In a “Nutshell”
School Breakfast Program (SBP)
Nutrition Standards & Meal Pattern Requirements
School Year 2017-2018

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

Dietary Specifications*

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

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

Fruits (or Vegetables)
- Fruits and vegetables are credited by volume (cups).
  - A minimum of ⅛ 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. 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 are credited by weight (ounce equivalents, or oz eq).
  - A minimum of 0.25 oz eq per serving is needed to credit.
  - Daily minimum of 1 oz eq must be offered 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)*
  - All grains credited towards the meal pattern must be whole grain-rich.
  - Ounce equivalency standards must be used (16 grams = 1 oz eq).

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

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

- Refer to the Meal Pattern Tables for Breakfast at https://dpi.wi.gov/school-nutrition/national-school-lunch-program/menu-planning#meal-pattern-tables.
- 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 manufacturer’s product formulation statements are needed to document compliance.

Offer versus Serve (OVS)

- OVS is optional for all age/grade groups.
- Students must be offered all 3 components 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 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.