

Child Nutrition
Maine Department of Education

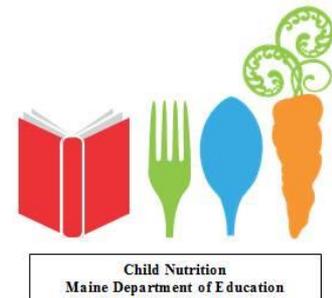
School Breakfast Program

School Year 2015-2016

Full, Focused, and Ready to Learn!

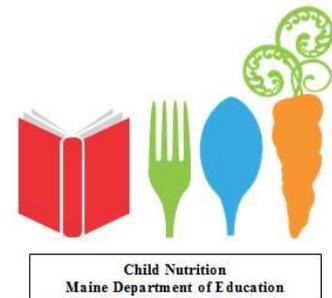
Benefits of Breakfast

- improved academic performance
- attention span and behavior
- fewer visits to the nurse and fewer missed school days



Breakfast in Maine

- Most schools offer breakfast, but if yours doesn't you can add a program anytime throughout the year!
- Participation is often only half that of lunch. There is great potential for growth!



Pricing Structure

- All free students and reduced price students in public schools get breakfast at no cost.
- The State of Maine pays for the reduced price amount.

Breakfast Reimbursement SY 2015-2016

	Regular	Severe
Paid	.29	.29
Reduced	1.36	1.69
Free	1.66	1.99

- Severe need is based on at least 40% free and reduced lunch participation in the year before last



Breakfast Meal Pattern

Food Components	Grades K-5		Grades 6-8		Grades 9-12	
	Daily Minimum	Weekly Minimum	Daily Minimum	Weekly Minimum	Daily Minimum	Weekly Minimum
Fluid Milk (cups) – offer 2 types Low-fat (1%) unflavored Fat-free unflavored or flavored	1	5	1	5	1	5
Fruits (or vegetables) (cups) Juice cannot exceed half weekly offering	1	5	1	5	1	5
Grains (ounce equivalents) All grains must be whole grain rich	1	7	1	8	1	9

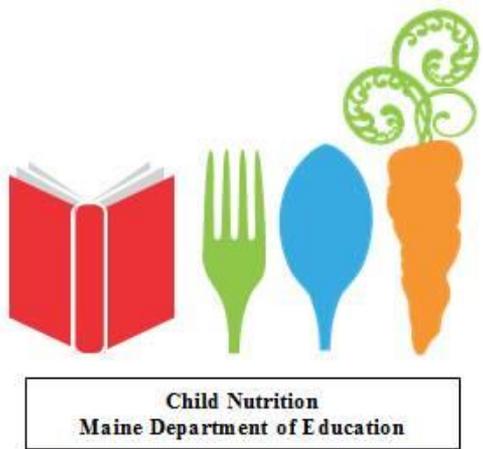


Dietary Specifications

Dietary Specifications (Nutrition Standards)			
Daily Amount Based on the Average for a 5 day week			
	Grades K-5	Grades 6-8	Grades 9-12
Minimum- Maximum Calories	350-500	400-550	450-600
Saturated Fat (% of total calories)	< 10	< 10	< 10
Sodium (milligrams)	≤540	≤600	≤640
Trans-Fat (grams)	Nutrition Label or manufacturer specifications must indicate zero grams of trans-fat per serving. This excludes naturally occurring trans-fat.		

**If you are following the meal pattern,
you should be meeting the nutrient guidelines.**





Offer vs. Serve

School Breakfast Program

“Serve” and “Offer vs. Serve”

- Serve:
 - Offer 3 items from the 3 components
 - Must meet weekly grain minimums and calories
 - Student must take ALL 3 items
- OVS:
 - At breakfast, OVS is optional at all grade levels
 - Helps cut down of food waste and cost
 - Allows students to take what they are actually going to eat
 - Offer at least 4 items from 3 components
 - Must meet weekly grain minimums
 - Student must take 3 items and one item must be a minimum ½ cup fruit or vegetable



Breakfast Offer vs. Serve (OVS)

Must offer 4 food **items** from 3 components

- Grains (1 oz)
- Fruit/vegetable (1 cup)
- Milk (8 oz.) (two kinds)
- Additional item—e.g., a serving of grain, meat/meat alternate, or fruit/vegetable
- **The 4th item cannot be another milk**



Breakfast Offer vs. Serve: On the Tray

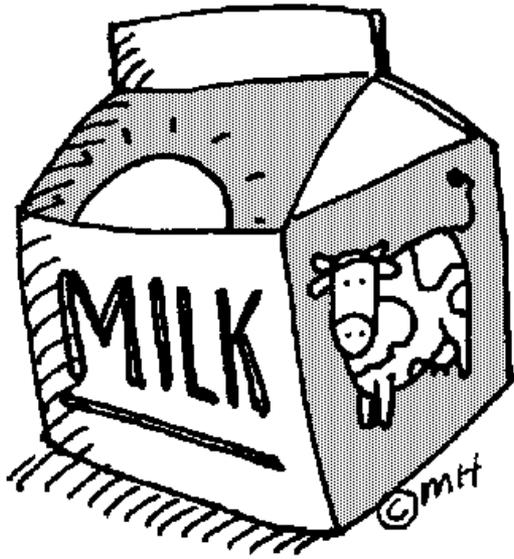
- Must take at least 3 items including the minimum $\frac{1}{2}$ cup fruit (or vegetable)
- Doesn't have to be 3 different items, double servings are allowed

Example: a 2 oz. grain equivalent bagel and a $\frac{1}{2}$ cup of pears is a reimbursable breakfast

- May take the full cup of fruit



Milk Requirements



- Serving size is 8 ounces
- Must offer two or more types
- **Only low-fat (1%) unflavored and fat-free flavored or unflavored milk, including Lactaid**



Grains



- Grains must be offered in ounce equivalents (oz eq)
- **A minimum of 1 oz. eq** of grains must be offered to each grade group daily
- The minimum weekly offerings of grains vary by grade group

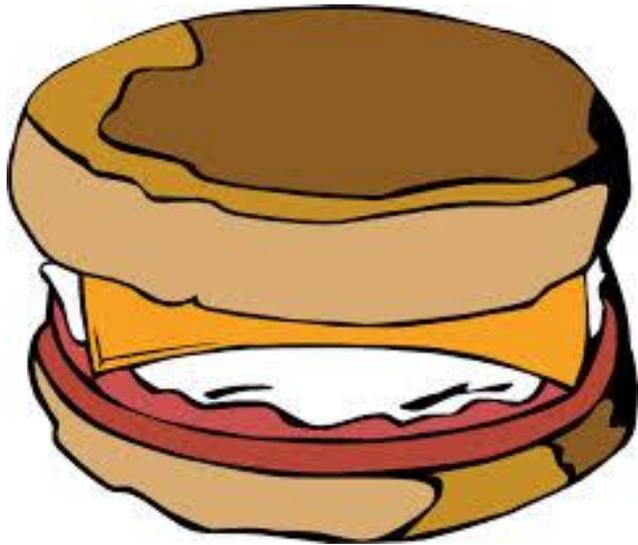


Whole Grain Waiver for SY 2015-2016

- Hardship in procuring, preparing, or serving compliant whole grain-rich products that are acceptable to students.
- If granted the waiver, you must comply with the SY 2013-2014 requirement to offer at least half of the grain items as whole grain-rich.
- Please find the form on our Forms page
- Email completed form to Sarah Platt at sarah.d.platt@maine.gov



Meat/Meat Alternate



- Meat/meat alternate is optional
- Schools **may** offer a m/ma component after the **minimum** 1 oz. eq. grain is offered
- 1 oz. eq. of m/ma can count toward the weekly grain minimum



Crediting Grains & Meat/Meat Alternates

- Child Nutrition (CN) labels

Particularly for meat/meat alternate products like sausage patties and pre-made breakfast sandwiches

- Product formulation sheets
- Credit recipes

Resources:

- YouTube video
- Grain crediting chart



Fruits/Veggies



- Schools must offer at least 1 cup of fruits and/or vegetables daily
- Can be fresh, frozen or canned in light syrup



- Juice is no more than 50% of the offering over the week
- Dried fruit credits at double its volume



Fruits/Veggies

If serving starchy vegetable, must ALSO serve 2 cups of dark green, red/orange, beans, or other vegetables in the week

Good ways to meet these include:

- salsa or beans in a breakfast burrito
- vegetables in an omelet
- vegetable juice, try a combination fruit/vegetable juice, if first ingredient (aside from water) is a vegetable it counts towards the vegetable offering
- carrots/celery sticks



Smoothies

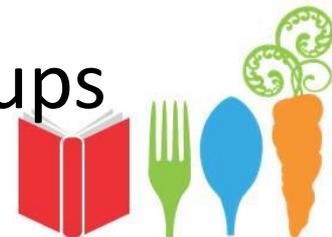
- A fun way to serve breakfast!
- Pureed fruit is counted as juice and crediting is based on the volume of the pureed fruit.
- Additional fruit offerings are strongly encouraged.
- A variety of fluid milk must still be offered.
- Yogurt may credit as a meat/meat alternate.
- Commercially prepared smoothies only credit toward the fruit component.
- Refer to the Maine Dairy and Nutrition Council's webpage for delicious recipes!



Water

- Free water must be available to students during breakfast
- Only applies when breakfast is served in the cafeteria

This requirement can easily be met by an accessible water fountain or a pitcher with cups



Outreach Requirements

Households must be notified of the availability of the breakfast program

- At the beginning of each school year
- Multiple times throughout the year

Notification can be done through letters, menus, robo calls, Facebook

Additional outreach to students is encouraged.

Announcements are a good way to spread the word.



Ghost Trays

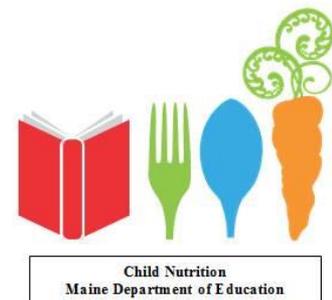
- Must keep a wrapped ghost tray for 48 hours
- Include samples of the meal
- This is not required by the Health Department, but it is a Maine DOE Child Nutrition rule
- This is a smart practice in case of an illness outbreak, it can be tested to eliminate food-borne illness as the cause



Reimbursable Meal Signage



Schools must identify at the **beginning of the serving line** what constitutes a reimbursable meal, including the $\frac{1}{2}$ cup fruit/vegetable requirement.



How to Make a Breakfast

ITEM ONE

Milk Component

Choose One Milk:

- 1% Milk
- Nonfat Milk
- Nonfat Flavored

ITEM TWO

Fruit/Vegetable Component

Choose One or More Fruit/Vegetable:

- 100% Juice
- Canned Fruit
- Fresh Fruit
- Salsa

ITEMS THREE AND FOUR

Grain and Meat/Meat Alternate Component

- Choose Only One Grain/Meat*:
 - Bagel
 - Breakfast Burrito
- French Toast with Sausage
- **OR**
- Choose One or Two Grain/Meat:
 - Muffin
 - Cereal
 - Yogurt
 - Cheese Stick

STUDENTS MUST SELECT AT LEAST 3 ITEMS!

*Combination items in this group count as 2 separate items
(1 meat + 1 grain OR 2 grains OR 2 meats)

Available on our webpage under Child Nutrition Programs:
Breakfast Program (SBP): How to Make A Breakfast Customizable Poster

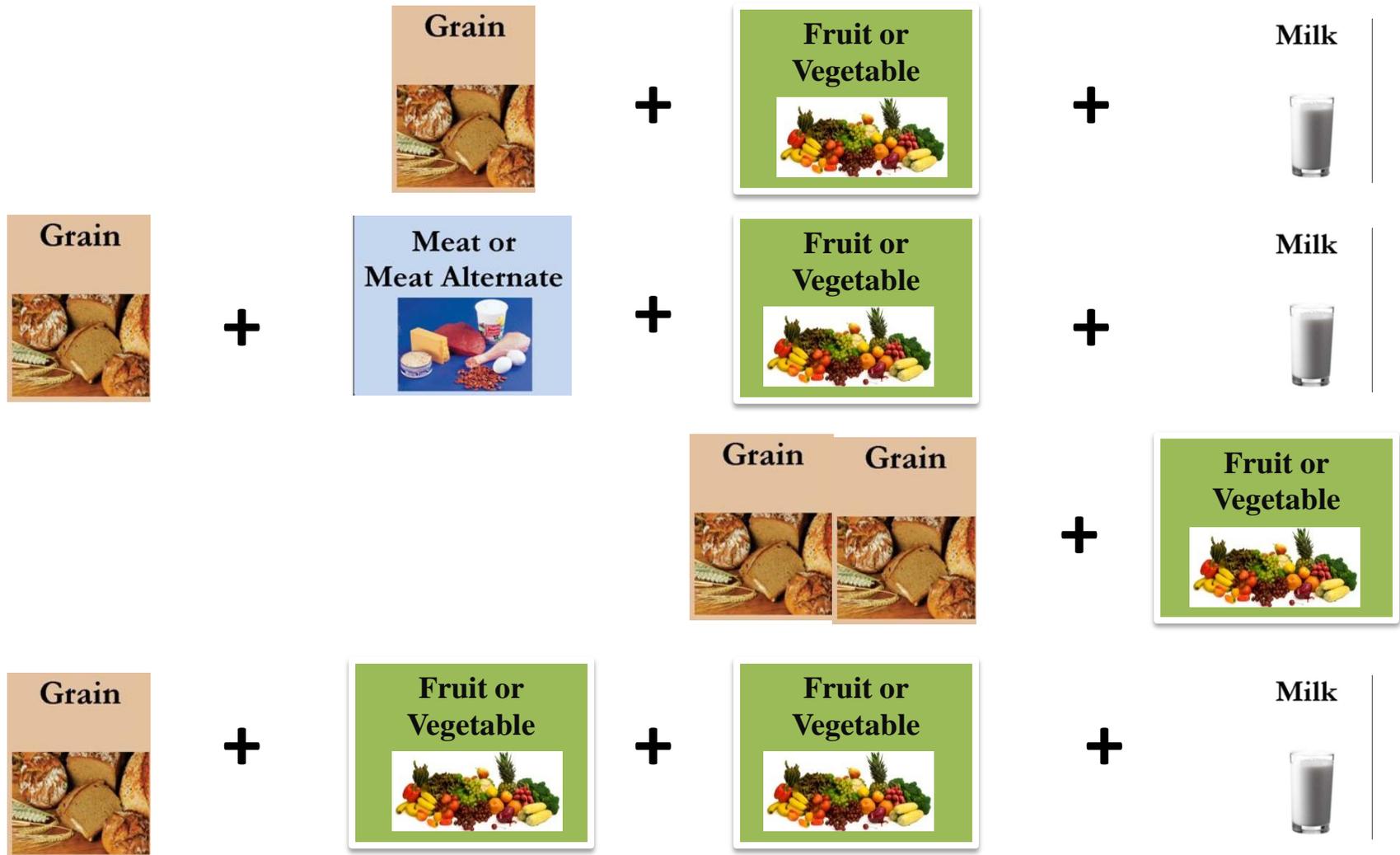
SBP Sample Menu

- **Choose 1**
 - 2 oz whole grain bagel **OR**
 - cereal and toast **OR**
 - 2 slices toast **OR**
 - 2 oz eq whole grain blueberry muffin
- **Choose up to 2**
 - apple juice, banana, fresh sliced cantaloupe, granny smith apple
- **Choose 1**
 - low fat milk **OR**
 - fat free chocolate milk

All students must select at least 3 items for breakfast, including ½ cup fruit! Enjoy your day!



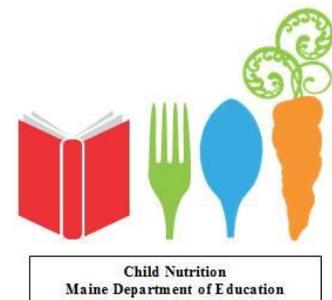
Examples of Reimbursable Breakfasts

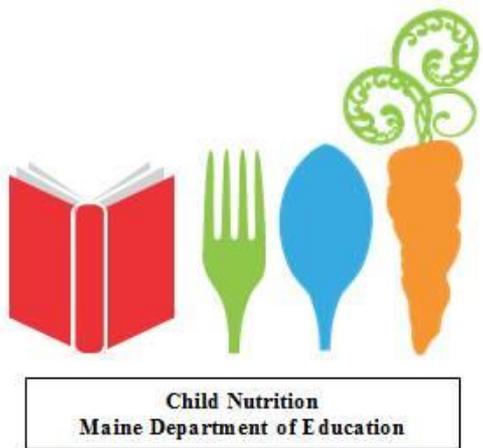


Students must take three for a reimbursable meal, including the minimum ½ cup fruit.

Key Breakfast Rules

- 1 cup fruit per day
- Juice only 50% of weekly fruit offering
- Starchy vegetable limitation
- All grains are whole grain rich
- For OVS, a reimbursable meal must include a minimum $\frac{1}{2}$ cup of fruit (and/or vegetable)





Service Delivery Models

School Breakfast Program

Traditional

Assess your cafeteria environment.

- Arrangement- does it flow?
- Music
- Posters
- Art on the walls



Alternate Service Delivery Models

- Breakfast in the Classroom (BIC)
- Breakfast After the Bell
- Grab and Go
- Universal

Combine them!



Breakfast in the Classroom (BIC)

- Particularly suited for elementary age kids
- Communal way to start the day
- Some teachers take the opportunity to read to the class, make announcements, take attendance, collect homework, and generally touch base with their students
- Serve foods that aren't too messy, substitute applesauce instead of syrup
- Teachers will need to be trained



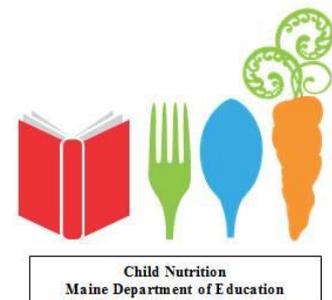
Breakfast After the Bell

- Particularly suited for high schools
- Kids late or sleepy/not hungry first thing
- Can eat during study hall
- Often combined with Grab and Go concept



Grab and Go

- Quick and Convenient
- Pairs well with Breakfast After the Bell
- Fairly simple to prepare, but packaging might be pricey



Universal Breakfast

- Breakfast is served at no cost to all students regardless of their eligibility for free or reduced meals. Students are still claimed by eligibility category.
- **Benefits:** reduces the stigma associated with eating free school meals
- **Challenges:** may not be financial viable for all schools & school districts, especially if the school has low enrollment in free or reduced meals
- Can and should be paired with other delivery models



Universal Breakfast Implementation

- Schools with a high percentage of free & reduced-price eligible children, 75% and above, generally are able to make up any lost revenue from paid meals.
- However, the “break-even” point for each school or district is different depending on labor costs, food costs, and school size.



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