

## What's for Breakfast?


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



Connecticut State Department of Education  
Bureau of Health/Nutrition, Family Services and Adult Education

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## OVERVIEW OF SBP MEAL PATTERN



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### SBP Meal Pattern Overview


- Food-based menu planning approach
- Three age/grade groups (K-5, 6-8 and 9-12)
- Daily and weekly requirements
- Weekly dietary specifications (nutrition standards)



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### SBP Meal Pattern Overview


- All grains must be whole grain-rich (WGR)
- Fruits component is at least 1 cup
- Vegetable substitution rules
- Limits on juice



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### SBP Meal Pattern Overview

- Students must take at least ½ cup of fruit (or vegetable) for offer versus serve (OVS)
- Target 1 sodium restriction (through school year 2015-16)



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### Minimum DAILY Requirements (All Grades)

Grains	Fruits	Milk *
1 ounce equivalent (oz eq)	1 cup	1 cup
		
<small>* Low-fat unflavored or fat-free unflavored or flavored milk</small>		

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### Minimum WEEKLY Requirements

Five-day Week			
Food Components	Grades K-5	Grades 6-8	Grades 9-12
Grains (oz eq)	<b>7-10*</b>	<b>8-10*</b>	<b>9-10*</b>
Fruits (cups)	<b>5</b>	<b>5</b>	<b>5</b>
Milk (cups)	<b>5</b>	<b>5</b>	<b>5</b>
* No maximum weekly grain limit			

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### Minimum WEEKLY Requirements

Seven-day Week			
Food Components	Grades K-5	Grades 6-8	Grades 9-12
Grains (oz eq)	<b>10-14*</b>	<b>11-14*</b>	<b>12.5-14*</b>
Fruits (cups)	<b>7</b>	<b>7</b>	<b>7</b>
Milk (cups)	<b>7</b>	<b>7</b>	<b>7</b>
* No maximum weekly grain limit			

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### Calculating Minimum WEEKLY Requirements for Grains


- Weekly total is calculated based on the **SMALLEST SERVING** offered each day
- When menus offer a variety of daily grain choices with **DIFFERENT SERVING SIZES** (ounce equivalents), must consider weekly minimums



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### Example of Weekly Grain Calculation


Acceptable Breakfast Menu for Grains GRAINS FOR ALL GRADES 6-8							
DAILY REQUIREMENT: 1 ounce equivalent WEEKLY REQUIREMENT: 8 ounce equivalents							
Daily Choices	OUNCE EQUIVALENTS OFFERED						Meets Minimum Weekly Requirement?
	Monday	Tuesday	Wednesday	Thursday	Friday	TOTAL	
Choice 1	2	1.5	1.5	2	2	8	YES
Choice 2	1.5	1	1.75	2	2		
Choice 3	1.75	2	2	2	2.5		



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### Example of Weekly Grain Calculation

Unacceptable Breakfast Menu for Grains GRAINS FOR GRADES 9-12							
DAILY REQUIREMENT: 1 ounce equivalent WEEKLY REQUIREMENT: 9 ounce equivalents							
Daily Choices	OUNCE EQUIVALENTS OFFERED						Meets Minimum Weekly Requirement?
	Monday	Tuesday	Wednesday	Thursday	Friday	TOTAL	
Choice 1	2	1.5	1.5	2	2	8	NO
Choice 2	1.5	1	1.75	2	2		
Choice 3	1.75	2	2	2	2.5		




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### Dietary Specifications (Nutrition Standards) for Breakfast

School Years 2014-15 through 2016-17			
Daily Amount Based on Weekly Average			
NUTRIENTS	GRADES K-5	GRADES 6-8	GRADES 9-12
Calories	350-500	400-550	450-600
Saturated Fat	< 10 %	< 10 %	< 10 %
Sodium *	≤ 540 mg	≤ 600 mg	≤ 640 mg
Trans Fat	Nutrition label or manufacturer specifications must indicate zero grams of trans fat per serving		
* First sodium target through June 30, 2017			

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## MILK COMPONENT



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### Milk Component

Milk at Breakfast (cups) *				
Grades	FIVE-DAY WEEK		SEVEN-DAY WEEK	
	Daily	Weekly*	Daily	Weekly*
K-5	1	5	1	7
6-8	1	5	1	7
9-12	1	5	1	7

\* At least two different varieties of low-fat (1%) unflavored or fat-free unflavored or flavored

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### Allowable Milk Options

- **Must offer AT LEAST TWO different choices**
  - ▶ **FAT-FREE** (unflavored or flavored)
  - ▶ **LOW-FAT** (unflavored only)
  - ▶ **Lactose-reduced or lactose-free FAT-FREE** (unflavored or flavored)
  - ▶ **Lactose-reduced or lactose-free LOW-FAT** (unflavored only)




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### Milk Substitutions


- **REQUIRED** for children with disabilities (medical statement from physician)
- **OPTIONAL** for children without disabilities (written parent request)
  - ▶ lactose-free or lactose-reduced milk (unflavored low-fat or unflavored/flavored fat-free)
  - ▶ nondairy milk substitutes that meet the USDA nutrition standards for fluid milk substitutes



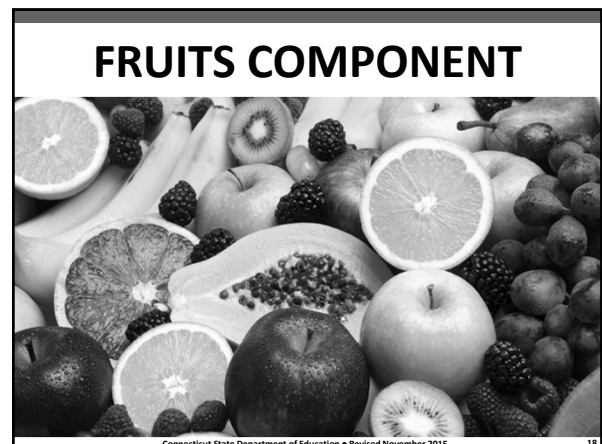
[www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/nsfp/crediting/milk\\_sub.pdf](http://www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/nsfp/crediting/milk_sub.pdf)  
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### Milk Substitutions

- **Juice and water CANNOT be offered as milk substitutes for nondisabled children**



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### Fruits Component


Fruits at Breakfast (cups) *				
Grades	FIVE-DAY WEEK		SEVEN-DAY WEEK	
	Daily	Weekly*	Daily	Weekly*
K-5	1	5	1	7
6-8	1	5	1	7
9-12	1	5	1	7

\* Includes vegetable substitutions that comply with requirements

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### Allowable Fruits


- Fresh
- Frozen (with or without added sugar)
- Canned in juice/light syrup
- Dried



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### Serving Sizes of Fruits


- Menu planner determines **SERVING SIZES** and **NUMBER** of servings
- Minimum of  $\frac{1}{8}$  CUP to count toward daily total



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### Serving Sizes of Fruits


- Can offer **COMBINATION** of various fruits to meet daily total
- All servings based on **ACTUAL VOLUME SERVED**, except dried fruit



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### Dried Fruit


- Credits at **TWICE** the volume served
  - ▶  $\frac{1}{4}$  cup of dried fruit equals  $\frac{1}{2}$  cup of the fruits component
  - ▶  $\frac{1}{2}$  cup of dried fruit equals 1 cup of the fruits component



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### Serving Sizes of Fruits


- Larger amounts may be served if meals meet weekly **DIETARY SPECIFICATIONS** (limits for calories, saturated fat and sodium)



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### Crediting Considerations for Fruits


- Pureed Fruits
- Fruit Juice
- Fruit Smoothies



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### Pureed Fruits


- Must be **RECOGNIZABLE**, e.g., pureed foods made from **ONE** fruit such as applesauce
- Do **NOT** credit when used to improve the **NUTRIENT PROFILE** of a food, e.g., applesauce used to replace oil in muffins



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### Fruit Juice


- Must be pasteurized **100% FULL-STRENGTH** fruit juice without added sugar
  - ▶ 100% juice (not from concentrate)
  - ▶ 100% juice from concentrate
- Juice concentrates cannot credit when used as an **INGREDIENT** in foods or beverages



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### Weekly Juice Limit for Breakfast

- Limited to no more than **HALF** of weekly fruit offerings
- ½ cup can be served **DAILY**




All Grades		
Length of Week	Required Weekly Fruit Servings	Maximum Weekly Juice Contribution *
Five Days	5 cups	2 ½ cups
Seven Days	7 cups	3 ½ cups

\* Includes all fruit and vegetable juice

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### Juice Limit Includes

- Fresh, frozen and made from concentrate
- Frozen juice pops made from 100 percent juice
- Pureed fruits/vegetables in fruit/vegetable smoothies
- Juice from canned fruit served in 100 percent juice, unless the canned fruit is drained



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### Crediting Juice




www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/nslp/crediting/credit\_juice.pdf

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### School-made Fruit Smoothies


- **Milk must be low-fat (1%) unflavored or fat-free unflavored or flavored**
  - ▶ Credits as fluid MILK if 1 cup
  - ▶ Must still offer MILK VARIETY on serving line
- **Pureed fruits/vegetables credit only as JUICE, based on volume of pureed fruits/vegetables**
  - ▶ Counts toward weekly juice limit



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### School-made Fruit Smoothies

- **Yogurt and soy yogurt credit as MEAT ALTERNATE**
- **Other ingredients CANNOT credit but must count toward weekly dietary specifications**
  - ▶ Grains such as oatmeal
  - ▶ Other M/MA, e.g., peanut butter



Operational Memorandum 13-15: [www.sde.ct.gov/sde/LIB/sde/pdf/DEPS/Nutrition/OPmemos/15/OM\\_13-15.pdf](http://www.sde.ct.gov/sde/LIB/sde/pdf/DEPS/Nutrition/OPmemos/15/OM_13-15.pdf)  
Questions and Answers Regarding Crediting of Smoothies in Child Nutrition Programs  
[www.sde.ct.gov/sde/LIB/sde/pdf/deps/nutrition/nslp/crediting/QASmoothies.pdf](http://www.sde.ct.gov/sde/LIB/sde/pdf/deps/nutrition/nslp/crediting/QASmoothies.pdf)  
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### Smoothie Recipe Booklet



**create-a-smoothie**

- 1 Choose fluid milk, fruit and vegetable. Select yogurt. Add choices to blender and cover.
- 2 Pulse until smooth. Pour into cups.
- 3 Refrigerate until service. Hold for cold service at 41°F or below.

Milk, yogurt, fruit and vegetables in smoothies can be credited at breakfast and lunch. Smoothies must be prepared by program operators and use regulated quantities that meet meal pattern requirements. Fruit and vegetables in smoothies are credited as juice. USDA SP10-12427PDS 9/13/10-2014 1/17

Adapted from National Dairy Association

**MILK'S ANNUAL LIST** 2015  
New England Dairy Foundation

<input type="checkbox"/> Fluid Milk	<b>fluid milk</b>
<input type="checkbox"/> Fat-free or Low-fat, unflavored	
<input type="checkbox"/> Flavored Fat-free	
<input type="checkbox"/> Lactose-free, low-fat unflavored or fat-free (unflavored or flavored)	
<input type="checkbox"/> Low-fat or Fat-free Yogurt	<b>yogurt</b>
<input type="checkbox"/> Plain	<input type="checkbox"/> Fruit-flavored
<input type="checkbox"/> Vanilla	<input type="checkbox"/> Greek Style
<b>Use frozen for best consistency</b>	<b>fruit and vegetables</b>
<input type="checkbox"/> Bananas	<input type="checkbox"/> Kale
<input type="checkbox"/> Berries	<input type="checkbox"/> Kiwi
<input type="checkbox"/> Carrots	<input type="checkbox"/> Mango
<input type="checkbox"/> Cherries, pitted	<input type="checkbox"/> Melons
<input type="checkbox"/> Peaches	<input type="checkbox"/> Pineapple
<input type="checkbox"/> Peaches	<input type="checkbox"/> Pumpkin
<input type="checkbox"/> Spinach	<input type="checkbox"/> Spinach
<b>extras (optional)</b>	
<input type="checkbox"/> Cinnamon	<input type="checkbox"/> Mint
<input type="checkbox"/> Cocoa powder	<input type="checkbox"/> Nutmeg
<input type="checkbox"/> Ginger	<input type="checkbox"/> Vanilla


[www.newenglanddairyCouncil.org/media/SmoothieRecipeBooklet2015.pdf](http://www.newenglanddairyCouncil.org/media/SmoothieRecipeBooklet2015.pdf)  
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### School-made Fruit Smoothies

- **Must INFORM students about the components included by listing the type of smoothie on the menu and serving line signage**

**TODAY'S MENU**


**Strawberry and yogurt smoothie**



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### Vegetable Substitutions

- **May be substituted for fruit if at least 2 CUPS per week are from**
  - ▶ dark green subgroup
  - ▶ red/orange subgroup
  - ▶ beans and peas (legumes) subgroup
  - ▶ "other" subgroup
- **May offer starchy vegetables if weekly menu includes AT LEAST 2 CUPS of nonstarchy vegetables**



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### Vegetables at Breakfast Sample Menu

Monday	Tuesday	Wednesday	Thursday	Friday
CHOOSE 1	CHOOSE 1	CHOOSE 1	CHOOSE 1	CHOOSE 1
Hard-boiled egg with whole-wheat toast	WGR French toast Sticks with syrup OR Whole-grain cereal and graham Crackers	Breakfast burrito OR Whole-grain pancakes with strawberry sauce	Peach smoothie* with whole-grain muffin *Try our new breakfast smoothie made with fruit, milk and yogurt! OR Whole-grain cereal and whole-wheat toast	Whole-wheat sesame bagel with cream cheese OR Apple cinnamon oatmeal
CHOOSE 1 OR 2 (Limit of 1 Juice)	CHOOSE 1 OR 2 (Limit of 1 Juice)	CHOOSE 1 OR 2 (Limit of 1 Juice)	CHOOSE 1 OR 2 (Limit of 1 Juice)	CHOOSE 1 OR 2 (Limit of 1 Juice)
Orange juice Assorted fruits Hash brown potatoes	Fruit cup Orange wedges Carrot sticks	Salsa Banana Apple Juice	Applesauce Raisins Celery sticks with hummus dip	Cucumber slices Melon wedge Assorted fruit juice
<b>Take at least one fruit or vegetable each day to make a meal!</b>				
CHOOSE 1	CHOOSE 1	CHOOSE 1	CHOOSE 1	CHOOSE 1
Milk Choice *	Milk Choice *	Milk Choice *	Milk Choice *	Milk Choice *
* Low-fat (1%) unflavored or fat-free unflavored or flavored milk				

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### Vegetable Subgroups

[www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/nsfp/crediting/vegetable\\_groups.pdf](http://www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/nsfp/crediting/vegetable_groups.pdf)

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### Crediting Information for Fruits

[www.fns.usda.gov/tn/food-buying-guide-school-meal-programs](http://www.fns.usda.gov/tn/food-buying-guide-school-meal-programs)

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### Crediting Information for Vegetables

[www.fns.usda.gov/tn/food-buying-guide-school-meal-programs](http://www.fns.usda.gov/tn/food-buying-guide-school-meal-programs)

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## GRAINS COMPONENT

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### Criteria for Whole Grain-rich Foods

[www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/nsfp/crediting/wgcriteria.pdf](http://www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/nsfp/crediting/wgcriteria.pdf)

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### Whole Grain-rich Ounce Equivalents

[www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/nsfp/crediting/grainsozeq.pdf](http://www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/nsfp/crediting/grainsozeq.pdf)

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### Grains Component

Grains at Breakfast (Oz Eq)				
All grains must be whole grain-rich				
Grades	FIVE-DAY WEEK		SEVEN-DAY WEEK	
	Daily	Weekly*	Daily	Weekly*
K-5	1	7-10	1	10-14
6-8	1	8-10	1	11-14
9-12	1	9-10	1	12.5-14

\* Must meet weekly minimum but not maximum

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### Two Requirements for Grain Products

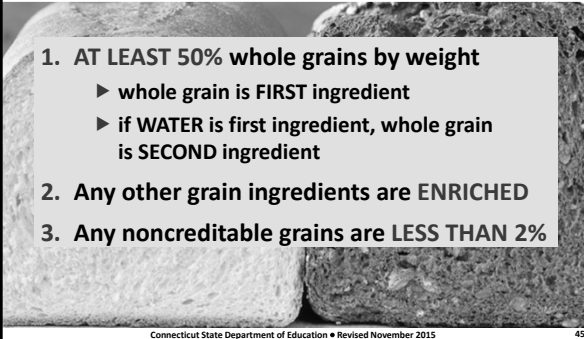
1. Must be **WHOLE GRAIN-RICH (WGR)**
  - ▶ 100% whole grain
  - ▶ At least 50% whole grain
2. Must meet **MINIMUM** serving size



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### WGR Definition

1. **AT LEAST 50% whole grains by weight**
  - ▶ whole grain is **FIRST** ingredient
  - ▶ if **WATER** is first ingredient, whole grain is **SECOND** ingredient
2. Any other grain ingredients are **ENRICHED**
3. Any noncreditable grains are **LESS THAN 2%**




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### WGR Definition Criterion 1

#### At least 50% **WHOLE GRAINS**

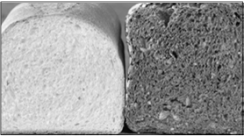
- **GRAIN-BASED PRODUCTS**, e.g., breads, cereals, waffles, muffins
  - ▶ Whole grain is **FIRST** ingredient listed
- **COMBINATION FOODS**, e.g., breakfast burrito and breakfast pizza
  - ▶ Whole grain is **FIRST GRAIN** ingredient listed



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### Is it a Whole Grain?

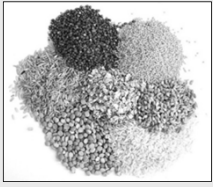
- Look for the word **“WHOLE”** e.g., whole corn, whole rye, whole-wheat flour
- Grains without “whole” are usually not whole grains, e.g., corn, rye flour, wheat flour
  - ▶ Require manufacturer documentation (PFS)
  - ▶ **EXCEPTIONS:** Some grains do not state “whole” but are whole grains



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### Examples of Exceptions\*

- **BERRIES or GROATS** (e.g., wheat berries or oat groats)
- **OATS or OATMEAL** (old-fashioned, quick-cooking, instant)
- Amaranth
- Brown rice
- Brown rice flour
- Buckwheat
- Graham flour
- Millet
- Quinoa
- Triticale
- Teff
- Sorghum



\* These grains do not state “whole” in their description but they are whole grains

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### USDA Product Formulation Statement (PFS) for Grains

*(Small text describing the PFS form and its purpose)*

**Product Name:** \_\_\_\_\_ **Grade No.:** \_\_\_\_\_

**Manufacturer:** \_\_\_\_\_ **Formed for:** \_\_\_\_\_

**1. State the product name and the whole-grain content.**

**2. List the grain types used in the product.**

**3. List the grain types used in the product.**

**4. List the grain types used in the product.**

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**50. List the grain types used in the product.**

<http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=333796>

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### Examples of Whole-Grain Products and Ingredients \*

<p><b>BARLEY</b></p> <ul style="list-style-type: none"> <li>■ dehulled barley</li> <li>■ dehulled-barley flour</li> <li>■ whole barley</li> <li>■ whole-barley flakes</li> <li>■ whole-barley flour</li> <li>■ whole-grain barley</li> <li>■ whole-grain barley flour</li> </ul> <p><b>BROWN RICE</b></p> <ul style="list-style-type: none"> <li>■ brown rice</li> <li>■ brown rice flour</li> </ul>	<p><b>CORN</b></p> <ul style="list-style-type: none"> <li>■ masa (whole corn treated with lime)</li> <li>■ whole corn</li> <li>■ whole-corn flour</li> <li>■ whole commeal</li> <li>■ whole-grain corn flour</li> <li>■ whole-grain grits</li> <li>■ whole-ground corn</li> </ul> <p><b>OATS</b></p> <ul style="list-style-type: none"> <li>■ oat groats</li> <li>■ oatmeal, including old-fashioned, quick-cooking and instant</li> <li>■ rolled oats</li> <li>■ whole oats</li> <li>■ whole-oat flour</li> </ul>	<p><b>RYE</b></p> <ul style="list-style-type: none"> <li>■ whole rye</li> <li>■ rye berries</li> <li>■ whole-rye flour</li> <li>■ whole-rye flakes</li> </ul>
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\* This list is not all-inclusive

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### Examples of Whole-Grain Products and Ingredients \*

<p><b>WHEAT (RED)</b></p> <ul style="list-style-type: none"> <li>■ bulgur (cracked wheat)</li> <li>■ bromated whole-wheat flour</li> <li>■ cracked wheat</li> <li>■ crushed wheat</li> <li>■ entire-wheat flour</li> <li>■ graham flour</li> <li>■ sprouted wheat</li> <li>■ sprouted wheat berries</li> <li>■ stone ground whole-wheat flour</li> <li>■ toasted crushed whole wheat</li> <li>■ wheat berries</li> <li>■ whole bulgur</li> <li>■ whole durum flour</li> <li>■ whole durum wheat flour</li> </ul>	<p><b>WHEAT (RED), continued</b></p> <ul style="list-style-type: none"> <li>■ whole-grain bulgur</li> <li>■ whole-grain wheat</li> <li>■ whole wheat</li> <li>■ whole-wheat flour</li> <li>■ whole-wheat pastry flour</li> <li>■ whole-wheat flakes</li> </ul> <p><b>WHEAT (WHITE)</b></p> <ul style="list-style-type: none"> <li>■ whole white wheat</li> <li>■ whole white wheat flour</li> </ul> <p><b>WILD RICE</b></p> <ul style="list-style-type: none"> <li>■ wild rice</li> <li>■ wild rice flour</li> </ul>	<p><b>LESS COMMON GRAINS</b></p> <ul style="list-style-type: none"> <li>■ amaranth</li> <li>■ buckwheat,</li> <li>■ buckwheat groats</li> <li>■ einkorn</li> <li>■ emmer (farro)</li> <li>■ Kamut®</li> <li>■ millet</li> <li>■ quinoa</li> <li>■ sorghum (milo)</li> <li>■ spelt</li> <li>■ teff</li> <li>■ triticale</li> </ul>
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\* This list is not all-inclusive

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### Identifying Whole Grains

U.S. Department of Agriculture (USDA) Food and Nutrition Programs

**IDENTIFYING WHOLE GRAINS**

Grains are the whole grains... (Small text explaining the definition of whole grains)

**WHOLE GRAINS**

Whole grains consist of the entire grain seed... (Small text explaining the components of a whole grain)

**GRAINS THAT DO NOT INCLUDE WHOLE GRAIN CONTENT**

These are whole grains that have been refined... (Small text explaining refined grains)

**How to identify**

The USDA's "Check for Whole Grain" logo... (Small text explaining the logo)

**Check for Whole Grain**

- Read the "Check for Whole Grain" logo.
- Check the ingredient list for whole grains.
- Check the nutrition facts for whole grains.
- Check the packaging for whole grains.


[www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/nsfp/crediting/identifyingwg.pdf](http://www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/nsfp/crediting/identifyingwg.pdf)

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### Products with Flour Blends

**PFS must indicate that**

- whole grain content is **AT LEAST 8 GRAMS** per ounce equivalent (groups A-G) **OR**
- weight of whole grain is **MORE THAN FIRST INGREDIENT** listed after flour blend




**Water, FLOUR BLEND [whole-wheat flour, enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, enzyme, folic acid)], brown sugar....**

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### Products with Flour Blends

SAMPLE PRODUCT		
Ingredient	Percentage of Total Product Weight	
Flour Blend	40%	Whole wheat flour = 25%
		Enriched Flour = 15%
Brown sugar	30%	



**Water, FLOUR BLEND [whole-wheat flour, enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, enzyme, folic acid)], brown sugar....**

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### WGR Definition Criterion 2 Any Other Grains are ENRICHED

**Enriched grains contain FIVE NUTRIENTS added within limits specified by FDA**

- THIAMIN (vitamin B1, thiamin mononitrate, thiamin hydrochloride)
- RIBOFLAVIN (vitamin B2)
- NIACIN (vitamin B3, niacinamide)
- FOLIC ACID (folate)
- IRON (reduced iron, ferrous sulfate)

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### Sample Label with Enriched Flour



**Ingredients: Whole wheat flour, enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid) ....**

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### Crediting Enriched Grains

U.S. Department of Agriculture (USDA) School Nutrition Programs

**CREATING ENRICHED GRAINS**

There are 28 wheat products (WGR) that are not eligible for the Whole Grain-Rich Program (WGR). These products are not eligible for the Whole Grain-Rich Program because they do not contain a minimum of 50% whole grain wheat flour (WGR) and are not made with whole grain wheat flour (WGR). To determine if a product is a WGR, check the label for the term "enriched" and check the ingredients list for the five nutrients. If the ingredients list includes all five nutrients, the product is a WGR. If the ingredients list does not include all five nutrients, the product is not a WGR.

Enriched grains are refined grains such as wheat, rice and corn and grain products made in a process that strips them of their natural nutrients. To restore some of the nutrients lost during processing, the five nutrients listed above are added. These nutrients include: Thiamin (vitamin B1), Riboflavin (vitamin B2), Niacin (vitamin B3), Folic acid (vitamin B9) and Iron. Enriched grains are not nutritionally superior to whole grain products because enrichment does not replace all of the nutrients, fiber and other health-promoting substances naturally present in the whole grain.

To determine if a product is enriched, check the label for the term "enriched" and check the ingredients list for the five nutrients. If the ingredients list includes all five nutrients, the product is a WGR. If the ingredients list does not include all five nutrients, the product is not a WGR.

Products that contain only enriched grains cannot credit toward grain requirements of the WGR and are not eligible for the Whole Grain-Rich Program. Some examples include enriched flour, enriched rice, enriched corn, and enriched wheat flour.

Examples: Enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), enriched rice (rice, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), enriched corn (corn, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid).

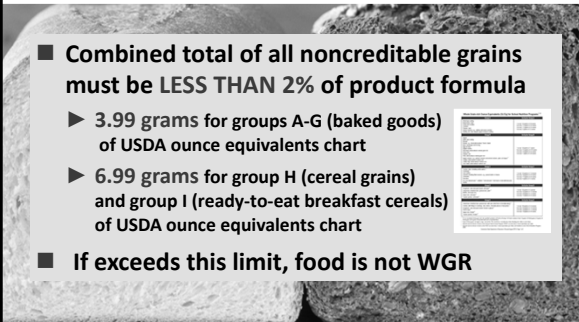
For school year 2015-16, the USDA allows a temporary WGR exception for enriched flour and enriched rice that are made with enriched flour and enriched rice.

Enriched grains are not eligible for the Whole Grain-Rich Program.

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www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/nslp/crediting/enrichedgrains.pdf

### WGR Definition Criterion 3 Limit for NONCREDITABLE GRAINS



- **Combined total of all noncreditable grains must be LESS THAN 2% of product formula**
  - ▶ 3.99 grams for groups A-G (baked goods) of USDA ounce equivalents chart
  - ▶ 6.99 grams for group H (cereal grains) and group I (ready-to-eat breakfast cereals) of USDA ounce equivalents chart
- **If exceeds this limit, food is not WGR**

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### Examples of Noncreditable Grain Ingredients \*


■ barley grits	■ malted barley flour (not enriched)	■ rice starch
■ bran	■ modified food starch (including potato, legume and other vegetable flours)	■ soluble corn fiber
■ corn bran	■ modified corn starch	■ soy fiber
■ corn fiber	■ modified rice starch	■ soy grits
■ corn flour (not enriched)	■ modified tapioca starch	■ soy flour
■ corn grits	■ modified wheat starch	■ tapioca starch
■ corn starch	■ oat fiber	■ wheat bran
■ cultured wheat starch	■ potato flour	■ wheat germ
■ durum grits	■ potato starch	■ wheat flour (not enriched)
■ fava bean flour	■ rice flour (not enriched)	■ wheat starch
■ fermented wheat		
■ germ		
■ hydrolyzed starch		

\* This list is not all-inclusive

Criteria for Whole Grain-rich Foods: www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/nslp/crediting/WGRCriteria.pdf

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### Nongrain Ingredients in Combination Foods




- **If noncreditable grain ingredients are NOT part of combination food's GRAIN COMPONENT, they do NOT count toward the noncreditable grains limit**
- **If a product contains an ingredient that contains two or more ingredients itself, these ingredients will be LISTED IN PARENTHESES after the name of the ingredient**

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### Combination Food Example: Apple Breakfast Bun

**Ingredients:** 100% WHOLE-GRAIN WHITE WHEAT FLOUR, APPLE FILLING (corn syrup, MODIFIED FOOD STARCH, evaporated apples, cinnamon, lemon juice, locust bean gum, erythorbic acid and potassium sorbate [used as preservatives]), water, margarine (palm oil, soybean oil, whey [milk], mono and diglycerides, soybean lecithin [soy], natural butter flavor, colored with beta carotene, vitamin A palmitate added), sugar, contains 2% or less of: dough conditioner (RYE FLOUR, MALTED BARLEY FLOUR, ascorbic acid, enzymes, guar and/or arabic gums, WHEAT FLOUR), nonfat dry milk (nonfat dry milk, whey [milk]), natural orange emulsion (natural flavor, propylene glycol, gum), salt, eggs, egg replacer (WHOLE SOY FLOUR, wheat gluten, corn syrup solids, algin), yeast (leavening), mold inhibitor (cultured organic spelt flour, lactic acid).



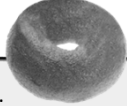
- This product contains APPLE FILLING (nongrain ingredient) and BUN (grain component)
- The modified food starch in the apple filling does NOT count toward noncreditable grains limit
- The FOUR NONCREDITABLE GRAINS in the bun (rye flour, malted barley flour, wheat flour, whole soy flour) count toward noncreditable grains limit

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### “Contains 2% or less”

- If product lists only ONE noncreditable grain after “contains 2% or less” PFS NOT NEEDED

**WHOLE-WHEAT BAGEL**  
**Ingredients:** WHOLE WHEAT FLOUR, sugar, wheat gluten.  
 Contains 2% or less of each of the following: honey, salt, YELLOW CORN FLOUR, yeast, molasses, diacetyl tartaric acid esters of mono-diglycerides (datem), ascorbic acid, mono-and diglycerides, l-cysteine, enzymes

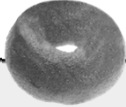


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### “Contains 2% or less”

- If product lists TWO OR MORE noncreditable grains after “contains 2% or less,” PFS REQUIRED
  - ▶ Must document combined weight of all noncreditable grains

**WHOLE-GRAIN BAGEL**  
**Ingredients:** WHOLE WHEAT FLOUR, enriched bromated wheat flour (niacin [a-B vitamin], thiamine mono nitrate [vitamin B-1], ferrous sulfate [iron], potassium bromate, riboflavin [vitamin B-2], and folic acid), water, brown sugar granulated sugar. Contains 2% or less of the following ingredients: salt, vital wheat gluten, mono & diglycerides, honey, CORN MEAL, calcium propionate, MALTED BARLEY FLOUR, molasses powder (molasses, WHEAT STARCH), ammonium chloride, ascorbic acid (vitamin C), l-cysteine hydrochloride, azodicarbonamide (ADA), calcium sulfate, enzymes




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### Two Exemptions for Noncreditable Grains

1. FORTIFIED BREAKFAST CEREALS that contain a WHOLE GRAIN as the first ingredient
2. CEREAL BARS made from a fortified breakfast cereal that contains a whole grain as the first ingredient


Only CEREAL PORTION of ingredients is exempt



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### Identifying Fortified Cereals

ENRICHED	FORTIFIED
1. Iron	1. Iron
2. Thiamin	2. Thiamin
3. Riboflavin	3. Riboflavin
4. Niacin	4. Niacin
5. Folic acid	5. Folic acid
	6. Additional vitamins and minerals *




\* Manufacturers choose which ones and how much

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### Ready-to-Eat Breakfast Cereals

- Cereals containing ONLY ENRICHED GRAINS, BRAN OR GERM are not WGR and do not credit
- Cereals that contain MORE THAN 2 PERCENT of these ingredients only credit if
  - ▶ whole grain is first ingredient AND
  - ▶ cereal is fortified



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### Crediting Breakfast Cereals

U.S. Department of Agriculture (USDA) School Nutrition Programs

**CREDITING BREAKFAST CEREALS**

Introduction: USDA's school nutrition programs are authorized by the National School Lunch Program (NSLP) and School Breakfast Program (SBP) under the Public Health, Education, and Labor and Human Resources Act of 1975, as amended. The USDA's school nutrition programs are authorized under the Department of Agriculture's (USDA) Food and Nutrition Assistance Act of 2010 (FNA 2010).

**SERVING SIZES FOR BREAKFAST CEREALS**

Having one 1/2 cup of cereal per day is the USDA's recommendation. This does not include the cereal in the milk. The USDA's recommendation is based on the average grain content of 1/2 cup of cereal. The USDA's recommendation is based on the average grain content of 1/2 cup of cereal. The USDA's recommendation is based on the average grain content of 1/2 cup of cereal.

**WGR REQUIREMENTS FOR BREAKFAST CEREALS**

The USDA's Whole Grain Requirements (WGR) for breakfast cereals are based on the average grain content of 1/2 cup of cereal. The USDA's WGR requirements are based on the average grain content of 1/2 cup of cereal. The USDA's WGR requirements are based on the average grain content of 1/2 cup of cereal.

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[www.sde.ct.gov/sde/lib/sde/pdf/deps/nslp/crediting/credit\\_cereals.pdf](http://www.sde.ct.gov/sde/lib/sde/pdf/deps/nslp/crediting/credit_cereals.pdf)

### Purchasing specifications are critical to ensure compliance with WGR requirements

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### Serving Sizes for Grains

- Menu planner determines **SERVING SIZES** and **NUMBER** of servings
- Minimum of **1/4 OUNCE EQUIVALENT** to count toward daily total
  - ▶ Amounts less than 1/4 ounce equivalent **NOT** included in daily and weekly grains
- Can offer **COMBINATION** of various grains to meet daily total

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### Two Methods to Determine Serving Sizes for Baked Goods (Groups A-G)

**METHOD 1**  
Use **WEIGHT OR VOLUME** in USDA ounce equivalents chart

- To use this method
  - ▶ all grains must be **CREDITABLE** (whole grain or enriched)
  - ▶ combined total of any noncreditable grains must be no more than 3.99 grams

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### Two Methods to Determine Serving Sizes for Baked Goods (Groups A-G)

**METHOD 2**  
Determine **WEIGHT** of **CREDITABLE** grains

- Requires **MANUFACTURER DOCUMENTATION (PFS)** for commercial products
- Requires **STANDARDIZED RECIPE** for school-made products

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### For both methods, round **DOWN** all calculations to nearest 1/4 ounce equivalent


**Whole-wheat Roll, 1.49 ounces**

**Group B: 1 ounce equivalent = 28 grams (1 ounce)  
Credits as 1.25 ounce equivalents of grains**

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**For both methods, round DOWN all calculations to nearest ¼ ounce equivalent**

**WGR Waffles, 2.6 ounces**





**Group C:**  
**1 ounce equivalent = 34 grams (1.2 ounces)**  
**2.6 ounces ÷ 1.2 ounces = 2.2 ounce equivalents**  
**Credits as 2 ounce equivalents of grains**

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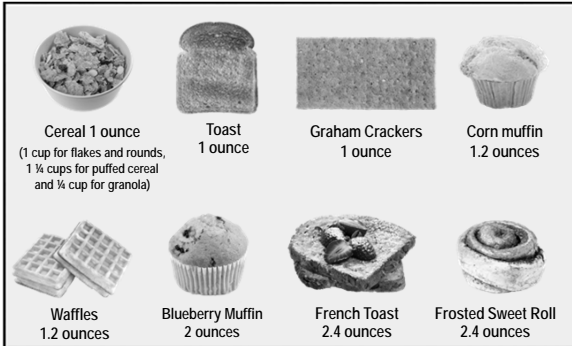
**Method 1 – Ounce Equivalents Chart**

- Use serving sizes (WEIGHTS) in USDA ounce equivalents chart
- Nine groups based on amount that provides 1 OUNCE EQUIVALENT of grains

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**Weight Required for 1 Ounce Equivalent**



Cereal 1 ounce  
(1 cup for flakes and rounds,  
1 ¼ cups for puffed cereal  
and ½ cup for granola)

Toast 1 ounce

Graham Crackers 1 ounce

Corn muffin 1.2 ounces

Waffles 1.2 ounces

Blueberry Muffin 2 ounces


French Toast 2.4 ounces

Frosted Sweet Roll 2.4 ounces

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**How much equals 1 ounce equivalent?**


**Whole-wheat Bagel**



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**How much equals 1 ounce equivalent?**


**Granola Bars, Plain**



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**How much equals 1 ounce equivalent?**


**Oatmeal**



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### Method 2 – Creditable Grains

- Calculate GRAMS OF CREDITABLE GRAINS per serving
- Requires documentation from
  1. an original CN LABEL from the product carton if the grains are part of a meat/meat alternate product  
OR
  2. a PFS signed by an official of the manufacturer



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### Calculation Methods for Crediting Grains


U.S. Department of Agriculture (USDA) School Nutrition Programs  
**CALCULATION METHODS FOR CREDITING GRAINS**

Credits for creditable grains (CG) are based on the USDA's 2010 Dietary Guidelines for Americans (DGA) and School Nutrition Programs (SNP) 2010 guidance on the amount of creditable grains that can be counted toward the minimum daily grain requirement. The USDA's 2010 Dietary Guidelines for Americans (DGA) define creditable grains as grains that are either whole grain or enriched with iron and thiamine. The USDA's 2010 Dietary Guidelines for Americans (DGA) also define creditable grains as grains that are either whole grain or enriched with iron and thiamine. The USDA's 2010 Dietary Guidelines for Americans (DGA) also define creditable grains as grains that are either whole grain or enriched with iron and thiamine.

**CHOOSING A CALCULATION METHOD**  
School nutrition programs can choose the calculation method for crediting grains based on the USDA's 2010 Dietary Guidelines for Americans (DGA) and School Nutrition Programs (SNP) 2010 guidance on the amount of creditable grains that can be counted toward the minimum daily grain requirement. The USDA's 2010 Dietary Guidelines for Americans (DGA) define creditable grains as grains that are either whole grain or enriched with iron and thiamine. The USDA's 2010 Dietary Guidelines for Americans (DGA) also define creditable grains as grains that are either whole grain or enriched with iron and thiamine.

www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/nslp/crediting/graincalc.pdf  
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## MEAT/MEAT ALTERNATE (M/MA) SUBSTITUTIONS



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### M/MA Grain Substitutes


- Optional
- Can only be offered after MINIMUM DAILY grains (1 ounce equivalent)
- Minimum of ¼ OZ EQ to count toward daily total
- Schools can choose to offer
  - ▶ IN PLACE of grains
  - ▶ as an EXTRA item



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### M/MA Serving Sizes

- Products WITHOUT binders and extenders credit based on SERVING WEIGHT
- Products WITH binders and extenders credit based only on ACTUAL AMOUNT OF MEAT
  - ▶ Require PFS from manufacturer




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### 1 Ounce Equivalent of M/MA

- 1 ounce of cooked lean meat, poultry or fish
- 1 ounce of natural or process cheese \*
- 2 ounces of cottage or ricotta cheese, cheese food/spread and cheese substitute \*
- ¼ cup of cooked beans and peas (legumes)
- ½ large egg
- 2 tablespoons of nut butters
- 1 ounce of nuts or seeds
- 2.2 ounces (¾ cup) of commercial tofu (containing at least 5 grams of protein)
- ½ cup of yogurt or soy yogurt \*
- 1 ounce of alternate protein products (APP)


\* Low-fat recommended



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### M/MA at Breakfast

**EXAMPLE OF OPTION 1**  
Offer M/MA IN PLACE of grains




Planned Menu	Meal Pattern Components	Food Items
Whole-wheat toast (1-ounce slice)	Grains, 1 ounce equivalent	1
Low-fat cheese stick (1 ounce)	Grains, 1 ounce equivalent <i>(M/MA substitution)</i>	1
Banana (½ cup)	Fruits, ½ cup	1
Orange juice (½ cup)	Fruits, ½ cup	1
Milk choice (1 cup)	Milk, 1 cup	1
<b>TOTAL</b>		<b>5</b>

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### M/MA at Breakfast

**EXAMPLE OF OPTION 2**  
Offer M/MA as EXTRA FOOD



Planned Menu	Meal Pattern Components	Food Items
Hard-boiled egg (½ egg)	None (extra food)	0
Whole-wheat blueberry muffin (2 ounces)	Grains, 1 ounce equivalent	1
Canned peaches (½ cup)	Fruits, ½ cup	1
Strawberries (½ cup)	Fruits, ½ cup	1
Milk choice (1 cup)	Milk, 1 cup	1
<b>TOTAL</b>		<b>4</b>

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## NONCREDITABLE FOODS



[www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/nslp/crediting/noncrednsnp.pdf](http://www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/nslp/crediting/noncrednsnp.pdf)  
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## Noncreditable Foods

- **CANNOT CREDIT** toward meal pattern
- **LIMIT frequency and amount**
  - ▶ Often contain little nutritional value
- **Must count toward weekly DIETARY SPECIFICATIONS (nutriton standards)**



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### Noncreditable Fruits \*

- **Snack-type foods made from fruits**
  - ▶ dried banana chips
  - ▶ fruit snacks, e.g., fruit drops, roll-ups, wrinkles, twists and yogurt-covered fruit snacks
  - ▶ 100% fruit strips
- **Jam or jelly**
- **Home-canned products (for food safety reasons)**
- **Juice drinks that are not 100 percent juice, e.g., grape juice drink, orange juice drink, cranberry juice cocktail, lemonade**




\* This list is not all-inclusive

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### Noncreditable Vegetables\*

- **Snack-type foods made from vegetables, such as potato chips or popcorn**
- **Pickle relish**
- **Tomato catsup and chili sauce**
- **Home-canned products (for food safety reasons)**
- **Dehydrated vegetables used for seasoning**

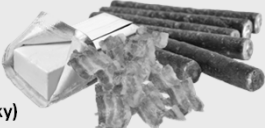


\* This list is not all-inclusive

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### Noncreditable M/MA \*

- Shelf-stable, DRY OR SEMI-DRY meat snacks
  - ▶ Smoked snack sticks made with beef and chicken
  - ▶ Summer sausage
  - ▶ Pepperoni sticks
  - ▶ Meat, poultry or seafood jerky
  - ▶ Meat or poultry nuggets (similar to jerky)
- Bacon
- Cream Cheese



\* This list is not all-inclusive

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### Noncreditable Grains \*


- Products that are not WGR
- Products that are only enriched
- Products that contain more than 3.99 grams of noncreditable grains for groups A-G or 6.99 grams for groups H and I



\* This list is not all-inclusive

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## Dietary Specifications (Nutrition Standards)



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### Dietary Specifications (Nutrition Standards) for Breakfast

School Years 2014-15 through 2016-17


Daily Amount Based on Weekly Average			
NUTRIENTS	GRADES K-5	GRADES 6-8	GRADES 9-12
Calories	350-500	400-550	450-600
Saturated Fat	< 10 %	< 10 %	< 10 %
Sodium *	≤ 540 mg	≤ 600 mg	≤ 640 mg
Trans Fat	Nutrition label or manufacturer specifications must indicate zero grams of trans fat per serving		

\* First sodium target through June 30, 2017

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### Four Dietary Specifications (Nutrition Standards)


- WEEKLY average requirements for calories, saturated fat and sodium
- DAILY requirement for trans fat (all foods)



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### Calorie Ranges

- MINIMUM and MAXIMUM calorie levels averaged over the week
- NUTRIENT-DENSE menus (more fruits, vegetables and whole grains)
  - ▶ Avoiding foods high in fats and added sugars




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### Saturated Fat

- Limit saturated fat to **LESS THAN 10 PERCENT** of total calories




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### Sodium

#### Sodium Reduction Timeline for Lunch


Grade Group	Target 1 (mg) Meet by July 1, 2014 (SY 2014-15)	Target 2 (mg) Meet by July 1, 2017 (SY 2017-18)	Final Target (mg) Meet by July 1, 2022 (SY 2022-23)
K-5	≤ 1,230	≤ 935	≤ 640
6-8	≤ 1,360	≤ 1,035	≤ 710
9-12	≤ 1,420	≤ 1,080	≤ 740



[http://www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/nsfp/sodium\\_timeline.pdf](http://www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/nsfp/sodium_timeline.pdf)  
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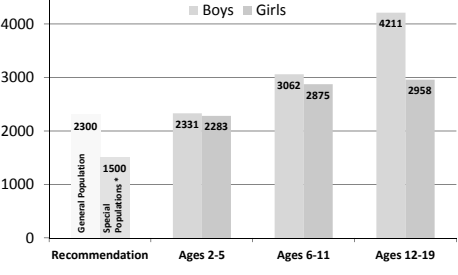
### Sodium Intake

- 75% from processed and prepared foods
- 12% naturally occurring in foods
- 13% added during cooking and at the table



Get the Facts: Sources of Sodium in Your Diet (CDC, 2012). [www.cdc.gov/salt/pdfs/sources\\_of\\_sodium.pdf](http://www.cdc.gov/salt/pdfs/sources_of_sodium.pdf)  
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### Children's Average Daily Sodium Intake




Category	Boys (mg)	Girls (mg)
General Population	2300	1500
Special Populations*	2331	2283
Ages 2-5	3062	2875
Ages 6-11	4211	2958

\* Special populations include children who are African American and children who have hypertension, diabetes or chronic kidney disease  
Source: U.S. Department of Agriculture, Agricultural Research Service and U.S. Department of Health and Human Services, Centers for Disease Control and Prevention. What We Eat in America, NHANES 2009-2010. [http://sepr.ars.usda.gov/SP2UserFiles/Place/12355000/pdf/0910/Table\\_1\\_NIN\\_GEN\\_09.pdf](http://sepr.ars.usda.gov/SP2UserFiles/Place/12355000/pdf/0910/Table_1_NIN_GEN_09.pdf)  
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### Sodium Content of Typical Breakfast Menus

**SODIUM LIMITS**  
(through June 30, 2017)

**K-5 540**  
**6-8 600**  
**9-12 640**




Food	Portion Size	Sodium (milligrams) *
Honey Oat Cereal	1 ounce (1 cup)	160
Graham crackers	3 pack	100
Orange juice	½ cup	1
Fresh banana	1 medium	1
Fat-free milk	8 fluid ounces	130
<b>TOTAL</b>		<b>392</b>

\* Sodium values represent typical sodium content of these foods but are not valid for all varieties or brands  
\* When evaluating school menus, use sodium content of actual foods purchased and prepared  
Source: Product labels and USDA National Nutrient database (<http://ndb.nal.usda.gov/>)  
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### Sodium Content of Typical Breakfast Menus

**SODIUM LIMITS**  
(through June 30, 2017)

**K-5 540**  
**6-8 600**  
**9-12 640**




Food	Portion Size	Sodium (milligrams) *
Whole-wheat toast	2 slices	300
Peanut butter	2 tablespoons	150
Fresh orange, wedges	One 138-count	1
Apple juice	½ cup (4 fluid ounces)	5
Fat-free milk	8 fluid ounces	130
<b>TOTAL</b>		<b>586</b>

\* Sodium values represent typical sodium content of these foods but are not valid for all varieties or brands  
\* When evaluating school menus, use sodium content of actual foods purchased and prepared  
Source: Product labels and USDA National Nutrient database (<http://ndb.nal.usda.gov/>)  
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### Trans Fat

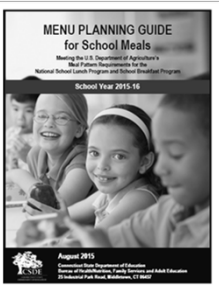
- **Restriction for ARTIFICIAL trans fat only**
  - ▶ Excludes naturally occurring trans fat, e.g., beef, lamb, dairy products
- **Nutrition label or manufacturer's specifications must indicate ZERO GRAMS of trans fat per serving (less than 0.5 gram)**



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### Guidance on Dietary Specifications

#### *Menu Planning Guide for School Meals (Section 5)*




[www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/mpg/mpg5.pdf](http://www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/mpg/mpg5.pdf)

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### Guidance on Dietary Specifications

#### *Menu Planning Resources for School Meals*



[www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/nslp/MPResources.pdf](http://www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/nslp/MPResources.pdf)

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### Offer versus Serve (OVS) at Breakfast




[www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/sbp/OVS\\_SBP.pdf](http://www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/sbp/OVS_SBP.pdf)

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### OVS at Breakfast


- **OPTIONAL** for all grades
- Meals must include at least 4 **ITEMS** from the 3 required food components (milk, fruits, grains)
- Students must select at least 3 **FOOD ITEMS** including ½ **CUP OF FRUIT** (or vegetable substitution)
- Same meal price if student declines any items



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### Student Selections


Students must select at least the **DAILY MINIMUM** required by the meal pattern to count as a food item for OVS (except for fruits component)



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### Components versus Items


<p><b>FOOD COMPONENT</b></p> <p>One of the <b>THREE</b> food groups that make up the reimbursable breakfast</p> <ol style="list-style-type: none"> <li>1. <b>GRAINS</b> (with optional M/MA as grains substitution)</li> <li>2. <b>FRUITS</b> (with optional vegetable substitutions)</li> <li>3. <b>MILK</b></li> </ol>	<p><b>FOOD ITEM</b></p> <p>A <b>SERVING</b> of food offered within the three food components</p>
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### Components versus Items at Breakfast

Whole-grain 2-ounce bagel (2 oz eq)




**1 Food Component (GRAINS)**

How many food items?

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### Components versus Items at Breakfast

Variety of assorted fruit choices  
(½ cup each)




**1 Food Component (FRUITS)**

How many food items?

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### Components versus Items at Breakfast

School-made smoothie  
with milk (1 cup) and  
fruit (½ cup)




**2 Food Components  
(MILK AND FRUIT)**

How many food items?

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### Components versus Items at Breakfast

½ cup of yogurt (1 oz eq)  
and fruit (½ cup) with  
¼ cup of granola (1 oz eq)



**2 Food Components  
(GRAINS AND FRUIT)**

How many food items?

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**MENU**

**Menu Planning  
Decisions**



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### Menu Planning for OVS at Breakfast

Without OVS (Minimum of 3 Food Items)	With OVS (Minimum of 4 Food Items)
<ol style="list-style-type: none"> <li>1. Milk</li> <li>2. Fruits (or vegetable substitutions)</li> <li>3. Grains</li> </ol> 	<ol style="list-style-type: none"> <li>1. Milk</li> <li>2. Fruits (or vegetable substitutions)</li> <li>3. Grains</li> <li>4. Additional item from fruits (including vegetable substitutions) or grains (including M/MA substitutions)</li> </ol>
Student CANNOT decline any food items	Student must take AT LEAST 3 FOOD items including AT LEAST ½ CUP OF FRUIT

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### Menu Planning for OVS at Breakfast

#### Acceptable Menus (Plan a MINIMUM OF 4 Food Items) \*

<ol style="list-style-type: none"> <li>1. Grains</li> <li>2. Grains (or M/MA substitutions)</li> <li>3. Fruits</li> <li>4. Milk</li> </ol> 	<ol style="list-style-type: none"> <li>1. Grains</li> <li>2. Fruits (or vegetable substitutions)</li> <li>3. Fruits (or vegetable substitutions)</li> <li>4. Milk</li> </ol> 
*The four food items cannot include two servings of milk	

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### Menu Planning at Breakfast



**The menu OFFERINGS determine what students can SELECT for a reimbursable breakfast under OVS**

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### Menu Planning at Breakfast



**Menu planner determines HOW TO OFFER food items**

- Be consistent
- Communicate with staff and students

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### Foods with More than 1 Oz Eq Grains




2 oz eq muffin =  
2 food items (grains)



3 oz eq muffin =  
3 food items (grains)

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### Foods with More than 1 Oz Eq Grains



2 oz eq omelet = 2 food items  
(M/MA as grain substitution)

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### Menu Planning at Breakfast

Menu planner decides whether to count 1 cup of fruit as ONE item or TWO items

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### Counting One Fruit as TWO Items

**PLANNED BREAKFAST MENU**

2 oz eq (2 Grains)      1 cup (2 Fruits)      1 cup (1 Milk)

**STUDENT SELECTS**

2 Fruits      1 Milk

**REIMBURSABLE MEAL**

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### Counting One Fruit as ONE Item

**PLANNED BREAKFAST MENU**

2 oz eq (2 Grains)      1 cup (1 Fruit)      1 cup (1 Milk)

**STUDENT SELECTS**

1 Fruit      1 Milk

**NOT REIMBURSABLE MEAL**

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### Best Practice for Fruits with OVS

- Offer all fruits (and vegetable substitutions) in  $\frac{1}{2}$ -CUP SERVINGS

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### Meeting Juice Limits with OVS

- No more than HALF of daily 1 cup fruit offerings can come from juice
- If menu offers 1 cup requirement as VARIETY of  $\frac{1}{2}$ -cup fruit and juice choices and allows TWO SELECTIONS, students can take only ONE JUICE

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### Sample Language for Assorted Fruit and Juice Choices with OVS

FRUITS *	FRUITS *
Choose 2 fruits OR Choose 1 fruit and 1 juice	Choose up to 2 fruits (no more than 1 juice)
<ul style="list-style-type: none"> <li>■ Fresh fruit</li> <li>■ Canned fruit</li> <li>■ Fruit or vegetable juice</li> <li>■ Fresh vegetables</li> </ul>	<ul style="list-style-type: none"> <li>■ Fresh fruit</li> <li>■ Canned fruit</li> <li>■ Fruit or vegetable juice</li> <li>■ Fresh vegetables</li> </ul>
* $\frac{1}{2}$ -cup servings	* $\frac{1}{2}$ -cup servings

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### Menu Planning at Breakfast

Schools must **IDENTIFY CONTENT** of reimbursable meals **NEAR OR AT THE BEGINNING** of serving lines so students know what to select

► Schools decide **HOW** to identify meals

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### Identify Reimbursable Breakfasts

Breakfast includes 5 food items:  
2 grains, 2 fruits and 1 milk

**Choose 3 or more items including fruit**

- **GRAINS:** Choose up to 2  
Whole-grain cereal, whole-wheat bagel, whole-grain corn muffin, yogurt, hard-boiled egg, whole-grain waffles
- **FRUITS:** Choose 2 fruits OR 1 fruit and 1 juice  
Fresh fruit, canned fruit, assorted juices
- **MILK:** Choose 1  
Low-fat plain and fat-free plain or flavored

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### Best Practice for Signage

Provide signage **THROUGHOUT** serving line to guide student selections

Select 1 MILK  
Fat-free,  
Low-fat or Fat-free  
Chocolate

Select 1 or 2 FRUITS \*

\*A complete meal includes at least 1 fruit!

Select 1 or 2 GRAINS

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### Menu Planning at Breakfast

Menu planner decides whether to allow students to select **DUPLICATE** food items (except milk)

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### Sample Breakfast Menu 1

Choose **AT LEAST 1 FRUIT** and 2 **OTHER** food items.  
*For best nutrition, choose all 5!*

MILK	FRUITS	GRAINS AND MEAT/MEAT ALTERNATES
<b>CHOOSE 1</b>	<b>CHOOSE UP TO 2 *</b>	<b>CHOOSE UP TO 2</b>
<ul style="list-style-type: none"> <li>■ Low-fat (1%)</li> <li>■ Fat-free</li> <li>■ Fat-free chocolate</li> <li>■ Fat-free strawberry</li> </ul>	<ul style="list-style-type: none"> <li>■ Fresh cut-up fruit</li> <li>■ Canned fruit</li> <li>■ Whole fruit</li> <li>■ 100 percent fruit juice</li> <li>■ Fresh veggies</li> </ul> <p>* Choose 2 fruits OR 1 fruit and 1 juice</p>	<ul style="list-style-type: none"> <li>■ Whole-grain cereals, assorted</li> <li>■ Oatmeal</li> <li>■ Whole-grain toast</li> <li>■ Whole-grain muffins, assorted</li> <li>■ Whole-grain mini bagel</li> <li>■ Whole-grain mini pancakes</li> <li>■ Yogurt, assorted flavors</li> <li>■ Peanut butter</li> <li>■ Low-fat cheese stick</li> </ul>


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### Student Selects

Reimbursable Meal

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**Student Selects**



**Reimbursable Meal**

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**Student Selects**



**Reimbursable Meal**

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**Student Selects**



**NOT Reimbursable Meal**

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**Sample Breakfast Menu 2**

Choose **AT LEAST 1 FRUIT** and 2 **OTHER** food items.  
*For best nutrition, choose all 5!*

MILK	FRUITS	GRAINS	MEAT/MEAT ALTERNATES
<b>CHOOSE 1</b>	<b>CHOOSE up to 2 *</b>	<b>CHOOSE 1</b>	<b>CHOOSE 1</b>
<ul style="list-style-type: none"> <li>■ Low-fat (1%)</li> <li>■ Fat-free</li> <li>■ Fat-free chocolate</li> <li>■ Fat-free strawberry</li> </ul>	<ul style="list-style-type: none"> <li>■ Fresh cut-up fruit</li> <li>■ Canned fruit</li> <li>■ Whole fruit</li> <li>■ 100 percent fruit juice</li> <li>■ Fresh veggies</li> </ul> <p><small>* Choose 2 fruits OR 1 fruit and 1 juice</small></p>	<ul style="list-style-type: none"> <li>■ Whole-grain cereals, assorted</li> <li>■ Oatmeal</li> <li>■ Whole-grain toast</li> <li>■ Whole-grain muffins, assorted</li> <li>■ Whole-grain mini bagel</li> <li>■ Whole-grain mini pancakes</li> </ul>	<ul style="list-style-type: none"> <li>■ Yogurt, assorted flavors</li> <li>■ Peanut butter</li> <li>■ Low-fat cheese stick</li> </ul>

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**Student Selects**



**NOT Reimbursable Meal**

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**Student Selects**



**NOT Reimbursable Meal**

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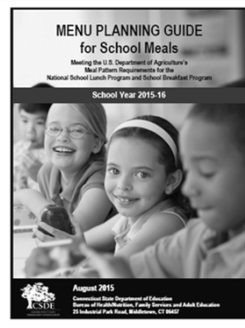
### Student Selects



**Reimbursable Meal**

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### Menu Planning Guide for School Meals



[www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=334320](http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=334320)  
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### Connecticut Breakfast Expansion Team (CBET)



CBET can provide assistance with your School Breakfast Program

Contact Jackie Schipke at  
860-807-2123 • [jackie.schipke@ct.gov](mailto:jackie.schipke@ct.gov)

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- The *What's for Breakfast* workshop training materials are available on the Connecticut State Department of Education's (CSDE) Meal Pattern Training Materials Web page at [www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=333806](http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=333806)
- This handout is available at [www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/sbp/wfb/wfbhandout](http://www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/sbp/wfb/wfbhandout)

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