Foods, Dairy, and More. The main content area features a 'What Foods Are in the Vegetable Group?' section with an image of various vegetables and a 'Key Consumer Message' box.

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Fruits and Vegetables Galore: Helping Kids Eat More



<http://www.fns.usda.gov/tn/resource-library>

The image shows the cover of the 'Fruits & Vegetables Galore' cookbook. The title is written in a large, stylized font. Below the title, it says 'Helping Kids Eat More'. The cover features a vibrant collage of various fruits and vegetables, including apples, oranges, grapes, and leafy greens.

Sodium Reduction Efforts

TN Healthy Meals Resource System

- <http://healthymeals.nal.usda.gov/menu-planning/sodium-reduction>

Fact Sheets for Healthier School Meals

- http://www.fns.usda.gov/sites/default/files/jtf_resources.pdf

NFSMI

- <http://www.nfsmi.org/documentlibraryfiles/PDF/20120102035310.pdf>

USDA Foods

- <http://www.fns.usda.gov/fdd/nslp-usda-foods-fact-sheets>

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Food Labeling

- Product Formulation Statements

- http://www.fns.usda.gov/sites/default/files/TA_07-2010_os.pdf

- Child Nutrition Labeling Program

- <http://www.fns.usda.gov/cnlabeling/child-nutrition-cn-labeling-program>

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USDA Foods

- How USDA Foods Support Meal Pattern Requirements (Chart)

- http://www.fns.usda.gov/sites/default/files/Meal_Pattern_USDA_Foods_Chart_Sept2013.pdf

- Complete List of Available Foods

- <http://www.fns.usda.gov/fdd/foods-expected-be-available>

- USDA Foods Fact Sheets

- <http://www.fns.usda.gov/fdd/nslp-usda-foods-fact-sheets>

Questions?

Please contact the
School Nutrition Programs Office
at 517-373-3347

or

Email your questions to:
mde-schoolnutrition@michigan.gov
