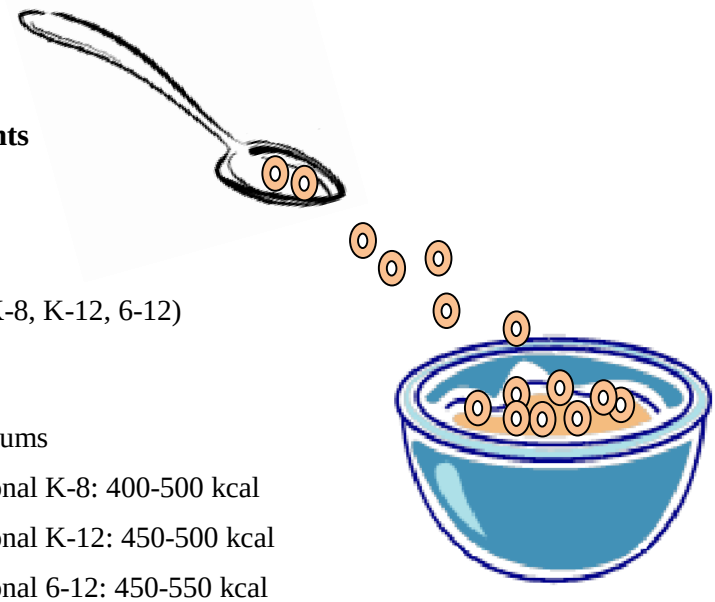
In a "Nutshell"

Nutrition Standards & Meal Pattern Requirements
For the School Breakfast Program (SBP)
School Year 2016-2017



Food Based Menu Planning (FBMP) required

- Age/Grade Groups: K-5; 6-8; 9-12 (optional K-8, K-12, 6-12)

Dietary Specifications:

- Weekly Calorie Ranges: Minimums & Maximums

K-5: 350-500 kcal	Optional K-8: 400-500 kcal
6-8: 400-550 kcal	Optional K-12: 450-500 kcal
9-12: 450-600 kcal	Optional 6-12: 450-550 kcal

- Weekly Saturated Fat: <10% of total calories (current standard).
- Weekly Sodium Limit: Target 1 effective July 1, 2014.
  - K-5: ≤ 540 mg; 6-8: ≤ 600 mg; 9-12: ≤ 640 mg
- Zero grams of trans fat per portion (< 0.5 grams/serving) – excludes naturally-occurring trans-fat.

Components

Milk

- A variety of low-fat (unflavored) or fat-free (flavored or unflavored) milk must be offered.

Fruit/Vegetable

- A minimum of ⅛ cup fruit or vegetable per serving is needed to credit.
- 1 cup of fruit or vegetable must be offered daily.
- Fresh, frozen, canned, dried and juice forms allowed:
  - Frozen: With or without added sugar.
  - Canned: Only in water, light syrup or juice.
  - Dried: Credits as twice the volume served (⅛ cup raisins = ¼ cup fruit).
  - Juice: Must be pasteurized, 100% full-strength.
- No more than half of weekly fruit offerings can be in the form of juice.
- Vegetables may be offered in place of fruit, or a combination of fruit and vegetables may be provided to fulfill requirement.
  - If choosing to substitute vegetables for fruit, at least 2 cups of non-starchy vegetables from the dark green, red/orange, beans/peas or "other vegetables" subgroups must be planned during the week before a starchy vegetable can be counted towards the meal pattern.

Grains

- A minimum of 0.25 ounce equivalent (oz eq) per serving is needed to credit.
- Daily minimum of 1 oz eq must be met for all age/grade groups.
- Weekly minimums vary based on age/grade group (K-5: 7 oz eq; 6-8: 8 oz eq; 9-12: 9 oz eq)*
- The new ounce equivalency standards should be used (16 gm = 1 oz eq).
  - Reference: Updated Exhibit A (http://dpi.wi.gov/sites/default/files/imce/school-nutrition/pdf/exa_fbg.pdf)
- ★Whole grain-rich:
  - All grains credited towards the meal pattern must be whole grain-rich as of July 1, 2014.

*Recommended Target Maximum for Grains: 10 oz eq per week for all age-grade groups.

Meat/Meat Alternate (M/MA)

- NO requirement to offer meat/meat alternate products. Therefore, no daily/weekly minimums or maximums.
- SFAs have the discretion to credit M/MA items as a "grain" or an "extra" food.
    - SFAs must still serve the 1 oz eq daily minimum of a *true* grain.
- M/MA as a 'grain':
    - Counts towards weekly grain requirements.
    - Counts as an item under offer versus serve.
    - Included in dietary specifications (calories, saturated fat, trans fat)
- M/MA as an 'extra':
    - Does not count towards the weekly grain requirement.
    - Does not count as an item under offer versus serve.
    - Included in dietary specifications.

Menu Planning

- All offerings must meet the daily minimum requirements for all three components at breakfast (milk, fruit, grain).
- Weekly range for grains must be met:
    - Sum of all daily minimum offerings meets at least the weekly minimum requirement.
- The nutrient analysis should be weighted based on forecasted numbers.
    - Includes all foods (i.e. condiments, extras, etc.) that students have access to as part of the reimbursable meal.

Offer Versus Serve (OVS)

- OVS is optional for all age/grade groups.
- If OVS is in place, the SFA must offer at least four food items and students must select at least three food items for a reimbursable meal.
- All three components must be offered in at least the required amounts.
- Items versus choices
    - Food items = a specific food offered within the food components in the daily required minimum amount that a child can take (1 cup milk, 1 oz eq grain, ½ cup fruit).
        - The menu planner has the discretion to count large grain items (ex. a 2 oz eq bagel) as either 1 food item or 2 food items.
    - Choices = offering a variety to give the students the ability to choose from different options.
        - Example: If offering fruit choices, ½ cup orange juice, ½ cup peaches and ½ cup applesauce may be offered.
        - It is up to the menu planner to decide how many of the offered choices students are able to take based on the planned menu (ex. 1 milk, 1 grain and 2 fruits).
- There is no requirement for a student to select milk under OVS.
- *All students must select at least ½ cup fruit, vegetable or fruit/vegetable combination for one component of a reimbursable meal as of July 1, 2014.*

★ CN labels or signed manufacturer's product formulation sheets are required to document compliance.