THE BREAKFAST MEAL PATTERNS
Acknowledgment Statement

You understand and acknowledge

- 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.
Class Objectives

- Identify the history and legislative changes that affect the school meal standards
- Apply the principles of food-based menu planning
- Implement breakfast meal patterns, dietary specifications and offer versus serve at breakfast
- Overcome common challenges and exceptions when applying the breakfast school meal standards
Class Outline

- Meal Pattern Foundations
  - History and Background
  - Food-Based Menu Planning

- Applying the School Meal Standards for Breakfast
  - Timeline of Changes
  - Breakfast Meal Patterns
  - Dietary Specifications
  - Offer Versus Serve
  - Challenges and Exceptions
Meal Pattern Foundations

- History and Background
- Food-Based Menu Planning
Module 1: Meal Pattern Foundations
Topic 1: History and Background
# Key Acronyms

<table>
<thead>
<tr>
<th>Acronym</th>
<th>Term</th>
<th>Acronym</th>
<th>Term</th>
</tr>
</thead>
<tbody>
<tr>
<td>CN</td>
<td>Child Nutrition</td>
<td>USDA</td>
<td>United States Department of Agriculture</td>
</tr>
<tr>
<td>CNP</td>
<td>Child Nutrition Program</td>
<td>TDA</td>
<td>Texas Department of Agriculture</td>
</tr>
<tr>
<td>NSLP</td>
<td>National School Lunch Program</td>
<td>CE</td>
<td>Contracting Entity</td>
</tr>
<tr>
<td>SBP</td>
<td>School Breakfast Program</td>
<td>ESC</td>
<td>Educational Service Center</td>
</tr>
<tr>
<td>FBMP</td>
<td>Food-Based Menu Planning</td>
<td>HHFKA</td>
<td>Healthy Hunger-Free Kids Act</td>
</tr>
<tr>
<td>F</td>
<td>Fruit</td>
<td>IOM</td>
<td>Institute of Medicine</td>
</tr>
<tr>
<td>V</td>
<td>Vegetable</td>
<td>DGA</td>
<td>Dietary Guidelines for Americans</td>
</tr>
<tr>
<td>G</td>
<td>Grain</td>
<td>RDA</td>
<td>Recommended Dietary Allowances</td>
</tr>
<tr>
<td>M/MA</td>
<td>Meat/Meat Alternate</td>
<td>POS</td>
<td>Point of Service</td>
</tr>
<tr>
<td>OVS</td>
<td>Offer Versus Serve</td>
<td>SY</td>
<td>School Year</td>
</tr>
<tr>
<td>CFR</td>
<td>Code of Federal Regulations</td>
<td>DRI</td>
<td>Dietary Reference Intakes</td>
</tr>
<tr>
<td>ARM</td>
<td>Administrator’s Reference Manual</td>
<td>FBG</td>
<td>Food Buying Guide</td>
</tr>
</tbody>
</table>
Why did USDA change the school meal pattern requirements and nutrition standards?
Law Requirements

- Richard B. Russell National School Lunch Act
  - Requires consistency with the latest DGA
- Healthy, Hunger-Free Kids Act of 2010
  Public Law 111-296, Title II, Sub-Title A, Section 201
  - New/updated school lunch and breakfast meal patterns and nutrition standards based on IOM recommendations
  - Establish a final rule and date for compliance
Increases availability of fruits, vegetables, whole grains, and low-fat/fat-free milk

Establishes a food-based menu planning approach

Establishes dietary specification for calories, saturated fat, trans fat and sodium

Establishes age/grade groups

Final Rule: Nutrition Standards in the National School Lunch Program and the School Breakfast Program
Module 1: Meal Pattern Foundations
Topic 2: Food-Based Menu Planning
Food-Based Menu Planning Approach

- Based on the types of and amounts of foods offered for specific age/grade groups

- Menus served must meet the dietary specifications as well as the meal pattern requirements
Definitions

Food component—

- One of five food groups for reimbursable meals

Food item—

- A specific food offered within the five food components
Food Components

- Fruits (F)
- Vegetables (V)
- Grains (G)
- Meat/Meat Alternates (M/MA)
- Milk
What are the food item(s)? The menu item(s)? The food components?

Food Components, Food Items, and Menu Items

3 Components:
• Grain
• Vegetable
• Meat/Meat Alternate
Meal-Specific Food Components

**Lunch**
- 5 components:
  - Meat/Meat Alternate
  - Grains
  - Fruits
  - Vegetables
  - Milk

**Breakfast**
- 3 components:
  - Fruits
  - Grains
  - Milk
Age/Grade Groups

- K-5 (Ages 5-10)
- 6-8 (Ages 11-13)
- 9-12 (Ages 14-18)
Outcomes of a Food-Based Menu Planning Approach

- Ensures nutritional goals are met
- Easy to use and apply across schools
- Easy to communicate
Identifying Reimbursable Meals

Identify content of reimbursable meal near or at beginning of serving line(s)
Applying the School Meal Standards

- Timeline of Changes
- Breakfast Meal Patterns
- Dietary Specifications
- Offer Versus (vs.) Serve
- Challenges and Exceptions
Module 2: Applying the School Meal Standards for Breakfast

Topic 1: Timeline of Changes
## Changes Overview: Table A
### Nutrition Standards in School Meals

<table>
<thead>
<tr>
<th>Table A: Past changes for lunch and breakfast</th>
<th>Lunch</th>
<th>Breakfast</th>
</tr>
</thead>
<tbody>
<tr>
<td>Limit milk offered to fat-free (flavored or unflavored) or low-fat/1% (unflavored milk)</td>
<td>Past</td>
<td>Past</td>
</tr>
<tr>
<td>Limit saturated fat to 10% of total calories or less</td>
<td>Past</td>
<td>Past</td>
</tr>
<tr>
<td>Follow a 3-year administrative review cycle</td>
<td>Past</td>
<td>Past</td>
</tr>
<tr>
<td>Use Food-Based Menu Planning as the single menu planning approach</td>
<td>Past</td>
<td>Past</td>
</tr>
<tr>
<td>Apply specific age/grade groupings to meals offered</td>
<td>Past</td>
<td>Past</td>
</tr>
<tr>
<td>Apply calorie range requirements to meals offered by age/grade group</td>
<td>Past</td>
<td>Past</td>
</tr>
<tr>
<td>Apply daily minimums and weekly ranges to grains offered</td>
<td>Past</td>
<td>Past</td>
</tr>
<tr>
<td>Limit trans fat to zero grams per portion offered</td>
<td>Past</td>
<td>Past</td>
</tr>
<tr>
<td>Provide a 1-week menu for a nutrient analysis*</td>
<td>Past</td>
<td>Past</td>
</tr>
<tr>
<td>Offer vegetable subgroups daily</td>
<td>Past</td>
<td>N/A</td>
</tr>
<tr>
<td>Apply daily minimums and weekly ranges to meat/meat alternates offered</td>
<td>Past</td>
<td>N/A</td>
</tr>
</tbody>
</table>
# Changes Overview: Table B

## Nutrition Standards in School Meals

<table>
<thead>
<tr>
<th>Table B: New changes for lunch and breakfast in SY 2014-2015</th>
<th>Lunch</th>
<th>Breakfast</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ensure all grains offered are whole grain-rich</td>
<td>2014-2015</td>
<td>2014-2015</td>
</tr>
<tr>
<td>Offer fruit daily</td>
<td>Past</td>
<td>2014-2015</td>
</tr>
<tr>
<td>Offer 5 cups of fruit per week (1 cup minimum per day)</td>
<td>N/A</td>
<td>2014-2015</td>
</tr>
<tr>
<td>Ensure all meals contain a minimum of ½ cup fruit or</td>
<td>Past</td>
<td>2014-2015</td>
</tr>
<tr>
<td>vegetable for offer versus serve</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Texas Department of Agriculture
Timeline of Sodium Changes

Average weekly sodium limits

- SY 2014-15 Target 1 takes effect
- SY 2017-18 Target 2 takes effect
- SY 2022-23 Final Target takes effect
Module 2: Applying the School Meal Standards for Breakfast

Topic 2: Breakfast Meal Patterns
Breakfast Program Changes

Breakfast Program SY 2014-2015

All grain offerings must be whole grain-rich

Children must take at least ½ cup of fruit or vegetable

First sodium requirement goes into effect
### Breakfast Meal Pattern SY 2014-2015

<table>
<thead>
<tr>
<th>Meal Pattern</th>
<th>Grades K-5</th>
<th>Grades K-8</th>
<th>Grades 6-8</th>
<th>Grades 9-12</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fruits/Fruit Juice (Vegetable substitution allowed) (cups)</td>
<td>1 cup</td>
<td>1 cup</td>
<td>1 cup</td>
<td>1 cup</td>
</tr>
<tr>
<td>Grains (oz. eq.)</td>
<td>7-10 (1)</td>
<td>8-10 (1)</td>
<td>9-10 (1)</td>
<td>9-10 (1)</td>
</tr>
<tr>
<td>Fluid milk (cups)</td>
<td>5 (1)</td>
<td>5 (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></th>
<th>Grades K-5</th>
<th>Grades K-8</th>
<th>Grades 6-8</th>
<th>Grades 9-12</th>
</tr>
</thead>
<tbody>
<tr>
<td>Min-max calories (kcal)</td>
<td>350-500</td>
<td>400-500</td>
<td>400-550</td>
<td>450-600</td>
</tr>
<tr>
<td>Saturated fat (% of total calories)</td>
<td>&lt; 10</td>
<td>&lt; 10</td>
<td>&lt; 10</td>
<td>&lt; 10</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>
<td></td>
</tr>
</tbody>
</table>
Breakfast Meal Components

3 Components

- Fruits
- Grains
- Milk
# Fruit (Breakfast)

## Breakfast Meal Pattern (Fruit/Vegetable)

<table>
<thead>
<tr>
<th>Meal Pattern</th>
<th>Amount of Food Per Week (Minimum Per Day)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fruit (cups)</td>
<td></td>
</tr>
<tr>
<td>Grades K-5</td>
<td>1 cup</td>
</tr>
<tr>
<td>Grades 6-8</td>
<td>1 cup</td>
</tr>
<tr>
<td>Grades 9-12</td>
<td>1 cup</td>
</tr>
</tbody>
</table>
Types of Fruit (Breakfast)

Fruit selections include fruits that are:

- Fresh
- Frozen (without added sugar)
- Canned (juice, light or extra light syrup)
- Dried Fruit
- Full-Strength Juice/100% Fruit Juice
## Crediting of Fruits (Breakfast)

<table>
<thead>
<tr>
<th>Fruit Type (1/8 cup minimum creditable amount)</th>
<th>How to Credit?</th>
<th>Example</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fresh Frozen or Canned Fruit</td>
<td>Volume as served</td>
<td>1 cup = 1 cup</td>
</tr>
<tr>
<td>Fruit Juice</td>
<td>Volume as served</td>
<td>½ cup = ½ cup</td>
</tr>
<tr>
<td>Dried Fruit</td>
<td>Twice the volume as served</td>
<td>¼ cup = ½ cup</td>
</tr>
<tr>
<td>Pureed Fruit (in smoothies)*</td>
<td>Volume as served</td>
<td>½ cup = ½ cup</td>
</tr>
</tbody>
</table>

Tip: If in doubt, use the *Food Buying Guide*.

*Credits as fruit juice*
Limits on Fruit Juice

No more than half of the weekly offerings over the week may be in the form of 100% full-strength juice.

![Fruit Offerings Per Week](chart.png)

- Whole Fruit: 50%
- 100% Fruit Juice: 50%
Frozen Fruit Products

USDA permanently issued a flexibility that allows CEs to offer frozen fruit with added sugar.

CEs are encouraged to offer frozen fruit without added sugar in school meals programs.
Types of Vegetables (Breakfast)

Vegetable selections include vegetables that are:

- Fresh
- Frozen
- Canned
- Full-Strength Juice
## Crediting of Vegetables (Breakfast)

<table>
<thead>
<tr>
<th>Vegetable Type (1/8 cup minimum creditable amount)</th>
<th>How to Credit?</th>
<th>Example</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fresh, Frozen or Canned Vegetables (Not Raw Leafy Greens)</td>
<td>Volume as served</td>
<td>1 cup = 1 cup</td>
</tr>
<tr>
<td>Raw Leafy Salad Greens (Spinach, Romaine Lettuce, Green Leaf Lettuce, etc.)</td>
<td>Half the volume as served</td>
<td>1 cup = 1/2 cup</td>
</tr>
<tr>
<td>100% Vegetable Juice</td>
<td>Volume as served</td>
<td>1/2 cup = 1/2 cup</td>
</tr>
<tr>
<td>Tomato Paste</td>
<td>Twice the volume as served</td>
<td>1/4 cup = 1/2 cup</td>
</tr>
</tbody>
</table>

Tip: If in doubt, use the Food Buying Guide.
Vegetable Subgroups

**Dark Greens**
- broccoli, collard greens, spinach

**Red/Orange**
- carrots, sweet potatoes, tomatoes

**Beans/Peas (Legumes)**
- kidney beans, lentils, chickpeas

**Starchy**
- corn, green peas, white potatoes

**Other**
- onions, green beans, cucumbers
Example:
A school decides to substitute 1 cup of vegetables for the required 1 cup of fruit 3 times in one week. Has the school met the necessary requirements?

- Monday: Orange slices
- Tuesday: Bean/egg taco
- Wednesday: Banana
- Thursday: Home fries
- Friday: Spinach omelet
## Grains (Breakfast)

<table>
<thead>
<tr>
<th>Grains (oz. eq.)</th>
<th>Grades K-5</th>
<th>Grades 6-8</th>
<th>Grades 9-12</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>7-10 (1)</td>
<td>8-10 (1)</td>
<td>9-10 (1)</td>
</tr>
</tbody>
</table>

**Breakfast Meal Pattern (Grain)**

- Grades K-5
- Grades 6-8
- Grades 9-12
Types of Grains (Breakfast)

Common breakfast grain selections include:

<table>
<thead>
<tr>
<th>Breads</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cereal Grains</td>
</tr>
<tr>
<td>Ready-To-Eat (RTE) Cereals</td>
</tr>
<tr>
<td>Muffins</td>
</tr>
<tr>
<td>Pancakes/Waffles</td>
</tr>
</tbody>
</table>

Texas Department of Agriculture
Minimum Creditable Amount of Grains

One quarter (¼) of an ounce equivalent of grains is the smallest creditable amount.

- 1/8 ounce (granola on yogurt)
- 1/4 ounce (oats in an oatmeal muffin)
- 1 ounce (whole-wheat bread)
Whole Grain-Rich Requirement

All grains offered at lunch and breakfast must be whole grain-rich as defined by USDA.
What is a Whole Grain?

A whole grain is a grain that consists of the whole seed grain or kernel. A whole grain contains the bran, germ and endosperm.
Minimum Creditable Amount of Grains

One quarter (¼) of an ounce equivalent of grains is the smallest creditable amount.

- 1/8 ounce (croutons on a chef’s salad)
- 1/4 ounce (oats in an oatmeal cookie)
- 1 ounce (whole-wheat pizza crust)
Determining If a Grain Is Whole Grain-Rich

Does the grain meet the serving size requirements of 16 grams of creditable grain per oz. eq.? (If yes, continue to the next question.)

Does the grain meet one of the following?
* Whole grains per serving must be ≥ 8 grams
* Product includes an FDA whole grain health claim on its packaging
* Ingredient label lists a whole-grain as the first ingredient
Crediting Whole Grain-Rich Grains

Is my whole grain product whole grain-rich?

Step 1
Determine if the specific grain product meets the ounce equivalent requirements for the grains component.

Step 2
Determine if the specific grain product meets whole grain rich requirements.
Step 1: Determine if the specific grain product meets the ounce equivalent requirements for the grains component.

Use Exhibit A Whole Grain-Rich Ounce Equivalency Requirements for the School Nutrition Programs Chart

Or

Calculate the grams of creditable grain

Based on 16 grams of grain per ounce equivalent

Total grams of “creditable grains” in one portion ÷ 16 grams
Using Exhibit A

Based on 16 grams of grain per serving

Use for products that are whole-grain, enriched, fortified cereals, or that have a creditable grain as the primary ingredient

Calculate grams of creditable grain using formula

Other products require manufacturer’s documentation stating the amount of creditable grain in one portion of the product

Texas Department of Agriculture
Calculating Grams of Creditable Grain

Use formula to calculate grams of creditable grain for

1. A customized product formulation statement on manufacturer letterhead

2. A recipe that includes the ingredients and ingredient amounts by weight and volume.

(Grams whole-grain meal/flour OR Grams whole-grain plus enriched meal/flour ÷ number of servings the formulation or recipe yields) ÷ 16 grams per oz. eq. standard
Step 2: Determine if the specific grain product meets whole grain rich requirements.

Does not meet the whole grain-rich criteria

- Are at least 50 percent of the grains in the product whole grains?
  - No
  - Yes

- Are all the grains in the product whole or enriched?
  - No
  - Yes

- Is a whole grain the primary ingredient by weight or primary grain ingredient by weight?
  - No
  - Yes

Does the product have a valid CN Label crediting oz. eq. grains.

- Does the product packaging display a one of the FDA-approved whole-grain label claims?
  - No
  - Yes

- Does the product contain \( \geq 8 \) grams of whole grain per oz. eq.?
  - No
  - Yes

This product **does** meet the whole-grain rich criteria

Texas Department of Agriculture
Whole Grains in Non-Mixed Dishes vs. Mixed Dishes

Non Mixed Dishes
- Breads
- Cereals

Mixed Dishes
- Breakfast taco
- Breakfast sandwich
Non-Creditable Grain Ingredients

Non-creditable grain ingredients must be present at levels less than 2% or less than 0.25 oz. eq. or the grain product is not creditable

- Corn fiber
- Bran
- Oat fiber
- Modified food starch
- Wheat/corn starch
- Germ
Grain Substitutions (Breakfast)

CEs may substitute meat/meat alternate for grains once daily grains minimum is met

1 oz. eq. of grains = 1 oz. eq. of meat/meat alternates
### Substituting Grains with Meat/Alternates:

**Types of Meat/Meat Alternates**

Meat/meat alternates selections include:

<table>
<thead>
<tr>
<th>Category</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lean/extra-lean meat, poultry, and seafood</td>
</tr>
<tr>
<td>Eggs</td>
</tr>
<tr>
<td>Tofu/soy products</td>
</tr>
<tr>
<td>Beans/peas</td>
</tr>
<tr>
<td>Cheese/yogurt</td>
</tr>
<tr>
<td>Nuts/seeds</td>
</tr>
</tbody>
</table>
Substituting Grains with Meat/Alternates: Crediting of Meat/Meat Alternates

<table>
<thead>
<tr>
<th>Meat/Meat Alternate Type</th>
<th>How to Credit?</th>
<th>Example</th>
</tr>
</thead>
<tbody>
<tr>
<td>Boneless meat, poultry, and seafood</td>
<td>By weight using the cooking yields in FBG</td>
<td>1 oz. cooked meat = 1 oz. cooked meat</td>
</tr>
<tr>
<td>Yogurt</td>
<td>Measure of volume or weight</td>
<td>½ cup/4 fluid oz. = 1 oz. eq. meat</td>
</tr>
<tr>
<td>Beans</td>
<td>Measure of volume</td>
<td>¼ cup = 1 oz. eq.</td>
</tr>
<tr>
<td>Nut butters (such as peanut butter)</td>
<td>Measure of volume</td>
<td>2 tbsp. = 1 oz. eq.</td>
</tr>
<tr>
<td>Eggs</td>
<td>Measure by unit</td>
<td>1 large egg = 2 oz. eq.</td>
</tr>
<tr>
<td>Cheese</td>
<td>Measure by volume or weight</td>
<td>1 oz. eq. = 1 oz. eq.</td>
</tr>
</tbody>
</table>

Tip: If in doubt, use the Food Buying Guide.
Substituting Grains with Meat/Alternates: Tofu and Soy Yogurt

Tofu—“a soybean-derived food, ...basic ingredients [in tofu] are whole soybeans, one or more food-grade coagulants (typically a salt or an acid), and water.”

Tofu and soy yogurt are creditable as meat/meat alternates in school meals.
Substituting Grains with Meat/Alternates: Crediting of Tofu and Soy Yogurt

What amount of tofu or soy yogurt credits as a one (1) ounce equivalent of meat/meat alternate?

- 2.2 oz. (1/4 cup) of commercial tofu containing at least 5 grams of protein
- 4 fl. oz. (½ cup) or of soy yogurt

Tip: If in doubt, use the Food Buying Guide.
## Fluid Milk (Breakfast)

<table>
<thead>
<tr>
<th>Breakfast Meal Pattern (Milk)</th>
<th>Grades</th>
<th>Grades</th>
<th>Grades</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>K-5</td>
<td>6-8</td>
<td>9-12</td>
</tr>
<tr>
<td>Meal Pattern</td>
<td>Amount of Food Per Week (Minimum Per Day)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fluid milk (cups)</td>
<td>5 (1)</td>
<td>5 (1)</td>
<td>5 (1)</td>
</tr>
</tbody>
</table>

Texas Department of Agriculture
Types of Milk (Breakfast)

Must offer at least two choices

<table>
<thead>
<tr>
<th>Unflavored Milk</th>
<th>Flavored Milk</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fat-free</td>
<td>Fat-free</td>
</tr>
<tr>
<td>1% Low-fat</td>
<td></td>
</tr>
</tbody>
</table>

Reminder: Schools are not allowed to offer 2% or whole milk.
Crediting of Milk

<table>
<thead>
<tr>
<th>Milk Type (minimum creditable amount)</th>
<th>How to Credit?</th>
<th>Example</th>
</tr>
</thead>
<tbody>
<tr>
<td>Milk</td>
<td>Volume as served</td>
<td>1 cup = 8 fl. oz.</td>
</tr>
<tr>
<td>Milk Substitutes</td>
<td>Volume as served</td>
<td>1 cup = 8 fl. oz.</td>
</tr>
<tr>
<td>Milk in Smoothies</td>
<td>Volume as served</td>
<td>1 cup = 8 fl. oz.</td>
</tr>
</tbody>
</table>

Tip: If in doubt, use the Food Buying Guide.
Breakfast Meal Pattern Review Activity
Module 2: Applying the School Meal Standards for Breakfast
Topic 3: Dietary Specifications
# Four Dietary Specifications

<table>
<thead>
<tr>
<th>Weekly Average Requirements</th>
<th>Daily Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>Trans fat</td>
</tr>
<tr>
<td>Sodium</td>
<td></td>
</tr>
<tr>
<td>Saturated fat</td>
<td></td>
</tr>
</tbody>
</table>
Calorie Ranges

Minimum and maximum calorie (kcal) levels met on average over a week

Grade Level: K-5 (ages 5-10)
Calorie Ranges: Breakfast: 350-500

Grade Level: 6-8 (Ages 11-13)
Calorie Ranges: Breakfast: 400-500

Grade Level: 9-12 (Ages 14-18)
Calorie Ranges: Breakfast: 450-600
Saturated Fat Limits

Less than 10 percent of total calories for the week

![Diagram showing saturated fat limits]

- **Saturated Fat Limit**
  - 100%
  - 90%
  - 80%
  - 70%
  - 60%
  - 50%
  - 40%
  - 30%
  - 20%
  - 10%
  - 0%

- **Average Weekly Calories**
- **Calories from Saturated Fat**
# Sodium Limits

## Breakfast Sodium Limits

<table>
<thead>
<tr>
<th></th>
<th>Target 1 SY 2014-2015</th>
<th>Target 2 SY 2017-2018</th>
<th>Target 3 SY 2022-2023</th>
</tr>
</thead>
<tbody>
<tr>
<td>K-5</td>
<td>≤540mg</td>
<td>≤485mg</td>
<td>≤430mg</td>
</tr>
<tr>
<td>6-8</td>
<td>≤600mg</td>
<td>≤535mg</td>
<td>≤470mg</td>
</tr>
<tr>
<td>9-12</td>
<td>≤640mg</td>
<td>≤570mg</td>
<td>≤500mg</td>
</tr>
</tbody>
</table>
## Sodium Limits

<table>
<thead>
<tr>
<th>Sodium Target #</th>
<th>Implementation Year</th>
<th>How to Achieve?</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>SY 2014-2015</td>
<td>❖ Menu changes</td>
</tr>
<tr>
<td></td>
<td></td>
<td>❖ Recipe modifications</td>
</tr>
<tr>
<td>2</td>
<td>SY 2017-2018</td>
<td>❖ Product reformulations by food industry</td>
</tr>
<tr>
<td></td>
<td></td>
<td>❖ Use less processed food, increase scratch cooking</td>
</tr>
<tr>
<td>3</td>
<td>SY 2022-2023</td>
<td>❖ New technology and food product developments by food industry</td>
</tr>
<tr>
<td></td>
<td></td>
<td>❖ Use less processed food, increase scratch cooking</td>
</tr>
</tbody>
</table>
Trans Fat Limits

Trans fat restriction

- Nutrition label or manufacturer’s specifications must specify zero grams of trans fat per serving
Module 2: Applying the School Meal Standards for Breakfast

Topic 4: Offer Versus (vs.) Serve
What is Offer vs. Serve?

Offer vs. Serve (OVS) is an option used in meal service that allows a child to choose food items based on what the student would like to eat.
Offer vs. Serve Advantages

Why should I implement offer versus serve?

- Reduces plate waste
- Lowers food costs
### How Does Offer vs. Serve Work?

<table>
<thead>
<tr>
<th>Requirement</th>
</tr>
</thead>
<tbody>
<tr>
<td>Full required components must be available for children to choose from</td>
</tr>
<tr>
<td>Children may refuse some food components or food items</td>
</tr>
<tr>
<td>Reimbursable meals must include a fruit, vegetable or fruit/vegetable combination equal to ½ cup</td>
</tr>
</tbody>
</table>
## Breakfast Offer vs. Serve Guidelines

<table>
<thead>
<tr>
<th>What must be offered?</th>
<th>At least 4 food items (3 full components must be offered)</th>
</tr>
</thead>
<tbody>
<tr>
<td>What component groups are required?</td>
<td>G, F, Milk</td>
</tr>
<tr>
<td>What must a child take for a meal to qualify as reimbursable?</td>
<td>At least 3 food items including a minimum of ½ cup F, V, or F/V combo</td>
</tr>
</tbody>
</table>

### Example (Grade 9-12)

- **Meal offering:** toast (2 items), waffle (1 item), pears (1 item), milk (1 item)

### Reimbursable meal examples:
- Waffle, pears and milk
- Toast and pears
- Waffle, toast, pears
Must offer 3 food components and 4 food items:

- Grains
- Fruit
- Milk
- Additional Item (to make 4 items)
All four food items must be offered in at least the minimum amounts

- 8 fl. oz.
- 1 oz. eq.
- 1 cup

Additional Item (to make 4 items)
Min. req'd. amt. for cmpnt.
Grains as Food Items at Breakfast (OVS)

Large grain items (2 oz. eq.) may count as 2 food items

**Scenario 1:**
Offer a 2 oz. eq. grain item with...

F + Milk
Children *may not* decline the large grain item.

**Scenario 2:**
Offer a 2 oz. eq. grain item with...

F + Milk + Additional (4\textsuperscript{th}) Item (AI)
Children *may* decline the large grain item.
Offer a 2 oz. Grain as Two Items
OVS Reimbursable Breakfast = G + F + Milk + Additional (4th) Item (Al)

1 oz. G + 1 oz. Al

2 oz. eq. G

1 oz. G + 1 oz. Al

2 oz. eq. G

1 cup F

1 cup milk (8 fl. oz.)

1 cup F

1 cup milk (8 fl. oz.)
The child could not reject the grain item because they would be refusing 2 of the breakfast items offered and only taking 2 items. For OVS at breakfast, CEs must offer at least 4 items and the student must take at least 3 items.
Offer a 2 oz. Grain as One Item
OVS Reimbursable Breakfast = G + F + Milk + Additional (4th) Item (AI)

2 oz. eq. G
1 cup F
1 cup milk (8 fl. oz.)

Texas Department of Agriculture
The child could reject the grain item because they would be refusing 1 of the breakfast items offered and taking 3 items. For OVS at breakfast, CEs must offer at least 4 items and students must take at least 3 items.
OVS: Breakfast in the Classroom
WHAT GOES ON THAT PLATE?

OFFER VS. SERVE

WHAT GOES ON THAT PLATE?
WHAT GOES ON THAT PLATE?

OFFER VS. SERVE

$100 - $50,000

$1,000 - $100,000

$5,000 - $250,000

$10,000 - $500,000

$25,000 - $1,000,000
$100  Question #1

**Breakfast Menu  Grades K-5**

<table>
<thead>
<tr>
<th>Item</th>
<th>Servings</th>
</tr>
</thead>
<tbody>
<tr>
<td>Whole grain bagel (counted as 1 item)</td>
<td>2 oz. eq. G</td>
</tr>
<tr>
<td>Mixed melon ball cups</td>
<td>1 cup F</td>
</tr>
<tr>
<td>Sliced peaches</td>
<td>1 cup F</td>
</tr>
<tr>
<td>Milk</td>
<td>1 cup (8 fl. oz.)</td>
</tr>
</tbody>
</table>

*Children may take any 3 of the 4 items*

Has the CE offered a reimbursable breakfast meal for OVS?
### Breakfast Menu Grades 9-12

<table>
<thead>
<tr>
<th>Item</th>
<th>Serving</th>
<th>Reimbursable?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Whole-grain breakfast sandwich (3 item)</td>
<td>1 oz. eq. M/MA +</td>
<td></td>
</tr>
<tr>
<td></td>
<td>2 oz. eq. G</td>
<td></td>
</tr>
<tr>
<td>Baked peaches</td>
<td>½ cup fruit</td>
<td></td>
</tr>
<tr>
<td>Whole banana</td>
<td>1 cup fruit</td>
<td></td>
</tr>
<tr>
<td>Milk</td>
<td>1 cup (8 fl. oz.)</td>
<td></td>
</tr>
</tbody>
</table>

The child selects....

Whole-grain breakfast sandwich
1 oz. eq. M/MA + 2 oz. eq. G

Is this a reimbursable meal?
The 10th grade child may select 3 of the 4 items offered....

Breakfast Power Bar
1.2 oz. eq. G

Peach Vanilla Parfait (1 item)
1 oz. eq. M/MA + ½ oz. eq. G + ½ cup F

Citrus Salad Cups
1 cup F

Whole-grain bagel half
1 oz. eq. G

Has the CE offered a reimbursable breakfast meal for OVS?
**What Goes on That Plate?**

**Offer vs. Serve**

**$10,000** Question #4

<table>
<thead>
<tr>
<th>Breakfast Menu</th>
<th>Grades K-5</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Berry Delicious</strong></td>
<td>1.5 oz. eq. G + ¼ cup F</td>
</tr>
<tr>
<td>Oats and Honey (1 item)</td>
<td></td>
</tr>
<tr>
<td><strong>Ants on a Log</strong></td>
<td>4 each (½ cup celery + 0.5 oz. peanut butter + ¼ cup raisins)</td>
</tr>
<tr>
<td>(1 item)</td>
<td></td>
</tr>
<tr>
<td><strong>Fresh Orange Slices</strong></td>
<td>1 cup F</td>
</tr>
<tr>
<td><strong>Milk</strong></td>
<td>1 cup (8 fl. oz.)</td>
</tr>
</tbody>
</table>

*Children may take 3 of the 4 items*

Has the CE offered a reimbursable breakfast meal for OVS?
## Breakfast Menu Grades 9-12

<table>
<thead>
<tr>
<th>Item</th>
<th>Serving Size</th>
</tr>
</thead>
<tbody>
<tr>
<td>Garden breakfast pizza (2 item)</td>
<td>1 slice (1 oz. eq. G + 1 oz. eq. M/MA + ½ cup V)</td>
</tr>
<tr>
<td>Breakfast garden wrap (3 item)</td>
<td>1 wrap (1.5 oz. eq. G + 0.5 oz. eq. M/MA + ½ cup V)</td>
</tr>
<tr>
<td>Apple-cinnamon oats w/chopped nuts</td>
<td>1.5 G + ¼ cup F + ¼ oz. eq. M/MA</td>
</tr>
<tr>
<td>Tropical fruit cup</td>
<td>1/2 cup F</td>
</tr>
<tr>
<td>Grape-n-apple cup</td>
<td>1/2 cup F</td>
</tr>
<tr>
<td><strong>Milk</strong></td>
<td>1 cup (8 fl. oz.)</td>
</tr>
</tbody>
</table>

**Meal #1**  
Garden breakfast pizza  
Milk

**Meal #2**  
Breakfast garden wrap

**Meal #3**  
Tropical fruit cup  
Grape-n-apple cups  
Tropical fruit cup  
Milk

**Meal #4**  
Apple-cinnamon oats  
Milk

**Which meals are reimbursable?**
**What Goes on That Plate?**

**Offer vs. Serve**

**$50,000 Question #6**

<table>
<thead>
<tr>
<th>Breakfast Menu Grades K-5</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oat-n-grain pancake puppies (2 items)</td>
</tr>
<tr>
<td>Warm sliced apples</td>
</tr>
<tr>
<td>Milk</td>
</tr>
</tbody>
</table>

*CEs tell children that they may refuse any 1 item*

Has the CE offered a reimbursable breakfast meal for OVS?
**Breakfast Menu Grades 6-8**

<table>
<thead>
<tr>
<th>Item</th>
<th>Serving Size</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mini breakfast blankets (2 item entree)</td>
<td>1 oz. eq. G + 1 oz. eq. M/MA</td>
</tr>
<tr>
<td>Whole-grain French toast sticks (2 item entree)</td>
<td>2 oz. eq. G</td>
</tr>
<tr>
<td>100% Carrot juice</td>
<td>½ cup F</td>
</tr>
<tr>
<td>Sliced bananas w/ chopped nuts</td>
<td>½ cup F + ¼ oz. eq. M/MA</td>
</tr>
<tr>
<td>Milk</td>
<td>1 cup (8 fl. oz.)</td>
</tr>
</tbody>
</table>

*Children may take any combination of items but they may not take 2 entrees.*

**Meal #1**
- Whole-grain French toast sticks
- 100% Carrot juice

**Meal #2**
- Sliced Bananas w/chopped nuts
- Carrot Juice
- Milk

**Meal #3**
- Mini breakfast blankets
- Sliced bananas w/chopped nuts

Which meals are reimbursable?
The 6th grade child may select any 3 of the 4 items offered....

Peach Vanilla Parfait (2 items)
1 oz. eq. M/MA + ¼ oz. eq. G+ 1 cup F

Citrus Salad Cups
1 cup F

Milk
1 cup (8 fl. oz.)

Has the CE offered a reimbursable breakfast meal for OVS?
**What Goes On That Plate?**

**Offer Vs. Serve**

$500,000

**Question #9**

Has the CE offered a reimbursable breakfast meal for OVS?

<table>
<thead>
<tr>
<th>Breakfast Menu</th>
<th>Grades K-5</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oat-n-grain pancake puppies (2 items)</td>
<td>2 oz. eq. G</td>
</tr>
<tr>
<td>Warm sliced apples</td>
<td>1 cup F</td>
</tr>
<tr>
<td>Cinnamon pear sauce</td>
<td>1 cup F</td>
</tr>
<tr>
<td>Milk</td>
<td>1 cup (8 fl. oz.)</td>
</tr>
</tbody>
</table>

*Children may take any 3 items*
**Breakfast Menu Grades 9-12**

<table>
<thead>
<tr>
<th>Item</th>
<th>Serving Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Blueberry muffin sticks</td>
<td>1 oz. eq. G + ¼ cup F</td>
</tr>
<tr>
<td>Turkey bacon (&quot;extra&quot;)</td>
<td>2 strips (1 oz. cooked)</td>
</tr>
<tr>
<td>Melon ball cups</td>
<td>1 cup F</td>
</tr>
<tr>
<td>Milk</td>
<td>1 cup (8 fl. oz.)</td>
</tr>
</tbody>
</table>

*Children may take any 3 of the 4 items*

Has the CE offered a reimbursable breakfast meal for OVS?
Age/Grade Group Overlap at Breakfast

- K-5 Breakfast
- 6-8 Breakfast
- 9-12 Breakfast
Multiple Offerings and Serving Lines

- Breakfast Taco Line
- Fresh and Fit Line
- American Breakfast Line
- Smoothie Café Line
- Omelet Line

Meal pattern requirements and dietary specifications by individual line
Planning for Short and Long Weeks

General approach is to increase or decrease required weekly quantities by 20% for each day variation from a standard 5-day week.
## K-5 Breakfast Meal Pattern

<table>
<thead>
<tr>
<th></th>
<th>5-day week</th>
<th>4-day week</th>
<th>7-day week</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Fruit (cups)</strong></td>
<td>5 (1)</td>
<td>4 (1)</td>
<td>7 (1)</td>
</tr>
<tr>
<td><strong>Grains (oz. eq.)</strong></td>
<td>7-10 (1)</td>
<td>6.5-7.5 (1)</td>
<td>11-12.5 (1)</td>
</tr>
<tr>
<td><strong>Milk</strong></td>
<td>5 cups</td>
<td>4 cups</td>
<td>7 cups</td>
</tr>
<tr>
<td><strong>Min-max Calories (kcal)</strong></td>
<td>350-500</td>
<td>350-500</td>
<td>350-500</td>
</tr>
</tbody>
</table>
Review

- Meal Pattern Foundations
  - History and Background
  - Food-Based Menu Planning
- Applying School Meal Standards for Breakfast
  - Timeline of Changes
  - Breakfast Meal Patterns
  - Dietary Specifications
  - Offer Versus (vs.) Serve
  - Challenges and Exceptions
Acknowledgment Statement

You understand and acknowledge

- the training you have completed 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.
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