

# In a “Nutshell”

## School Breakfast Program (SBP)

Nutrition Standards & Meal Pattern Requirements

School Year 2018-2019



Age/Grade Groups: K-5, 6-8, K-8, 6-12, 9-12, K-12

### Dietary Specifications\*

Grade Groups	Average Daily Calorie Ranges	Average Daily Sodium Limits (Target 1)
K-5	350 - 500 kcal	≤ 540 mg
6-8	400 - 550 kcal	≤ 600 mg
9-12	450 - 600 kcal	≤ 640 mg
K-8	400 - 500 kcal	≤ 540 mg
6-12	450 - 550 kcal	≤ 600 mg
K-12	450 - 500 kcal	≤ 540 mg

\*The dietary specifications are assessed as a daily average over the course of one five-day week.

- Average daily saturated fat limit: < 10% of total calories (current standard)
- Trans fat: 0 grams of trans fat per portion (< 0.5 grams/serving); excludes naturally-occurring trans fat.

### Components

#### Milk

- Milk credits by volume (fluid ounces).
- 1 cup milk must be offered daily.
- At least two varieties of low-fat or fat-free (flavored or unflavored) milk must be offered.

#### Fruits (or Vegetables)

- Fruits and vegetables credit by volume (cups).
  - A minimum of  $\frac{1}{8}$  cup fruit or vegetable per serving is needed to credit.
- 1 cup of fruit or vegetable must be offered to all grade groups, daily.
- Creditable forms of fruit include: fresh, frozen (with or without added sugar), canned in water, light syrup or juice, dried, and pasteurized, full-strength juice.
  - Dried fruit credits as twice the volume served (e.g.  $\frac{1}{4}$  cup of raisins credits as  $\frac{1}{2}$  cup of fruit).
- Creditable forms of vegetable include: fresh, frozen, canned, and pasteurized, full-strength juice.
- No more than half of weekly fruit and vegetable 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 the 1 cup 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 subgroups must be offered during the week before a starchy vegetable can be counted towards the meal pattern.

#### Grains

- Grains credit by weight (ounce equivalents, or oz. eq.).
  - A minimum of 0.25 oz. eq. per serving is needed to credit.
- Daily minimum of 1.0 oz. eq. must be offered for all age/grade groups.
- Weekly minimums vary based on age/grade group (K-5: **7.0 oz. eq.**; 6-8: **8.0 oz. eq.**; 9-12: **9.0 oz. eq.**)\*
- All grains credited towards the meal pattern must be whole grain-rich.
- Ounce equivalency standards must be used (16 grams = 1.0 oz. eq.). Reference: [Exhibit A](https://dpi.wi.gov/sites/default/files/imce/school-nutrition/pdf/exhibit-a.pdf) (<https://dpi.wi.gov/sites/default/files/imce/school-nutrition/pdf/exhibit-a.pdf>).

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

### Meat/Meat Alternate (M/MA)

- There is no requirement to offer M/MA at breakfast. Therefore, there are no daily or 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 1.0 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 weekly 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

- Refer to the [Meal Pattern Tables](https://dpi.wi.gov/school-nutrition/national-school-lunch-program/menu-planning) for breakfast (<https://dpi.wi.gov/school-nutrition/national-school-lunch-program/menu-planning>).
- All meals must meet the daily minimum requirements for all three components at breakfast (milk, fruit, grain).
- Each serving line must meet the daily and weekly requirements, independently.
- All foods and condiments that students have access to as part of a reimbursable meal must be included in the daily averages for dietary specifications.
- CN labels or product formulation statements are needed to document compliance.

### Offer versus Serve (OVS)

- OVS is optional for all age/grade groups at breakfast.
- Students must be offered all three components (grain, fruit, and milk) at breakfast in portions planned to meet the daily minimum quantities for each age/grade group.
- 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.
- Items versus choices
  - Food items = a specific food offered within the food component in the daily required minimum amount that a child can take (1 cup milk, 1.0 oz. eq. grain, ½ cup fruit).
    - The menu planner has the discretion to count large grain items (i.e. a 2.0 oz. eq. bagel) as either one food item or two 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 (i.e. 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 a reimbursable meal.



This institution is an equal opportunity provider.

