**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**

<table>
<thead>
<tr>
<th>Grade Groups</th>
<th>Average Daily Calorie Ranges</th>
<th>Average Daily Sodium Limits (Target 1)</th>
</tr>
</thead>
<tbody>
<tr>
<td>K-5</td>
<td>350 - 500 kcal</td>
<td>≤ 540 mg</td>
</tr>
<tr>
<td>6-8</td>
<td>400 - 550 kcal</td>
<td>≤ 600 mg</td>
</tr>
<tr>
<td>9-12</td>
<td>450 - 600 kcal</td>
<td>≤ 640 mg</td>
</tr>
<tr>
<td>K-8</td>
<td>400 - 500 kcal</td>
<td>≤ 540 mg</td>
</tr>
<tr>
<td>6-12</td>
<td>450 - 550 kcal</td>
<td>≤ 600 mg</td>
</tr>
<tr>
<td>K-12</td>
<td>450 - 500 kcal</td>
<td>≤ 540 mg</td>
</tr>
</tbody>
</table>

*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 ½ cup fruit or vegetable per serving is needed to credit.
- 1 cup of fruit or vegetable must be offered to all age/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. ¼ cup of raisins credits as ½ 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.

*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 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, ⅔ cup orange juice, ⅔ cup peaches and ⅔ 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.
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