

# What's for Breakfast?

## *Meeting the Meal Pattern Requirements for the School Breakfast Program*



### Objectives

Participants will be able to:

- understand the meal pattern requirements for breakfast including the meal pattern components, serving sizes and specific crediting criteria;
- identify noncreditable foods, i.e., foods that do not contribute to the meal pattern;
- understand the four dietary specifications (nutrition standards) that school breakfasts must meet and resources to help to implement them;
- understand how to implement Offer versus Serve (OVS) and identify reimbursable meals; and
- gain confidence in their ability to provide staff training and communicate information about the SBP meal pattern requirements to food service colleagues, school staff, students and families.

### Agenda

- Welcome and Introduction
- Background on Final Rule, *Nutrition Standards in the National School Lunch and Breakfast Programs*
- Overview of Requirements
- Meal Pattern for Breakfast
  - Milk
  - Fruits (and Vegetable Substitutions)
  - Grains (and Meat/Meat Alternate Substitutions)
  - Noncreditable Foods
- Break
- Menu Planning
- Dietary Specifications (Nutrition Standards) for Breakfast
  - Calories
  - Saturated Fat
  - Sodium
  - Trans Fat
- Offer versus Serve (OVS)
  - Menu Planning Decisions and Signage
  - Identifying Reimbursable Meals
  - Meal or No Meal – Breakfast Edition
- Wrap-Up
  - Menu Planning Strategies for the SBP
  - Evaluations and Certificates



The Connecticut State Department of Education's (CSDE) *What's for Breakfast* workshop training materials are available on the CSDE's [Meal Pattern Training Materials](#) Web page. This handout is available at [www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/sbp/wfb/wfbagenda](http://www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/sbp/wfb/wfbagenda).