

School Breakfast Program Changes

School Year 2014-2015



Breakfast Meal Components

- Milk
- Fruit
- Grains
- Meat/meat alternate optional

Breakfast Meal Pattern ¹

School Years 2014-15 through 2016-17 (Effective July 1, 2014)

Food Components and Food Items	Grades K-5		Grades 6-8		Grades 9-12	
	Daily	Weekly ²	Daily	Weekly ²	Daily	Weekly ²
Fluid Milk (cups), low-fat (1% or less, unflavored only) or fat-free (unflavored or flavored) ³	1	5	1	5	1	5
Fruits (cups) ^{4, 5, 6}	1	5	1	5	1	5
Grains (ounce equivalents) ^{7, 8} All grains must be whole-grain rich	1	7	1	8-	1	9-



Other Specifications: Daily Amount Based on the Average for a Five-Day Week			
Calories ^{9, 10}	350-500	400-550	450-600
Saturated Fat (percentage of total calories) ¹⁰	< 10	< 10	< 10
Sodium (milligrams) ^{10, 11}	≤ 540	≤ 600	≤ 640
Trans Fat (grams) ¹⁰	Nutrition label or manufacturer specifications must indicate zero grams of trans fat per serving		



Changes in SY 2014-2015

Lunch

- ALL grains must be whole grain rich
- Sodium target 1 begins

Breakfast

- Fruit quantity increases to 1 cup per day and 5 cups per week
- No more than ½ of fruit can be in the form of juice
- ALL grains must be whole grain rich
- Sodium target 1 begins
- Starchy vegetable limitation is set

Breakfast Fruit Requirement

Each tray must have .5 cup of fruit to count as a reimbursable meal.

It can be either whole fruit or fruit juice.

Breakfast Vegetable Substitution

SY 2014-2015

- Option to offer vegetables in place of all or part of the required fruit component at breakfast
- However, the first two cups per week of any such substitution must be from the dark green, red/orange, beans and peas (legumes) or the “other” vegetable subgroup
- Starchy vegetables may also be offered in substitution of fruits, after the first two cups offered have been from non-starchy vegetable subgroups

Vegetable Sub Groups

DARK GREEN fresh, frozen and canned		RED/ORANGE fresh, frozen and canned	BEANS AND PEAS (LEGUMES)* Canned, frozen or cooked from dry	
<ul style="list-style-type: none"> ■ arugula ■ beet greens ■ bok choy ■ broccoli ■ broccoli rabe (rapini) ■ broccolini ■ butterhead lettuce (Boston, bibb) ■ chicory ■ Chinese cabbage ■ celery cabbage ■ cilantro ■ collard greens ■ endive ■ escarole ■ fiddle heads ■ grape leaves ■ kale ■ mesclun ■ mustard greens ■ parsley ■ spinach ■ Swiss chard ■ red leaf lettuce ■ romaine ■ lettuce ■ turnip greens ■ watercress 	<ul style="list-style-type: none"> ■ acorn squash ■ butternut squash ■ carrots ■ cherry peppers ■ Hubbard squash ■ orange peppers ■ pimientos ■ pumpkin ■ red chili peppers ■ red peppers ■ salsa (all vegetables) ■ sweet potatoes/yams ■ tomatoes ■ tomato juice ■ winter squash 	<ul style="list-style-type: none"> ■ black beans ■ black-eyed peas (mature, dry) ■ cowpeas ■ edamame ■ fava beans ■ garbanzo beans (chickpeas) ■ Great Northern beans ■ kidney beans ■ lentils ■ lima beans, (mature, dry) ■ mung beans ■ navy beans ■ pink beans ■ pinto beans ■ red beans ■ refried beans ■ soy beans (mature, dry) ■ split peas ■ white beans 	<p>* Does not include green peas, green lima beans and green (string) beans</p>	

STARCHY fresh, frozen and canned	OTHER fresh, frozen and canned		
<ul style="list-style-type: none"> ■ black-eyed peas, fresh (not dry) ■ corn ■ cassava ■ cowpeas, fresh (not dry) ■ field peas, fresh (not dry) ■ green bananas ■ green peas ■ jicama ■ lima beans, green (not dry) ■ parsnips ■ pigeon peas, fresh (not dry) ■ plantains ■ potatoes ■ poi ■ taro ■ water chestnuts ■ yautia (tannier) 	<ul style="list-style-type: none"> ■ artichokes ■ asparagus ■ avocado ■ bamboo shoots ■ bean sprouts, cooked only (for food safety), e.g., alfalfa, mung ■ beans, green and yellow ■ beets ■ breadfruit ■ Brussels sprouts ■ cabbage, green and red ■ cactus (nopales) ■ cauliflower ■ celeriac ■ celery ■ chayote (mirliton) ■ chives ■ cucumbers 	<ul style="list-style-type: none"> ■ daikon (oriental radish) ■ eggplant ■ fennel ■ garlic ■ green chili peppers ■ green onions (scallions) ■ green peppers ■ horseradish ■ iceberg lettuce ■ kohlrabi ■ leeks ■ mushrooms ■ okra ■ olives ■ onions (white, yellow, red) ■ peas in pod, e.g., snap peas, snow peas ■ pepperoncini 	<ul style="list-style-type: none"> ■ purple peppers ■ pickles (cucumber) ■ radishes ■ rhubarb ■ rutabagas ■ shallots ■ sauerkraut ■ seaweed ■ snap peas ■ snow peas ■ spaghetti squash ■ tomatillo ■ turnips ■ wax beans ■ yellow peppers ■ yellow summer squash ■ zucchini squash

Breakfast Grains



Minimum Quantities

Grades K-5

- 7 oz eq weekly
- 1 oz eq minimum daily

Grades 6-8

- 8 oz eq weekly
- 1 oz eq minimum daily

Grades 9-12

- 9 oz eq weekly
- 1 oz eq minimum daily

Changes to Standards

- ALL grains offered must be whole grain rich

Determining Whole Grain Rich

1. >8 grams of whole grain per serving

OR

1. FDA whole grain health claim on product *“Diets rich in whole grain foods and other plant food and low in total fat, saturated fat, and cholesterol may reduce the risk of heart disease and some cancers”*

OR

1. Whole grain listed as the first ingredient on the ingredient label for non-mixed dishes and the first grain ingredient listed on a mixed dish

**EXHIBIT A: SCHOOL LUNCH AND BREAKFAST
WHOLE GRAIN-RICH OUNCE EQUIVALENCY (OZ EQ) REQUIREMENTS FOR
SCHOOL MEAL PROGRAMS^{1,2}**

GROUP A	OZ EQ FOR GROUP A
<ul style="list-style-type: none"> • Bread type coating • Bread sticks (hard) • Chow mein noodles • Savory Crackers (saltines and snack crackers) • Croutons • Pretzels (hard) • Stuffing (dry) Note: weights apply to bread in stuffing. 	1 oz eq = 22 gm or 0.8 oz 3/4 oz eq = 17 gm or 0.6 oz 1/2 oz eq = 11 gm or 0.4 oz 1/4 oz eq = 6 gm or 0.2 oz
GROUP B	OZ EQ FOR GROUP B
<ul style="list-style-type: none"> • Bagels • Batter type coating • Biscuits • Breads (sliced whole wheat, French, Italian) • Buns (hamburger and hot dog) • Sweet Crackers⁴ (graham crackers - all shapes, animal crackers) • Egg roll skins • English muffins • Pita bread (whole wheat or whole grain-rich) • Pizza crust • Pretzels (soft) • Rolls (whole wheat or whole grain-rich) • Tortillas (whole wheat or whole corn) • Tortilla chips (whole wheat or whole corn) • Taco shells (whole wheat or whole corn) 	1 oz eq = 28 gm or 1.0 oz 3/4 oz eq = 21 gm or 0.75 oz 1/2 oz eq = 14 gm or 0.5 oz 1/4 oz eq = 7 gm or 0.25 oz
GROUP C	OZ EQ FOR GROUP C
<ul style="list-style-type: none"> • Cookies³ (plain - includes vanilla wafers) • Cornbread • Corn muffins • Croissants • Pancakes • Pie crust (dessert pies³, cobbler³, fruit turnovers⁴, and meat/meat alternate pies) • Waffles 	1 oz eq = 34 gm or 1.2 oz 3/4 oz eq = 26 gm or 0.9 oz 1/2 oz eq = 17 gm or 0.6 oz 1/4 oz eq = 9 gm or 0.3 oz

¹ The following food quantities from Groups A-G, must contain at least 16 grams of whole-grain or can be made with 8 grams of whole-grain and 8 grams of enriched meal and/or enriched flour to be considered whole grain-rich.

GROUP D	OZ EQ FOR GROUP D
<ul style="list-style-type: none"> • Doughnuts⁴ (cake and yeast raised, unfrosted) • Cereal bars, breakfast bars, granola bars⁴ (plain) • Muffins (all, except corn) • Sweet roll⁴ (unfrosted) • Toaster pastry⁴ (unfrosted) 	1 oz eq = 55 gm or 2.0 oz 3/4 oz eq = 42 gm or 1.5 oz 1/2 oz eq = 28 gm or 1.0 oz 1/4 oz eq = 14 gm or 0.5 oz
GROUP E	OZ EQ FOR GROUP E
<ul style="list-style-type: none"> • Cereal bars, breakfast bars, granola bars⁴ (with nuts, dried fruit, and/or chocolate pieces) • Cookies³ (with nuts, raisins, chocolate pieces and/or fruit purees) • Doughnuts⁴ (cake and yeast raised, frosted or glazed) • French toast • Sweet rolls⁴ (frosted) • Toaster pastry⁴ (frosted) 	1 oz eq = 69 gm or 2.4 oz 3/4 oz eq = 52 gm or 1.8 oz 1/2 oz eq = 35 gm or 1.2 oz 1/4 oz eq = 18 gm or 0.6 oz
GROUP F	OZ EQ FOR GROUP F
<ul style="list-style-type: none"> • Cake³ (plain, unfrosted) • Coffee cake⁴ 	1 oz eq = 82 gm or 2.9 oz 3/4 oz eq = 62 gm or 2.2 oz 1/2 oz eq = 41 gm or 1.5 oz 1/4 oz eq = 21 gm or 0.7 oz
GROUP G	OZ EQ FOR GROUP G
<ul style="list-style-type: none"> • Brownies³ (plain) • Cake³ (all varieties, frosted) 	1 oz eq = 125 gm or 4.4 oz 3/4 oz eq = 94 gm or 3.3 oz 1/2 oz eq = 63 gm or 2.2 oz 1/4 oz eq = 32 gm or 1.1 oz
GROUP H	OZ EQ FOR GROUP H
<ul style="list-style-type: none"> • Cereal Grains (barley, quinoa, etc) • Breakfast cereals (cooked)^{5,6} • Bulgur or cracked wheat • Macaroni (all shapes) • Noodles (all varieties) • Pasta (all shapes) • Ravioli (noodle only) • Rice (enriched white or brown) 	1 oz eq = 1/2 cup cooked or 1 ounce (28 g) dry
GROUP I	OZ EQ FOR GROUP I
<ul style="list-style-type: none"> • Ready to eat breakfast cereal (cold, dry)^{5,6} 	1 oz eq = 1 cup or 1 ounce for flakes and rounds 1 oz eq = 1.25 cups or 1 ounce for puffed cereal 1 oz eq = 1/4 cup or 1 ounce for granola

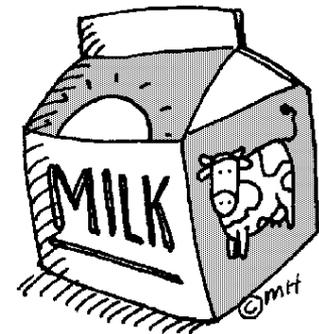
³ Refer to nutrition regulations for the appropriate serving size for supplements served to children aged 1

Breakfast Meat/Meat Alternative Option

- Once schools meet the 1 ounce daily grain requirement for breakfast, they are allowed to offer a meat/meat alternate in place of grains
- The meat/meat alternate can therefore count toward the weekly grains requirement, where a 1 ounce equivalent of a meat/meat alternate will credit as a 1 ounce equivalent of grains

Breakfast Milk Requirement

- Fat-free (unflavored or flavored), low-fat (unflavored only), and fat-free or low-fat (lactose reduced or lactose-free)
- Schools must offer at least two types of milk
- Students are able to decline the milk component of a meal in accordance with offer versus serve



Key Issues

- Identification of a reimbursable meal
- Sodium reduction techniques
- Technical Assistance and Corrective Action
- Meal component documentation



Identification of Reimbursable Meal

- Identify content of reimbursable lunch and breakfast near or at the beginning of the serving line(s)
- Assures students do not unintentionally purchase a la carte items, minimize issues at point of sale
- Schools have discretion how to identify these foods
 - Discretion depends on set up, age of children, etc

How to Make a Breakfast

COMPONENT ONE

Milk Component

Choose One Milk:

1% Milk

Nonfat Milk

Nonfat Flavored

COMPONENT TWO

Fruit/Vegetable Component

Choose One or More Fruit/Vegetable:

100% Juice

Canned Fruit

Fresh Fruit

Salsa

COMPONENTS 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

4 COMPONENTS MUST BE OFFERED.

STUDENTS MUST SELECT AT LEAST 3 COMPONENTS!

*One must be a ½ cup fruit or vegetable

Build a Healthy Lunch

Protein

Grain

Milk

Remember to choose a fruit and/or vegetable!

Fruit

Vegetable



5 or more fruits & vegetables.



2 hours or less recreational screen time*



1 hour or more of physical activity



0 sugary drinks, more water & low fat milk

*Keep TV/Computer out of the bedroom. No screen time under the age of 2.



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Sodium Reduction Techniques

- Increase in-house preparation, scratch cooking
- USDA foods (low-sodium products)
- Menu planning
 - Avoid high sodium items in the same week
- Procurement specifications (request low sodium products)
- Read nutrition labels

Sodium Reduction Techniques

- Alternate seasoning choices (herbs, spices)
- Condiments
 - Replace salt shakers/packets with pepper
 - 1 tsp salt= 2,300 mg sodium
 - Reduce pickles and olives (1/4 cup- 300mg)

Sodium Content in K-5 Breakfast Menu

- Cereal – 125-160 mg
- Toast- 150-160 mg/slice
- Juice – minimal (5 mg)
- Canned fruit- minimal (7-10 mg)
- Milk- 100-190 mg

- **Total: 525 mg (if ALL components were taken)**
- **K-5 standard: \leq 540 mg**

- **Remember sodium is based on weighted averages!**

Sodium Content in K-8 Breakfast Menu

- Breakfast Pizza - 320 mg (reduced sodium)
 - 51% WG Bacon Scramble (turkey bacon)
- Juice – minimal (5 mg)
- Dried fruit- minimal (0-5 mg)
- Milk- 100-190 mg

- **Total: 520 mg (if ALL components were taken)**

- **K-8 standard: \leq 540 mg**

Sodium Content in 9-12 Breakfast Menu

- WW English muffin w/egg and cheese- **715 mg**
 - English muffin: 220-260 mg
 - Egg patty: 300 mg
 - Cheese: 155 mg (USDA American)
- Juice – minimal (5 mg)
- Fresh fruit- minimal (0-5 mg)
- Milk- 100-190 mg

- **Total: 915 mg**
- **K-8 standard: \leq 640 mg**

- **Take into consideration that next year all students have to take $\frac{1}{2}$ cup fruit/juice!**

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SuperTracker

USDA United States Department of Agriculture

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Food-A-Pedia

Look up a food to get quick access to nutrition info for over 8,000 foods. Choose and compare 2 foods.

Search: All Foods for Type in your food here Go [Go to Food Tracker](#)

Search Tips

Search Results

Showing 1-20 of 46 Results 20 items per page

- Peanut butter
- Peanut butter, chocolate covered (peanut butter egg, Peanut Butter Meltaway Bar)
- Peanut butter, reduced fat
- Peanut butter, reduced sodium and reduced sugar
- Peanut butter, reduced sugar

Margarine, stick, 75 calories per Tbsp

Choose an amount: 1 tablespoon

[Add to Food Tracker](#)

Food Info Nutrient Info

Total Calories: 77

Food Groups	Limits
Empty Calories*	69
Solid Fats	69 Calories
Added Sugars	0 Calories
Saturated	2 g

Peanut butter

Choose an amount: 1 tablespoon

[Add to Food Tracker](#)

Food Info Nutrient Info

Total Calories: 94

Food Groups	Limits
Protein Foods 1 oz.	Empty Calories* 4
Oils 1 tsp.	Solid Fats 1 Calories
	Added Sugars 2 Calories
	Saturated Fat 2 g

Food-A-Pedia

Technical Assistance and Corrective Action

- Actions required for Performance Standard 2 Violations

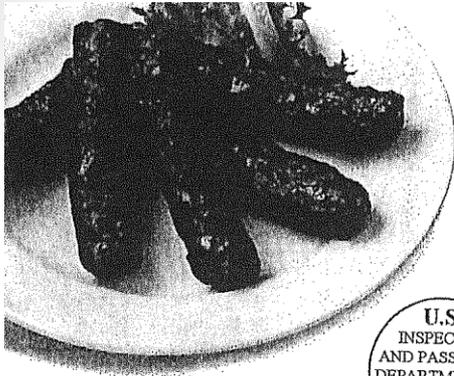
Missing Menu Items/Food Items	Milk Type, and Vegetable Subgroup	Whole Grain Rich, Food Quantities, and Dietary Specifications
<ul style="list-style-type: none">• Immediate fiscal action required (as currently done)	<ul style="list-style-type: none">• Fiscal action required for unresolved, repeat violations (after technical assistance and corrective action have taken place)	<ul style="list-style-type: none">• State Agencies have discretion to take fiscal action for unresolved, repeated violations (after technical assistance and corrective action have taken place)

Documentation of Meal Components



Child Nutrition (CN) Label

- Any processed products must have either a CN label or product formulation statement
- Determines how the product counts towards the meal pattern components
 - Documentation must be kept



A brand of Farmland Foods

ORIGINAL

16-1 PORK SAUSAGE SKINLESS LINK
FULLY COOKED AND BROWNED

BHT, Propyl Gallate, Citric Acid added to help protect flavor.
INGREDIENTS: Pork, Water, Salt, Corn Syrup Solids, Spices, Sugar, Dextrose, Spice Extractives, BHT, Propyl Gallate, Citric Acid.



31120

NET WT. 10.00 LBS. (4.54 KG)

CN
Two 1.00 oz. Fully Cooked Pork Sausage ⁰⁷⁶⁹³⁹
Skinless Links provide 0.75 oz. equivalent
meat for Child Nutrition Meal Pattern ^{CN}
Requirements. (Use of this logo and
statement authorized by the Food and Nutrition
Service, USDA 01-10.)
CN

Manufactured By:
Farmland Foods, Inc., Kansas City, MO 64195

KEEP FROZEN

CN
Two 1.00 oz. Fully Cooked Pork Sausage ⁰⁷⁶⁹³⁹
Skinless Links provide 0.75 oz. equivalent
meat for Child Nutrition Meal Pattern ^{CN}
Requirements. (Use of this logo and
statement authorized by the Food and Nutrition
Service, USDA 01-10.)
CN

Product Formulation Statements

- A product analysis (formulation) must satisfy the following requirements:
 - Be on the company's letterhead
 - Provide the product name, as written on the label, and provide other identifying information, such as product code number, portion size/weight, pack, case weight, etc.
 - Contain a crediting statement (may be combined with certification statement)
 - Contain a certification statement (example- "I certify that the above information is true and correct, and that a 3.25 ounce serving of the above product contains 2 ounces of cooked lean meat/meat alternate when prepared according to product directions")

Product Formulation Statements

- Provide sufficient information for purchaser to determine the reasonableness of the crediting statement (i.e. using grams of creditable grain or Exhibit A weights in Grain Chart)
- Name of legally authorized representative of the company must be printed and signed with date
- Note: If a grain product, must include weight of any non-creditable grains



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PRODUCT ANALYSIS FORM FOR NON-CN PRODUCTS
PRODUCT FORMULATION STATEMENT FOR MEAT/MEAT ALTERNATE (M/MA)

Product Name: Fully Cooked Dinner Balls made with Chicken, Turkey and Beef-Caramel Color Added Code No: 75-505
 Manufacturer: AdvancePierre Foods
 Case/Pack/Count/Portion Size: Net Wt. 10 Lbs / 2/5 # Bags / 320/50

I. Meat/Meat Alternate

The chart below shows how the creditable amount of Meat/Meat Alternate determination.

Description of Creditable Ingredients per Food Buying Guide	Ounces per Raw Portion of Creditable Ingredient	Multiply	Food Buying Guide Yield	Creditable Amount*
Mechanically Separated Chicken	0.104	x	70%	0.115
Mechanically Separated Turkey	0.125	x	70%	0.088
Beef ≥ 30% Fat (41%)	0.087	x	N/A - Over the 30% Fat Limitation	0.000
A. Total Creditable Amount†				0.203

*Creditable Amount - Multiply ounces per raw portion of creditable ingredient by the Food Buying Guide yield.

II. Alternate Protein Product (APP)

If the product contains APP, the chart below to determine the creditable amount of APP is filled out. If APP is used, documentation as described in Attachment A of the sample statement for each APP used is provided.

Description of APP, Manufacturer's name, and code number	Ounces Dry APP Per Portion	Multiply	% of Protein As-is*	Divide by 18**	Creditable Amount APP**
TVP-Soy Flour/TVP-Soy Flour, ADM - TVPS 183-118	0.037	x	50%	* by 18	0.103
VPP-Soy Protein Concentrate, Solae™ - Response™ 4403	0.018	x	64.8%	* by 18	0.036
B. Total Creditable Amount†					0.168
C. TOTAL CREDITABLE AMOUNT (A + B rounded down to nearest 1/8 oz)					6x0.371=2.00

*Percent of Protein As-is is provided on the attached APP documentation.

**18 is the percent of protein when fully hydrated.

***Creditable amount of APP equals ounces of Dry APP multiplied by the percent of protein as-is divided by 18.

†Total Creditable Amount must be rounded down to the nearest 0.25oz (1.48 would round down to 1.25 oz meat equivalent). Do not round up.

If you are also crediting APP, you do not need to round down in box A until after you have added the creditable APP amount from box B.

Total weight (per portion) of product as purchased: 0.50 oz.

I certify that the above information is true and correct and that a 3.00-ounce serving (6 dinner balls) of the above product (ready for serving) contains 2.00 ounces of equivalent meat/meat alternate when prepared according to directions.

(Reminder: Total creditable amount cannot count for more than the total weight of product)

I further certify that any APP used in this product conforms to Food and Nutrition Service regulations (7CFR Parts 210, 220, 225 or 226 Appendix A)

Tameja Harsha
 Tameja Harsha
 Labeling and Commercialization Services Coordinator

May 13, 2011

Date

*This information is needed if a creditable Alternate Protein Product (APP) is used in the product and counted toward meeting the meat/meat alternate requirements.

**This is not a CN labeled product and the CN PQC Program, which ensures that every production run obtains the above numbers, is not applicable to the production of this item. The numbers above are based on current specifications.

Questions?



Is this a breakfast offering:

- 8 oz milk, two types
- 1 oz slice of bread
- ½ hard boiled egg
- Banana
- 4 oz apple juice

Is this a breakfast offering:

- 8 oz milk, two types
- 1 oz slice of bread
- 1 oz. cereal pack
- apple
- 4 oz cranberry juice

Is this a breakfast offering:

- 8 oz milk, two types
- 4 oz orange juice
- 1 hard boiled egg
- apple

Is this a breakfast offering:

- 8 oz skim milk
- Breakfast Sandwich: english muffin egg, cheese, sausage
- apple