Breakfast Meal Pattern
School Year 2020 - 2021

Short and Long Week Calculations
Three Day School Week Meal Component Adjustments

<table>
<thead>
<tr>
<th></th>
<th>Grades 6-8 Weekly (days)</th>
<th>Grades 6-8 Weekly (days)</th>
<th>Grades 6-8 Weekly (days)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fruits (cup)</td>
<td>3 (2)</td>
<td>3 (2)</td>
<td>3 (2)</td>
</tr>
<tr>
<td>Grains (oz eq)</td>
<td>4-6 (1)</td>
<td>5-6 (1)</td>
<td>5-6 (1)</td>
</tr>
<tr>
<td>Fluid Milk (cup)</td>
<td>3 (1)</td>
<td>3 (1)</td>
<td>3 (1)</td>
</tr>
</tbody>
</table>

Seven Day School Week Meal Component Adjustments

<table>
<thead>
<tr>
<th></th>
<th>Grades 6-8 Weekly (days)</th>
<th>Grades 6-8 Weekly (days)</th>
<th>Grades 6-8 Weekly (days)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fruits (cup)</td>
<td>7 (2)</td>
<td>7 (2)</td>
<td>7 (2)</td>
</tr>
<tr>
<td>Grains (oz eq)</td>
<td>10-14 (1)</td>
<td>13-16 (1)</td>
<td>12.3-19.2 (1)</td>
</tr>
<tr>
<td>Fluid Milk (cup)</td>
<td>7 (2)</td>
<td>7 (2)</td>
<td>7 (2)</td>
</tr>
</tbody>
</table>

5 Day Meal Pattern

<p>| | | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Fruits (cup)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Grains (oz eq)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fluid Milk (cup)</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
UPDATE: Changes to the Meal Pattern Requirements for SY 20-21

- Flexibilities for Milk, Whole Grains, and Sodium requirements vacated by a court ruling
- Meal patterns returned to the requirements of the 2012 final rule
- For SY 20-21 NSLP and SBP:
  - Flavored Milk – only Fat Free
  - All Grains must be Whole Grain Rich
  - Target 2 weekly sodium levels

Refer to the 8/24/20 email from HCNP titled 'IMPORTANT: FNS Child Nutrition Q&As for SY 2020-21' and 7CFR 210.10(c) and 220.8(c)

Meal Pattern Flexibility Waiver

If you are unable to meet the 2012 Meal Pattern requirements for Milk, Whole Grain Rich, and Target 2 sodium levels

- Complete the Meal Pattern Flexibility in the Child Nutrition Programs Waiver
- HCNP website → COVID 19 → Waivers

What is a Reimbursable Meal?

- Follows all of the federal requirements to be claimed for reimbursement.
- Contains all of the required meal components and specified quantities and meets the dietary specifications
Why is this Important?

- SFAs receive federal dollars for every reimbursable meal
  - Free
  - Reduced Price
  - Paid

Pay Attention

- Fiscal action is taken when:
  - A meal component is missing
  - School runs out of a food item during the meal service period
    - Ex: School runs out of apple wedges during the middle of meal service so 25 students do not have the opportunity to have any fruit with their meal.
  - Repeat meal pattern findings

Breakfast - Terminology

Food Component
- One of the 3 food groups that make up a reimbursable breakfast
  - Milk
  - Fruit
  - Grains (Meat/Meat Alternate option allowed)

Food Item
- A specific food offered within a food component
  - Strawberries (fruit)
  - Muffin (grain)
  - 1% unflavored milk (milk)
  - Yogurt (MMA which credits as a grain)
Grade Groups

- K-5, 6-8, and 9-12
- Optional: K-8, K-12

Milk

- All grade groups: 1 cup of milk per day
- Must offer at least 2 types from the allowed milk types
  - 1% unflavored,
  - Non Fat unflavored, or
  - Non Fat flavored

Reminder – At least one milk type offered must be unflavored.

Fruit

- All grade groups: 1 cup of fruit per day
- Vegetables may be substituted for fruit
  - Dark green
  - Red/orange
  - Beans/peas
  - Other
  - Starchy (until 6/30/21)

https://www.fns.usda.gov/sbp/school-breakfast-program-continuation-substitution-vegetables-fruit-flexibility
Fruit

- Full-strength fruit juice (100% juice) may be offered to meet up to half of the weekly requirement
- Dried fruit credits as double the volume served
  - e.g. ¼ cup dried cranberries = ½ cup fruit

Breakfast Meal Pattern
School Year 2020 – 2021
PART 2

Grains

- All grade groups: 1 oz. eq. of grains per day
  - K-5: 7-10 oz. eq. per week
  - 6-8: 8-10 oz. eq. per week
  - 9-12: 9-10 oz. eq. per week

ALL grains must be whole grain-rich
- Must contain at least 50% whole grains; remaining grains (if any) must be enriched
Exhibit A

EXHIBIT A: SCHOOL LUNCH AND BREAKFAST
WHOLE GRAIN-RIICH OUNCE EQUIVALENCE (OZ EQ) REQUIREMENTS FOR
SCHOOL MEAL PROGRAMS?

<table>
<thead>
<tr>
<th>CROUP A</th>
<th>OZ EQ FOR CROUP A</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bread (type/size)</td>
<td>1/2 oz eq. = 1 oz grain</td>
</tr>
<tr>
<td>Baked vice (hard)</td>
<td>1/2 oz eq. = 1 oz grain</td>
</tr>
<tr>
<td>Meat products (chicken and pork chops)</td>
<td>1/2 oz eq. = 1 oz grain</td>
</tr>
<tr>
<td>Cheese</td>
<td>1/2 oz eq. = 1 oz grain</td>
</tr>
<tr>
<td>Fruits</td>
<td>1/2 oz eq. = 1 oz grain</td>
</tr>
<tr>
<td>Snacks</td>
<td>1/2 oz eq. = 1 oz grain</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>CROUP B</th>
<th>OZ EQ FOR CROUP B</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rolls &amp; bread</td>
<td>1/2 oz eq. = 1 oz grain</td>
</tr>
<tr>
<td>Baked side dish</td>
<td>1/2 oz eq. = 1 oz grain</td>
</tr>
<tr>
<td>Meat/Meat Alternates (M/MA)</td>
<td>1/2 oz eq. = 1 oz grain</td>
</tr>
<tr>
<td>Fruits</td>
<td>1/2 oz eq. = 1 oz grain</td>
</tr>
<tr>
<td>Vegetables</td>
<td>1/2 oz eq. = 1 oz grain</td>
</tr>
<tr>
<td>Cheese</td>
<td>1/2 oz eq. = 1 oz grain</td>
</tr>
<tr>
<td>Snacks</td>
<td>1/2 oz eq. = 1 oz grain</td>
</tr>
</tbody>
</table>

Sample Bagel Label

99 g / 28 g = 3.5 oz equivalent of grains

Meat/Meat Alternates (M/MA)

- No requirement to offer M/MA
- Two options when serving M/MA:
  1. May offer M/MA as an ‘extra’ food
  2. May offer M/MA item(s) after the 1 oz. eq. daily grain requirement is met

- Example: 4 oz yogurt = 1 oz eq MMA = credits as a 1 oz eq. grain
Sample CN Label for Breakfast

How to Document a CN Label

Product Formulation Statement (PFS)

 Demonstrates how the processed product contributes to the meal pattern requirements when there is no CN Label

 Must be on signed letterhead
**Dietary Specifications**

<table>
<thead>
<tr>
<th></th>
<th>K-5</th>
<th>6-8</th>
<th>9-12</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>BREAKFAST</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>CALORIES</strong></td>
<td>350-500</td>
<td>400-550</td>
<td>450-600</td>
</tr>
<tr>
<td><strong>SATURATED FAT</strong> (g of total calories)</td>
<td>&lt; 10</td>
<td>&lt; 10</td>
<td>&lt; 10</td>
</tr>
</tbody>
</table>
| **SODIUM (mg)** Target 2  
DY 2020 - 2021 | ≤ 485 | ≤ 535 | ≤ 570 |
| **SODIUM (mg)** FINAL Target  
DY 2022 - 2023 | ≤ 430 | ≤ 470 | ≤ 500 |
| **TRANS FAT**                        | Nutrition label or manufacturer specification must indicate zero grams of trans fat per serving |

---

**Breakfast Meal Pattern**

School Year 2020 - 2021

**PART 3**

---

**Breakfast Outreach**

Must inform families of availability of breakfast

- Prior to or at the beginning of the school year
- Multiple times throughout the school year

**Required** Will be checked during Administrative Review (AR)

- Maintain documentation

USDA Breakfast Toolkit: https://www.fns.usda.gov/sbp/toolkit_gettingstarted
Breakfast Signage

- Menu must be posted at beginning of service line
- Include breakfast along with lunch menus
- If operating OVS, post a sign showing daily reimbursable meal

For example, posting signage indicating what a reimbursable meal looks like for the day’s menu

Sample Menu

Breakfast Activity - Helpful Hints

- Pay attention to grade group!
- Milk
  - Must have at least 2 varieties
  - All grade groups require 1 cup
- Fruit
  - Dried fruit credits at double volume served
  - All grade groups require at least 1 cup per day
- Crediting Grains
  - Is it whole grain-rich?
  - Remember: Meat/Meat Alternate can credit as grain
Breakfast Activity – Is It Reimbursable?

Breakfast Menu #1 – Grades K-8
Whole grain-rich cereal, 1 box (0.9 oz.)
100% orange juice, ½ cup
Raisins, ¼ cup
Choice of 1% unflavored milk or fat-free chocolate milk, 1 cup

Breakfast Menu #2 – Grades 9-12
Whole wheat French toast, 1 slice (1 oz eq grain and 1 oz eq meat/meat alternate)
Orange, whole ½ cup
Choice of 1% unflavored milk or fat-free chocolate milk, 1 cup

Breakfast Menu #3 – Grades K-12
Brown Rice, ½ cup
Turkey sausage patty, 1 each (1 oz eq meat/meat alternate)
Sliced peaches, ½ cup
Pineapple, ½ cup
Strawberries, ½ cup
Choice of 1% unflavored milk or fat-free flavored milk, 1 cup
Breakfast Activity – Is It Reimbursable?

Breakfast Menu #4 – Grades K-12
WG Breakfast Burrito, 1 each (1 oz eq grain, 1 oz m/ma)
Grapes, ½ cup
Apple slices, ½ cup
Choice of 1% unflavored milk or fat-free flavored milk, 1 cup

Breakfast Activity – Is It Reimbursable?

Breakfast Menu #5 – Grades K-8
Scrambled egg, 1 each (1 oz eq meat/meat alternate)
Apple Juice, ½ cup
Banana, ½ cup
Choice of 1% unflavored milk or fat-free flavored milk, 1 cup

Breakfast Meal Pattern Quiz

Link to Google Forms Quiz:
https://forms.gle/vAkMZJgLY5BUZ3lf7
In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g., Braille, large print,audiotape, American Sign Language, etc.) should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the https://www.usda.gov/sites/default/files/documents/USDA‐OA‐CRSR‐Complaint‐Form‐0506.2007‐0708‐11‐11‐11.pdf found online at: http://www.usda.gov/programs/how-to-file-a-program-discrimination-complaint/ and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by: (1) mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250-9410; (2) fax: (202) 690-7442; or (3) email: program.intake@usda.gov.

This institution is an equal opportunity provider.