

Your Guide to School Breakfast

How to Choose a Reimbursable Breakfast in Schools

Start your day off Right!

What is a Reimbursable Breakfast?



- The National School Breakfast Program allows schools to receive money and foods from the U.S. Department of Agriculture (USDA) for each meal served.
- To receive money and food, schools must serve breakfasts meeting federal requirements regarding nutrient content and portion sizes.
- A complete meal, meeting these requirements, allows a school to receive benefits and is referred to as a “reimbursable breakfast”

What are the goals of the National School Breakfast Program?

- Safeguard the health and wellbeing of the nation’s children
- Encourage domestic consumption of nutritious agricultural foods
- Give children an understanding of the relationship between proper eating habits & good health.

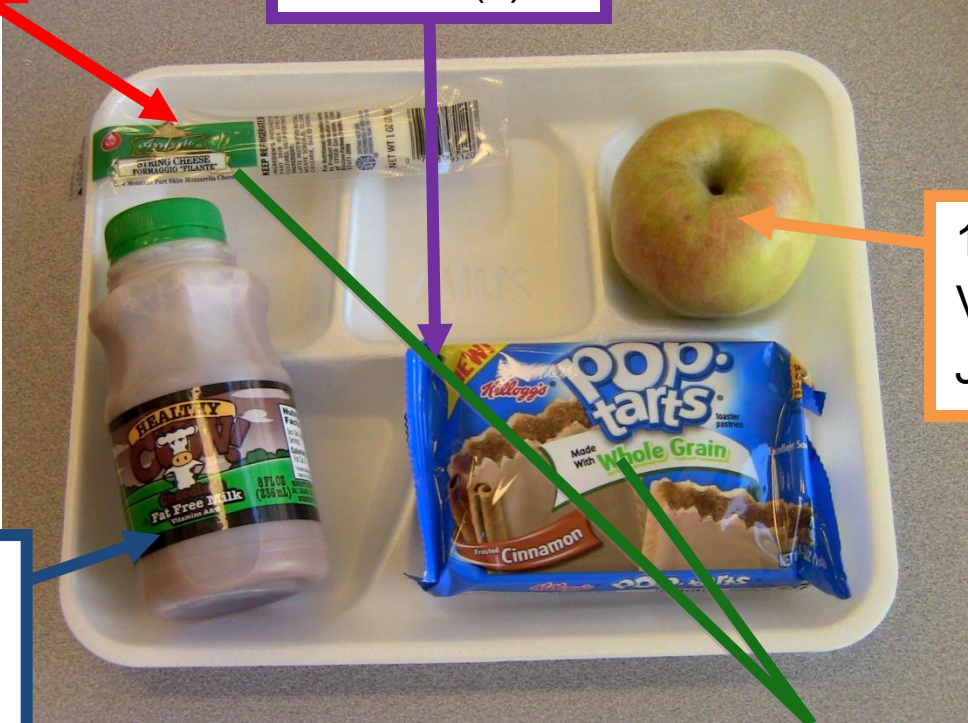


What Makes up a Reimbursable Breakfast?

4 Possible Components

3. Protein

2. Whole Grain-Rich Grain(s)



1. Fruit/
Vegetable/
Juice

4. Fat-Free
or Low-Fat
Milk

Entrée: 2 Grains
or 1 Grain &
1 Protein

The 4 Meal Components

- 1. Fruit/ Vegetable/ Juice*
 - 2. Whole Grain-Rich Grain(s)
 - 3. Protein
 - 4. Fat-Free or Low-Fat Milk
- } Entrée

An entrée may be made up of 2 grains OR 1 grain and 1 protein

A student needs 3 out of the 4 components in order for a meal to be considered reimbursable. *Students may take up to 2 servings of fruit, vegetable, or juice as part of their breakfast, but must select at least 1 serving.



Component #1 & #2. Entrée (2 grains)
#3. Fruit #4. Milk



Component #1 & #2. Entrée (2 grains)
#3. Milk #4. Fruit Juice



Component #1 & #2. Entrée (2 grains)
#3. Fruit



Component #1 & #2. Entrée (1 grain & 1 protein)
#3. Milk #4. Fruit

Each of these breakfasts are considered to be reimbursable meals and cost \$1.50 each!

Why Choose A Reimbursable Meal?

Benefits for Students:

- Eating breakfast can help improve math, reading, and standardized test scores
- Children who eat breakfast are more likely to behave better in school and get along with their peers than those who do not/
- Children who eat breakfast on a regular basis are less likely to be overweight
- Students get more of important nutrients, vitamins, and, minerals such as calcium dietary fiber, folate, and protein
- Eating breakfast as a child is important for establishing healthy habits for later in life
- Breakfast helps children pay attention, perform problem- solving tasks, and improve memory
- School breakfast provides $\frac{1}{4}$ the recommended amounts of protein, calcium, iron, vitamin A, and vitamin C for the day

Benefits For Schools:

- The National School Breakfast Program provides cash reimbursements, on per meal basis, to schools providing free & reduced price breakfasts to eligible children
- Schools that provide school breakfast in the classroom to all students have shown decreases in tardiness and suspensions as well as improved student behavior and attentiveness



Benefits For Parents

- School breakfast offers parents an convenient, safe, and nutritious alternative to breakfast at home at the lowest possible price
- If the above meal was purchased separately, it would cost \$2.60, but when purchased as a reimbursable meal it costs \$1.50. This will save you \$5.50 per week. That is a savings of over \$250.00 for the whole school year!

The Fantastic Five!

The Five Components of A Meal Help Build A Strong Body & Mind

Whole Grains

Grains are made up of carbohydrates, which are an important energy source for the nervous system & red blood cells.

Soluble fibers, found in grains, have been shown to lower cholesterol levels & blood glucose levels. This reduces the risk of cardiovascular disease & diabetes.

Insoluble fibers, found in grains allow foods to move through the intestine faster. This can lower the risk of constipation, diverticular disease, & colon cancer

Repeated studies have shown whole grains can reduce the risk of stroke, type 2 diabetes, heart disease, as well as improve weight management.

Milk

Milk is a great source of calcium, which is needed for lifelong healthy bones and teeth.

Calcium is important for young people because 90% of bone mass is developed by age 17.

Fruits & Vegetables

Fruits & vegetables provide essential vitamins & minerals, & other nutrients that are important for growth.

Fruits & vegetables are a good source of fiber which promotes healthy digestion & may help prevent colon cancer.

Most fruits & vegetables are naturally low in fat & calories & keep you feeling full longer.

Eating fruits & vegetable has been shown to reduce the risk of certain chronic disease. These diseases include stroke, type 2 diabetes, some types of cancer, & heart disease.

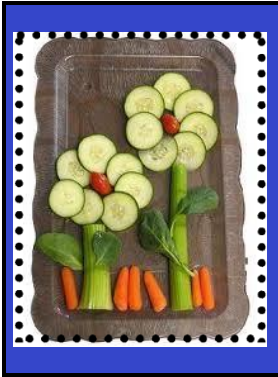


Protein

Meat is a valuable source of protein. Proteins provide structural support to vital body tissues and structures.

Proteins also support the immune system.

Meat & soy are the only foods that contain all 9 essential amino acids the body needs.



References

<http://www.fns.usda.gov/cnd/lunch/aboutlunch/NSLPFactSheet.pdf>

<http://frac.org/federal-foodnutrition-programs/national-school-lunch-program/> <http://frac.org/newsite/wp-content/uploads/2009/09/cnslp.pdf>

<http://www.cdc.gov/nutrition/everyone/fruitsvegetables/index.html>

<http://www.cdc.gov/nutrition/everyone/fruitsvegetables/results/women.html?age=22&gender=female&activity=sed>

<http://www.wholegrainscouncil.org/whole-grains-101/what-are-the-health-benefits>

<http://www.nichd.nih.gov/milk/prob/bone.cfm>

<http://www.fns.usda.gov/cnd/breakfast/expansion/benefitsbreakfast.pdf>

