THE NEW MEAL PATTERNS & SCHOOL BREAKFAST PROGRAM
Acknowledgement Statement

• You understand and acknowledge that

• the training you are about to receive does not cover the entire scope of the program; and that

• you are responsible for knowing and understanding all handbooks, manuals, alerts, notices and guidance, as well as, any other forms of communication that provide further guidance, clarification or instruction on operating the program.
Objectives

• Review the following:
  – Overview of the breakfast meal pattern and food based meal requirements
  – Required Breakfast Food Components
  – Offer versus Server (OVS) under the new School Breakfast Program (SBP) requirements
Objectives

• Review the following:

• USDA Guidance SBP OVS

• Practice with OVS examples

• USDA Guidance Q & A as it pertains to breakfast
BREAKFAST OVERVIEW
# Breakfast Meal Pattern

<table>
<thead>
<tr>
<th>Meal Pattern</th>
<th>Amount of Food Per Week (Minimum Per Day)</th>
<th>Lunch Meal Pattern</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Grades K-5³</td>
<td>Grades 6-8³</td>
</tr>
<tr>
<td>Fruits (cups)⁴ ⁵</td>
<td>5 (1)</td>
<td>5 (1)</td>
</tr>
<tr>
<td>Vegetables (cups)⁴ ⁵</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Dark green</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Red/Orange</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Beans/Peas (Legumes)⁴</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Starchy</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Other</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Additional Veg to Reach Total</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Grains (oz eq)⁴</td>
<td>7-10 (1)</td>
<td>8-10 (1)</td>
</tr>
<tr>
<td>Meats/Meat Alternates (oz eq)</td>
<td>0 ⁵</td>
<td>0 ⁵</td>
</tr>
<tr>
<td>Fluid milk (cups)¹</td>
<td>5 (1)</td>
<td>5 (1)</td>
</tr>
</tbody>
</table>

## Other Specifications: Daily Amount Based on the Average for a 5-Day Week

<table>
<thead>
<tr>
<th>Nutrition Label or Manufacturer Specifications Must Indicate Zero Grams of Trans Fat Per Serving.</th>
</tr>
</thead>
</table>

³In the SBP, the above age-grade groups are required beginning July 1, 2013 (SY 2013-14). In SY 2012-2013 only, schools may continue to use the meal pattern for grades K-12 (see § 220.23).
# Breakfast Implementation

<table>
<thead>
<tr>
<th>New Requirements</th>
<th>Implementation (School Year) for NSLP (L) and SBP (B)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Fruits Component</strong></td>
<td></td>
</tr>
<tr>
<td>• Offer fruit daily</td>
<td>L</td>
</tr>
<tr>
<td>• Fruit quantity increase to 5 cups/week (minimum 1 cup/day)</td>
<td></td>
</tr>
<tr>
<td><strong>Vegetables Component</strong></td>
<td></td>
</tr>
<tr>
<td>• Offer vegetables subgroups weekly</td>
<td>L</td>
</tr>
<tr>
<td><strong>Grains Component</strong></td>
<td></td>
</tr>
<tr>
<td>• Half of grains must be whole grain-rich</td>
<td>L</td>
</tr>
<tr>
<td>• All grains must be whole-grain rich</td>
<td></td>
</tr>
<tr>
<td>• Offer weekly grains ranges</td>
<td>L</td>
</tr>
<tr>
<td><strong>Meats/Meat Alternates Component</strong></td>
<td></td>
</tr>
<tr>
<td>• Offer weekly meats/meat alternates ranges (daily min.)</td>
<td>L</td>
</tr>
<tr>
<td><strong>Milk Component</strong></td>
<td></td>
</tr>
<tr>
<td>• Offer only fat-free (unflavored or flavored) and low-fat (unflavored) milk</td>
<td>L, B</td>
</tr>
<tr>
<td><strong>Dietary Specifications (to be met on average over a week)</strong></td>
<td></td>
</tr>
<tr>
<td>• Calorie ranges</td>
<td>L</td>
</tr>
<tr>
<td>• Saturated fat limit (no change)</td>
<td>L</td>
</tr>
<tr>
<td>• Sodium Targets</td>
<td></td>
</tr>
<tr>
<td>• Target 1</td>
<td>L</td>
</tr>
<tr>
<td>• Target 2</td>
<td>L</td>
</tr>
<tr>
<td>• Final target</td>
<td>L</td>
</tr>
<tr>
<td>• Zero grams of trans fat per portion</td>
<td>L</td>
</tr>
<tr>
<td><strong>Menu Planning</strong></td>
<td></td>
</tr>
<tr>
<td>• A single FBMP approach</td>
<td>L</td>
</tr>
<tr>
<td><strong>Age-Grade Groups</strong></td>
<td></td>
</tr>
<tr>
<td>• Establish age/grade groups: K-5, 6-8, 9-12</td>
<td>L</td>
</tr>
<tr>
<td><strong>Offer vs. Serve</strong></td>
<td></td>
</tr>
<tr>
<td>• Reimbursable meals must contain a fruit or vegetable (1/2 cup minimum)</td>
<td>L</td>
</tr>
<tr>
<td><strong>Monitoring</strong></td>
<td></td>
</tr>
<tr>
<td>• 3-year admt. review cycle</td>
<td>L, B</td>
</tr>
<tr>
<td>• Conduct weighted nutrient analysis on 1 week of menus</td>
<td>L</td>
</tr>
</tbody>
</table>
# Comparison of Previous & Current Breakfast Requirements

## School Breakfast Program Meal Pattern

<table>
<thead>
<tr>
<th>Food Group</th>
<th>Previous Requirements K-12</th>
<th>Current Requirements K-12 (as of 7/1/12)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fruit</td>
<td>½ cup per day (vegetable substitution allowed)</td>
<td>1 cup per day (vegetable substitution allowed)</td>
</tr>
<tr>
<td></td>
<td>Note: Quantity required SY 2014-15. Students are allowed to select ½ cup of fruit under OVS.</td>
<td></td>
</tr>
<tr>
<td>Grains and Meat/Meat Alternate (M/MA)</td>
<td>2 grains, or 2 meat/meat alternates, or 1 of each per day</td>
<td>Daily min. and weekly ranges for grains:</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Grades K-5: 1 oz eq. min. daily (7-10 oz weekly)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Grades 6-8: 1 oz eq. min. daily (8-10 oz weekly)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Grades 9-12: 1 oz eq. min. daily (9-10 oz weekly)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Note: Quantity required SY 2013-14. Schools may substitute M/MA for grains after the minimum daily grains requirement is met.</td>
</tr>
<tr>
<td>Whole Grains</td>
<td>Encouraged</td>
<td>At least half of the grains must be whole grain-rich beginning July 1, 2013.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Beginning July 1, 2014, all grains must be whole grain rich.</td>
</tr>
<tr>
<td>Milk</td>
<td>1 cup Variety of fat contents allowed; flavor not restricted</td>
<td>1 cup Must be fat-free (unflavored/flavored) or 1% low fat (unflavored)</td>
</tr>
</tbody>
</table>
Overview of Breakfast Meal Pattern

- Memo SP 28-2013

- Weekly Maximum Flexibilities for grains and meat/meat alternates (m/ma) in the coming SY 2013-2014

- Contracting Entity (CE) would be considered compliant if daily & weekly minimums for grains and m/ma are met

- Date: March 11, 2013
Overview of Breakfast Meal Pattern

• When taking advantage of this flexibility, remember that the minimum and maximum calorie range is still in place

• “Extras” must fit within calorie and saturated fat weekly limits
Overview of Breakfast Meal Pattern

• Beginning in SY 2013, all schools must use food based menu planning approach for breakfast

• Schools must implement the three age-grade groups:
  (there is significant overlap in the component requirements)
  – K-5
  – 6-8
  – 9-12

• Schools must plan breakfast meals that meet the weekly calorie ranges
Overview of Breakfast Meal Pattern

- Foods must contain zero grams of trans fat per portion

- Breakfast becomes part of the 3 year Administrative Review Cycle
  - Common Concerns During Validation Reviews 2012-2013 – Counting & Claiming
Overview of Breakfast Meal Pattern

• Food Components

  – Fruit/Vegetable
    • SY 2013-2014, there is no change to the existing Fruit/Vegetable component
    • A ½ c is the minimum daily required serving for all age/grade groups
    • SY 2013-2014, there are no limitations on juice
    • SY 2013-2014, students are NOT required to take fruit under OVS
    • Fruits and vegetables can be offered interchangeably, there are no vegetable subgroups requirements
Overview of Breakfast Meal Pattern

• Food Components

  – Grains

  • All age/grade groups must be offered a daily minimum serving of 1 ounce equivalent (oz eq) of grain

  • Minimum weekly offerings differ by age/grade groups

  • SY 2013-2014, Half the grains offered per week must be whole grain rich
Overview of Breakfast Meal Pattern

• Food Components

  – Fluid Milk
    • Schools must offer only fat free (unflavored or flavored) or low fat (unflavored ONLY) milk
    • All age/grade groups must be offered a minimum serving of 1 cup of milk daily
    • A least two options, varieties of milk must be offered
Overview of Breakfast Meal Pattern

• Food Components

  – OPTIONAL Meat/Meat Alternate
    • There is no separate requirement to offer meat/meat alternate
    • Schools can offer a meat/meat alternate in place of PART of the grain component only after the minimum daily grain requirement has been offered
    • A serving of 1 oz eq. of meat/meat alternate will credit as 1 oz eq. of grain
    • Schools can also have the option to offer a meat/meat alternate as an extra food and not credit it toward any component
School Breakfast Program Changes Effective SY 2013-2014 (July 1, 2013)

• Half of the weekly grains must be whole grain rich
• Offer weekly grain ranges (Flexibility USDA Memo)
• Implement weekly calorie ranges
• Zero grams trans fat per portion
• A single Food-Based Menu Planning approach
• Establish age/grade groups: K-5, 6-8, and 9-12
• 3 year administrative review cycle
School Breakfast Program Changes Effective SY 2014-2015 (July 1, 2014)

- Fruit Quantity Increases to 5 cups/week (minimum 1 cup/day)
- Fruit/Vegetable component becomes a Fruit component only and quantities increase
- All grains must be whole grain rich
- Target 1 for average weekly sodium limit
- Under OVS, meals selected by student must contain a fruit (or vegetable if using substitution)
Additional Future SBP Changes

- SY 2017-2018
  - Target 2 sodium restriction

- SY 2022-2023
  - Final Target for sodium restriction
# Reading the Meal Pattern Chart

<table>
<thead>
<tr>
<th>Meal Pattern</th>
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<th>Grades 9-12</th>
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<td></td>
<td></td>
</tr>
<tr>
<td>Fruits (cups)</td>
<td>5 (1)</td>
<td>5 (1)</td>
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<tr>
<td>Vegetables (cups)</td>
<td>0</td>
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**Other Specifications: Daily Amount Based on the Average for a 5-Day Week**

<table>
<thead>
<tr>
<th>Min-Max Calories (kcal)</th>
<th>350-500</th>
<th>400-550</th>
<th>450-600</th>
</tr>
</thead>
<tbody>
<tr>
<td>Saturated Fat (% of total calories)</td>
<td>&lt; 10</td>
<td>&lt; 10</td>
<td>&lt; 10</td>
</tr>
<tr>
<td>Sodium (mg)</td>
<td>≤ 430</td>
<td>≤ 470</td>
<td>≤ 500</td>
</tr>
</tbody>
</table>

**Trans Fat**

Nutrition label or manufacturer specifications must indicate zero grams of trans fat per serving.
### Breakfast Meal Pattern

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<td>0</td>
<td>0</td>
</tr>
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<td>- Dark Green</td>
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</table>

**Notes:**
- **First column**
  - Required food component & dietary specification
- **Next three columns**
  - Weekly Breakfast requirements based on age/grade group
- Weekly requirements in cells, daily requirements in parentheses ()
- Fruits, Vegetables, Fluid Milk: daily/weekly minimums
- Grains, Meat/Meat Alternates: daily/weekly minimums and weekly maximums
Reading the Meal Pattern Chart

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<tr>
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<tbody>
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</tr>
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</tbody>
</table>

- Calories: weekly minimums; weekly maximums
- Saturated Fat, Sodium: based on average for a 5 day week
- Trans Fat: documentation must indicate zero grams trans per serving
Breakfast SY 2013-2014

MEAL COMPONENTS
FRUIT/VEGETABLE

- SY 2013-2014 – There is no change to Fruits/Vegetable Component

- Minimum daily serving is a ½ c F/V for all age/grade groups

- SY 2013-2014 - No limitations on juice

- There is no requirement to take fruit under OVS in SY 2013-2014

<table>
<thead>
<tr>
<th></th>
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<th>Grades 6-8</th>
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</tr>
</thead>
<tbody>
<tr>
<td>Meal Pattern</td>
<td></td>
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<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
FRUIT/VEGETABLE CONTINUED

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<tr>
<th>Meal Pattern</th>
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</tr>
</tbody>
</table>

- Utilize updated Food Buying Guide for whole fruit crediting

- SY 2013-2014 – There is NO substitution requirements and no vegetable subgroup requirements, vegetables & fruits can be offered interchangeably

- The fruit quantity requirement for SBP (5 cups/week & a minimum of 1 cup/day) is effective **July 1, 2014 (SY 14-15)**
GRAIN COMPONENT

<table>
<thead>
<tr>
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</tbody>
</table>

- Offer daily minimums and weekly serving ranges of grains at breakfast
  - Weekly minimum and maximum quantities

- Memo SP 26-2013,
  - Extends the flexibility of the weekly maximums for grains in the SBP for SY 2013-2014
GRAIN COMPONENT

- Half of the grains must be whole grain rich in SY 2013-2014
- Phased in implementation of whole grain-rich
  - By SY 2013-2014, at least half of offering whole grain-rich
  - By SY 2014-2015, all offerings are whole grain rich

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</tr>
</tbody>
</table>
- New SBP meal pattern does not require a meats/meat alternates

- Schools may substitute meat/meat alternates for grains once the daily minimum grain requirement (1 oz eq.) is met

- If you wish to offer a meat/meat alternate at breakfast, there are two options
  - Substitute a meat/meat alternate as part of the grain component after daily grain minimum requirement is offered
  - Offer meat/meat alternate as an extra food item

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</tr>
</tbody>
</table>
MEATS/MEAT ALTERNATES SUBSTITUTING FOR GRAINS

When offering a meat/meat alternate as a substitute for grains in SBP

- Must still offer the 1 ounce minimum equivalent of the daily grain requirement
- Count the meat/meat alternate toward the weekly grains range and the weekly dietary specifications
- A serving of 1 oz eq. of meat/meat alternate will credit as 1 oz eq. of grain

### Breakfast Meal Pattern

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</tr>
</tbody>
</table>

2013 Region One Education Service Center
MEATS/MEAT ALTERNATES AS EXTRA

- When offering meat/meat alternate as an extra item
  - Must also offer at least 1 ounce equivalent of grains daily as part of breakfast
  - The meat will not count toward the grain component
  - The meat will not count toward OVS (not creditable as an extra)
  - Meat must fit within the weekly dietary specifications

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Breakfast Meal Pattern

2013 Region One Education Service Center
**FLUID MILK**

- Milk requirements went into effect for both breakfast and lunch in SY 2012-2013.
- Must offer two different choices/varieties of milk.
- Allowable milk options for the reimbursable SBP include:
  - Fat-free (unflavored or flavored)
  - Low-fat (unflavored only)
  - Fat-free or low-fat (lactose-reduced or lactose free)

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Region One Education Service Center
DIETARY SPECIFICATIONS

<table>
<thead>
<tr>
<th>Meal Pattern</th>
<th>Grades K-5</th>
<th>Grades 6-8</th>
<th>Grades 9-12</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Amount of Food Per Week (Minimum Per Day)</strong></td>
<td>350-500</td>
<td>400-550</td>
<td>450-600</td>
</tr>
<tr>
<td>Min-Max Calories (kcal)</td>
<td>&lt; 10</td>
<td>≤ 430</td>
<td>≤ 500</td>
</tr>
<tr>
<td>Saturated Fat (% of total calories)</td>
<td>&lt; 10</td>
<td>≤ 470</td>
<td>≤ 500</td>
</tr>
<tr>
<td>Sodium (mg)</td>
<td>≤ 430</td>
<td>≤ 470</td>
<td>≤ 500</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>Nutrition label or manufacturer specifications must indicate zero grams of trans fat per serving</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

- **Calories**
  - Minimum and maximum calorie levels
  - Calorie ranges apply on a weekly basis
    - Individual meal may be below or above the weekly range
    - This provides flexibility for students with varying calorie needs

- **Saturated Fat**
  - Limit to less than 10% of total calories
Dietary Specifications

- Trans fat restriction
  - Nutrition label or manufacturer’s specifications must indicate zero grams of trans fat per serving

- No total fat requirement

- Maximum limits on sodium
  - Gradual implementation
    - Target 1: SY 2014-2015
    - Target 2: SY 2017-2018
    - Target 3: SY 2022-2023

---

<table>
<thead>
<tr>
<th>Meal Pattern</th>
<th>Grades K-5</th>
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</tr>
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<td></td>
<td></td>
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<tr>
<td><strong>Other Specifications: Daily Amount Based on the Average for a 5-Day Week</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Min-Max Calories (kcal)</td>
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<td>Trans Fat</td>
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<td></td>
<td></td>
</tr>
</tbody>
</table>
OFFER VERSUS SERVE

Breakfast SY 2013-2014
Offer vs. Serve: Breakfast

• OVS remains optional for all age/grade groups in SBP

• Schools using OVS for breakfast must offer the following:
  – The three food components that comprise a reimbursable meal: Grains (optional meat/meat alternate), Fruit/Vegetable, & Milk
  – At least four food items in the specified minimum amounts

• Under OVS, a student would be able to decline only one food item even if more than four food items are offered
Offer vs. Serve Breakfast

• Students must be offered a breakfast that contains:
  – 4 Food Items from 3 Food Components
    • Grains
    • Fruit/Vegetable
    • Milk

• Students may decline only 1 food item and the foods selected may be from any of the required components

• Food items must be offered in at least the minimum serving sizes for the appropriate age/grade group.
Definitions

• Food component—
  – A Food Component is one of three food groups that comprise reimbursable breakfasts

• Food item—
  – A Food Item is a specific food offered within the three food components.
Definitions

• Food component—
  – Grains (w/optional meat/meat alternate allowed)
  – Fruit/Vegetable
  – Milk

• Food item—
  – For the purposes of OVS, a school must offer at least four food items and students may decline only one food item even if more than four food items are offered.
SBP for SY 2013-2014

- Must offer 3 food components without OVS
  - Grain (optional meat/meat alternate after daily grain met)
  - Fruit/Vegetable/Juice
  - Milk

- Must offer 4 food items if using OVS
  - Grain (optional meat/meat alternate after daily grain met)
  - Fruit/Vegetable/Juice
  - Milk
  - Additional Item
WHAT MUST BE OFFERED FOR SBP

- 3 Food Components
  - Grain (optional meat/meat alternate substitution)
  - Fruit/Vegetable
  - Milk

- OVS must offer four food items
  - Grains (optional meat/meat alternate substitution)
  - Fruit/Vegetable
  - Milk
  - One additional item
Breakfast SY 2013-2014

USDA GUIDANCE OFFER VERSUS SERVE
USDA Guidance OVS

• How is Offer versus Serve (OVS) implemented in the SBP in SY 2013-14?

• OVS remains optional for all age/grade groups in the SBP, and schools using OVS must continue to offer at least four breakfast items in the amounts specified in the meal pattern. In SY 2013-2014, schools will continue to allow students to decline one food item from *any component at breakfast.*
USDA Guidance OVS

• May a school using OVS offer two different 1 oz eq grain items at breakfast, and allow students to take two of the same grain items and count them as two items for purposes of OVS?

• Yes, this is acceptable if the menu planner chooses to do so. For example, a menu may offer 1 cup milk and ½ cup fruit, plus two grains: cereal (1 oz eq) and toast (1 oz eq.). The student could select the fruit and two pieces of toast and this would count as the three items required for a reimbursable meal under OVS. The menu planner has discretion whether or not to allow students to select duplicate items.
USDA Guidance OVS

• Can pre-bagged meals be offered when breakfast is offered in the classroom and OVS is in place?

• Yes. If a school participates in OVS at breakfast and offers breakfasts where some or all of the components are bundled together, the operator should attempt to the extent possible to offer choices (such as a fruit basket) aside from the pre-bagged items. However, there is no requirement that all possible combinations of choices be made available to the student.
USDA Guidance OVS

• Is a student required to take fruit at breakfast in SY 2013-14?

• In SY 2013-14, the existing fruit/vegetable component remains in place and is unchanged. As noted above, schools are required to offer at least ½ cup of fruit, vegetable, or juice to students in all grade levels. However, students are not required to select this component for OVS purposes since this OVS provision is not yet in effect. Under OVS in SY 2013-14, students may decline any one food item, including the fruit/vegetable component, and have a reimbursable meal.
USDA Guidance OVS

- **Does a large grain food item (2 oz eq. muffin) count as more than one item at breakfast?**

  Yes. Beginning in SY 2013-14, 1 oz eq. is the minimum required amount a child must be offered daily, for all age/grade groups, and counts as one item. Therefore, when a school offers a 2 oz eq. grain at breakfast, it counts as two items. For purposes of OVS, a large grains item also counts as two of the four items that must be offered. For example, it is acceptable to offer a large grains item (2 oz eq. muffin), fruit and milk. A student that selects the 2 oz eq. muffin and the fruit would have a reimbursable meal.
USDA Guidance OVS

• Does a combination food consisting of 1 oz eq. grains and 1 oz eq. meat/meat alternate (such as a breakfast sandwich) count as one or two items for purposes of OVS?

• Menu planners have a couple of options related to how to count a combination food consisting of meat/meat alternate and grains, such as an egg sandwich.

• One option is to count the combination food (e.g. breakfast sandwich) as two items under the grains component. It provides at least 1 oz eq. of grains (the minimum daily requirement for the grains component) plus an additional 1 oz eq. of meat/meat alternate which is counted in place of grains. As noted above, a 2 oz eq. grain is considered 2 items for purposes of OVS. Therefore, it is acceptable under OVS to offer a combination food that counts as 2 grain items, plus the full required amount of fruit and milk. In this scenario, the student may not decline the sandwich under OVS as it would exceed the maximum number of items that may be declined.
USDA Guidance OVS

• Does a combination food consisting of 1 oz eq grains and 1 oz eq meat/meat alternate (such as a breakfast sandwich) count as one or two items for purposes of OVS?

• The other option for the menu planner is to choose to not count the meat/meat alternate in the combination food toward the grains component. In this case, the meat/meat alternate is an “extra” food and does not count as an item for purposes of OVS. The 1 oz eq. of grain in the combination food does count as one grains item. Therefore, the breakfast sandwich as a whole in this scenario counts as one grains item. Three additional items (including fruit/vegetable and milk) must be offered to have OVS, and the student may decline the sandwich since it is only 1 item.
Breakfast

NOW LET’S PRACTICE WITH THESE EXAMPLE
## Breakfast Meal Pattern

### Table: Breakfast Meal Pattern

<table>
<thead>
<tr>
<th>Meal Pattern</th>
<th>Amount of Food Per Week (Minimum Per Day)</th>
<th>Lunch Meal Pattern</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Grades K-5&lt;sup&gt;a&lt;/sup&gt;</td>
<td>Grades 6-8&lt;sup&gt;a&lt;/sup&gt;</td>
</tr>
<tr>
<td>Fruits (cups)&lt;sup&gt;c,d&lt;/sup&gt;</td>
<td>5 (1)&lt;sup&gt;e&lt;/sup&gt;</td>
<td>5 (1)&lt;sup&gt;e&lt;/sup&gt;</td>
</tr>
<tr>
<td>Vegetables (cups)&lt;sup&gt;c,d&lt;/sup&gt;</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Dark green&lt;sup&gt;e&lt;/sup&gt;</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Red/orange&lt;sup&gt;f&lt;/sup&gt;</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Beans/peas (legumes)&lt;sup&gt;f&lt;/sup&gt;</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Starchy&lt;sup&gt;f&lt;/sup&gt;</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Other&lt;sup&gt;f,g&lt;/sup&gt;</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Additional Veg to Reach Total&lt;sup&gt;h&lt;/sup&gt;</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Grains (oz eq)&lt;sup&gt;i&lt;/sup&gt;</td>
<td>7-10 (1)&lt;sup&gt;j&lt;/sup&gt;</td>
<td>8-10 (1)&lt;sup&gt;j&lt;/sup&gt;</td>
</tr>
<tr>
<td>Meats/meat alternates (oz eq)</td>
<td>0&lt;sup&gt;k&lt;/sup&gt;</td>
<td>0&lt;sup&gt;k&lt;/sup&gt;</td>
</tr>
<tr>
<td>Fluid milk (cups)&lt;sup&gt;l&lt;/sup&gt;</td>
<td>5 (1)</td>
<td>5 (1)</td>
</tr>
</tbody>
</table>

### Other Specifications: Daily Amount Based on the Average for a 5-Day Week

<table>
<thead>
<tr>
<th>Specification</th>
<th>Grades K-5</th>
<th>Grades 6-8</th>
<th>Grades 9-12</th>
</tr>
</thead>
<tbody>
<tr>
<td>Min-max calories (kcal)&lt;sup&gt;m,n,o&lt;/sup&gt;</td>
<td>350-500</td>
<td>400-550</td>
<td>450-600</td>
</tr>
<tr>
<td>Saturated fat (% of total calories)&lt;sup&gt;n,o&lt;/sup&gt;</td>
<td>&lt; 10</td>
<td>&lt; 10</td>
<td>&lt; 10</td>
</tr>
<tr>
<td>Sodium (mg)&lt;sup&gt;n,p&lt;/sup&gt;</td>
<td>≤ 430</td>
<td>≤ 470</td>
<td>≤ 500</td>
</tr>
<tr>
<td>Trans-fat&lt;sup&gt;n.o&lt;/sup&gt;</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<sup>a</sup>In the SBP, the above age-grade groups are required beginning July 1, 2013 (SY 2013-14). In SY 2012-2013 only, schools may continue to use the meal pattern for grades K-12 (see § 220.23).
Does this Menu Offer A Reimbursable Breakfast Under OVS?

Breakfast Menu

• Whole Wheat Toast (1 oz G)
• 4 oz Orange Juice (1/2 c F/V)
• 1% White Milk or Fat Free Chocolate Milk (8 oz M)

Menu = Not Reimbursable under OVS
Does this Menu Offer A Reimbursable Breakfast Under OVS?

Breakfast Menu
• Whole Wheat Toast (1 oz G)
• 4 oz Orange Juice (1/2 c F/V)
• 1% White Milk or Fat Free Chocolate Milk (8 oz M)

Revised Breakfast Menu
• Whole Wheat Toast (1 oz G)
• 4 oz Orange Juice (1/2 c F/V)
• 1% White Milk or Fat Free Chocolate Milk (8 oz M)
• Cheese Stick (1 oz G)

Menu = Not Reimbursable under OVS

Menu = Is Reimbursable under OVS
Does this Menu Offer A Reimbursable Breakfast Under OVS?

Breakfast Menu

- Pancakes (2 oz Grain)
- 4 oz Orange Juice (1/2 c F/V)
- 1% White Milk or Fat Free Chocolate Milk (8 oz M)

Menu = Is Reimbursable under OVS
Which Menu Offers A Reimbursable Breakfast Under OVS?

**Breakfast Menu One**
- Cereal (1 oz G)
- Graham Cracker (1 oz G)
- 4 oz Apple Juice (1/2 c F/V)
- 1% White Milk or Fat Free Chocolate Milk (8 oz M)

**Breakfast Menu Two**
- Biscuit (1 oz G)
- Cheese Stick (1 oz G)
- 4 oz Apple Juice (1/2 c F/V)
- 1% White Milk or Fat Free Chocolate Milk (8 oz M)

Menu = Is Reimbursable under OVS

Menu = Is Reimbursable under OVS
Does this Menu Offer A Reimbursable Breakfast Under OVS?

Breakfast Menu

- Cereal (1 oz G)
- 4 oz Apple Juice (1/2 c F/V)
- 1% White Milk or Fat Free Chocolate Milk (8 oz M)

Menu = Not Reimbursable under OVS
Which Menu Offers A Reimbursable Breakfast Under OVS?

**Breakfast Menu**
- Cereal (1 oz G)
- 4 oz Apple Juice (1/2 c F/V)
- 1% White Milk or Fat Free Chocolate Milk (8 oz M)

**Revised Breakfast Menu**
- Cereal (1 oz G)
- 4 oz Apple Juice (1/2 c F/V)
- 1% White Milk or Fat Free Chocolate Milk (8 oz M)
- Graham Cracker (1 oz G)

**Menu = Not Reimbursable under OVS**

**Menu = Is Reimbursable under OVS**
Does this Menu Offer A Reimbursable Breakfast Under OVS?

Breakfast Menu

- Biscuit (1 oz G)
- Cheese Stick (Extra)
- 4 oz Apple Juice (1/2 c F/V)
- 1% White Milk or Fat Free Chocolate Milk (8 oz M)

Menu = Not Reimbursable under OVS
Does this Menu Offer a Reimbursable Breakfast Under OVS?

**Breakfast Menu**
- Biscuit (1 oz G)
- Cheese Stick (Extra)
- 4 oz Apple Juice (1/2 c F/V)
- 1% White Milk or Fat Free Chocolate Milk (8 oz M)

**Revised Breakfast Menu**
- Biscuit (1 oz G)
- 4 oz Apple Juice (1/2 c F/V)
- 1% White Milk or Fat Free Chocolate Milk (8 oz M)
- Cheese Stick (1 oz G)

Menu = Not Reimbursable under OVS

Menu = Is Reimbursable under OVS
# Which Menu Offers A Reimbursable Breakfast Under OVS?

<table>
<thead>
<tr>
<th>Breakfast Menu One</th>
<th>Revised Breakfast Menu</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Biscuit (1 oz G)</td>
<td>• Biscuit (1 oz G)</td>
</tr>
<tr>
<td>• Cheese Stick (Extra)</td>
<td>• Cheese Stick (Extra)</td>
</tr>
<tr>
<td>• 4 oz Apple Juice (1/2 c F/V)</td>
<td>• 4 oz Apple Juice (1/2 c F/V)</td>
</tr>
<tr>
<td>• 1% White Milk or Fat Free Chocolate Milk (8 oz M)</td>
<td>• 1% White Milk or Fat Free Chocolate Milk (8 oz M)</td>
</tr>
<tr>
<td></td>
<td>• Graham Cracker (1oz G)</td>
</tr>
</tbody>
</table>

**Option 2**

- Menu = Not Reimbursable under OVS
- Menu = Is Reimbursable under OVS
Is the Student Selection a Reimbursable Meal?

**Breakfast Menu**
- Whole Wheat Toast (1 oz G)
- Cheese Stick (1oz G)
- 4 oz Orange Juice (1/2 c F/V)
- 1% White Milk or Fat Free Chocolate Milk (8 oz M)

**Student Selection**
- Cheese Stick (1oz G)
- 4 oz Orange Juice (1/2 c F/V)
- 1% White Milk (8 oz M)

---

Menu = Is Reimbursable under OVS

Student Selection = Reimbursable Meal
Is the Student Selection a Reimbursable Meal?

Breakfast Menu
• Pancakes (2 oz Grain)
• 4 oz Orange Juice (1/2 c F/V)
• 1% White Milk or Fat Free Chocolate Milk (8 oz M)

Student Selection
• Pancakes (2 oz Grain)
• 4 oz Orange Juice (1/2 c F/V)

Menu = Is Reimbursable under OVS

Student Selection = Reimbursable Meal
Is the Student Selection a Reimbursable Meal?

Breakfast Menu
- Cereal (1 oz G)
- Graham Cracker (1 oz G)
- 4 oz Apple Juice (1/2 c F/V)
- 1% White Milk or Fat Free Chocolate Milk (8 oz M)

Student Selection
- Graham Cracker (1 oz G)
- 4 oz Apple Juice (1/2 c F/V)
- 1% White Milk (8 oz M)

Menu = Is Reimbursable under OVS

Student Selection = Reimbursable Meal
**Is the Student Selection a Reimbursable Meal?**

<table>
<thead>
<tr>
<th>Breakfast Menu</th>
<th>Student Selection One</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Biscuit (2 oz G)</td>
<td>• Cheese Stick (Extra)</td>
</tr>
<tr>
<td>• Cheese Stick (Extra)</td>
<td>• 4 oz Apple Juice (1/2 c F/V)</td>
</tr>
<tr>
<td>• 4 oz Apple Juice (1/2 c F/V)</td>
<td>• Fat Free Chocolate Milk (8 oz M)</td>
</tr>
<tr>
<td>• 1% White Milk or Fat Free Chocolate Milk (8 oz M)</td>
<td></td>
</tr>
</tbody>
</table>

Menu = Is Reimbursable under OVS

Student Selection = NOT a Reimbursable Meal
Is the Student Selection a Reimbursable Meal?

**Breakfast Menu**
- Biscuit (2 oz G)
- Cheese Stick (Extra)
- 4 oz Apple Juice (1/2 c F/V)
- 1% White Milk or Fat Free Chocolate Milk (8 oz M)

**Student Selection Two**
- Biscuit (2 oz G)
- Cheese Stick (Extra)
- 4 oz Apple Juice (1/2 c F/V)
- Fat Free Chocolate Milk (8 oz M)

**Menu** = Is Reimbursable under OVS

**Student Selection** = Reimbursable Meal
Is the Student Selection a Reimbursable Meal?

**Breakfast Menu**
- Breakfast Pizza (1 oz G, M/MA = Extra)
- 4 oz Apple Juice (1/2 c F/V)
- 1% White Milk or Fat Free Chocolate Milk (8 oz M)

**Student Selection**
- Breakfast Pizza (1 oz G, M/MA = Extra)
- Fat Free Chocolate Milk (8 oz M)

**Menu** = Is NOT Reimbursable under OVS

**Student Selection** = Is Not Reimbursable Meal
### Revised Breakfast Menu
- Breakfast Pizza (2 oz G)
  (1 oz M/MA = 1 oz G)
- 4 oz Apple Juice (1/2 c F/V)
- 1% White Milk or Fat Free Chocolate Milk (8 oz M)

### Student Selection
- Breakfast Pizza (2 oz G)
  (1 oz M/MA = 1 oz G)
- Fat Free Chocolate Milk (8 oz M)

**Menu =** Reimbursable under OVS

**Student Selection =** Reimbursable Meal
Breakfast Entrée Choices

Breakfast Menu One

- Breakfast Biscuit w/Jelly (2 oz G)

OR

- Assorted Cereal (1 oz G)
- Graham Cracker (1 oz G)
- 4 oz Apple Juice (1/2 c F/V)

AND/OR

- Assorted Fresh Fruit (1/2 c F/V)
- 1% White Milk or Fat Free Chocolate Milk (8 oz M)

How many FOOD ITEMS are offered?
Breakfast Entrée Choices

Breakfast Menu One

- Breakfast Biscuit w/Jelly (2 oz G)

OR

- Assorted Cereal (1 oz G)
- Graham Cracker (1 oz G)
- 4 oz Apple Juice (1/2 c F/V)

AND/OR

- Assorted Fresh Fruit (1/2 c F/V)
- 1% White Milk or Fat Free Chocolate Milk (8 oz M)

How many FOOD ITEMS are offered?

2 Food Items
1 Food Items
1 Food Items
4 Food Items
Breakfast Entrée Choices

Breakfast Menu One

- Breakfast Biscuit w/Jelly (2 oz G)

  OR

- Assorted Cereal (1 oz G)
- Graham Cracker (1 oz G)
- 4 oz Apple Juice (1/2 c F/V)

  AND/OR

- Assorted Fresh Fruit (1/2 c F/V)
- 1% White Milk or Fat Free Chocolate Milk (8 oz M)

How many FOOD ITEMS are offered?

- 2 Food Items
- 1 Food Item
- 1 Food Item
- 4 Food Items
Breakfast Entrée Choices

Breakfast Menu One

- Breakfast Biscuit w/Jelly (2 oz G)

OR

- Assorted Cereal (1 oz G)
- Graham Cracker (1 oz G)

AND/OR

- 4 oz Apple Juice (1/2 c F/V)
- Assorted Fresh Fruit (1/2 c F/V)
- 1% White Milk or Fat Free Chocolate Milk (8 oz M)

How many FOOD ITEMS are offered?

- 2 Food Items
- 1 Food Items
- 5 Food Items
USDA GUIDANCE Q & A

• Questions & Answers on the Final Rule
  – Includes both NSLP & SBP

• SP 10-2012 –Revised
  [Link to PDF]

• January 20, 2013
Is a daily meat/meat alternate required at breakfast?

- No. Schools have discretion to offer a meat/meat alternate in place of grains after the minimum daily grains requirement (1 ounce equivalent) is met.

- Schools may also offer a meat/meat alternate as an extra (not counting toward the weekly grains requirement) if it fits within the weekly dietary specifications.
Do I have to serve a minimum of 1 ounce equivalent of grains with every breakfast offered, or can I serve some meals that have only meat/meat alternates?

- Every reimbursable breakfast offered must contain at least 1 ounce equivalent grains.

- In order to offer a meat/meat alternate in place of grains at any given breakfast meal and receive credit toward the grains component (not as an extra), a school must first meet the daily grains minimum (1 oz eq).

- Schools have the option to serve one ounce equivalent servings of grains and meat/meat alternate every day at breakfast and count it both toward the weekly grains requirement* for all grade groups.
May a school offer a formulated grain-fruit product to meet the grains component?

The final rule disallowed the use of formulated grain-fruit products to meet both the grains and fruits components at breakfast beginning July 1, 2012.

However, if a school wishes to use these products to count only toward the grains component, this is acceptable, provided that inclusion of these products does not cause the menu to exceed the average weekly calorie and saturated fat limits.

Formulated grain-fruit products do not credit toward the fruits component.

Be aware that at lunch, however, these products may be considered a dessert and there is a limit of up to two grain-based desserts per week (total of 2 oz eq). SFAs should refer to the Grains Guidance to determine which grain products are considered dessert items and included in the weekly dessert limit.
May a school serve yogurt at breakfast simply to up the calories but choose not to count it?

- Yes, however, adding yogurt as “extra” food would count toward the limits for dietary specifications (calories, sodium, saturated fat, and trans fat).
QUESTIONS?

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