

# 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?

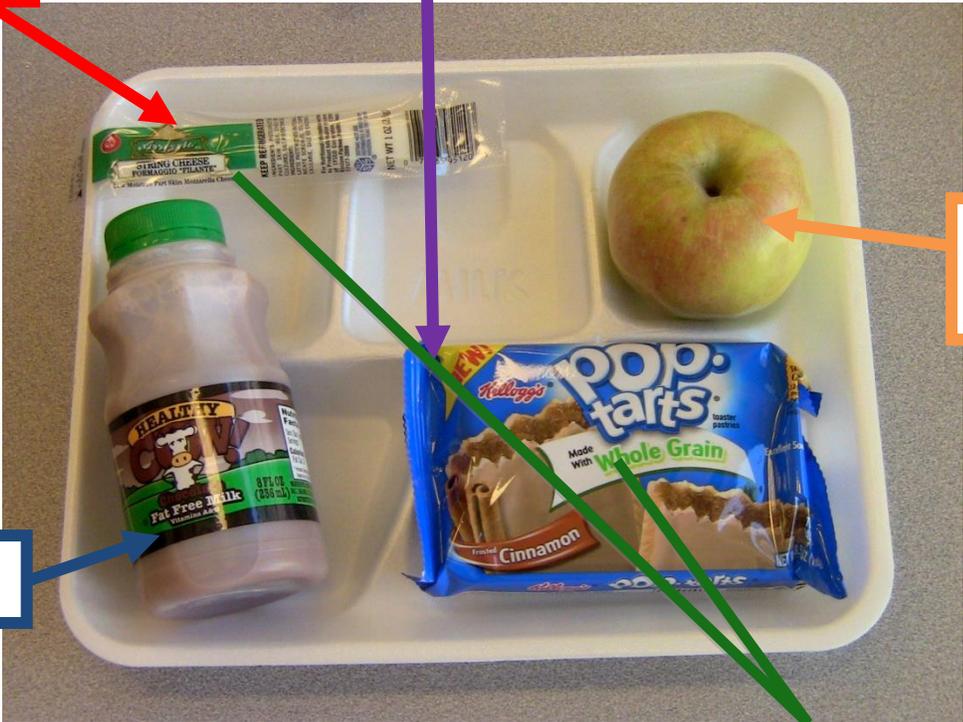
- Safeguard the health and wellbeing of the nation’s children
- Encourage domestic consumption of nutritious agricultural foods
- Give children an understanding of the relationship between proper eating habits & good health.

# What Makes up a Reimbursable Breakfast?

4 Possible Components

4. Meat/ Meat Alternative

1. Grain



2. Fruit/ Vegetable/ Juice

3. Milk

Entrée':  
1 Grain &  
1 Meat Alternative

- 1. Fruit/ Vegetable/ Juice \*can take up to 2 servings
- 2. Grain
- 3. Milk
- 4. Meat/ Meat Alternative

## The 4 Meal Components

An Entrée may be made up of 2 grains OR 1 grain and 1 meat/ meat alternative

A student needs 3 out of the 4 components in order for a meal to be considered reimbursable. One of these components must be a fruit and or a vegetable. However, they can take all 4 components for the same price!



1,2. Entree' (1 grain & 1 meat/meat alternative)  
3. Milk 4. Fruit



1,2. Entrée (2 grains)  
3. Milk 4. Fruit Juice



1,2. Entrée (2 grains)  
3. Fruit 4. Milk



1,2. Entrée (2 grains)  
3. Fruit

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

\*Some grain items are considered 2 grain components

# 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 \$2.75, but when purchased as a reimbursable meal it would cost \$1.50. This will save you \$6.75 per week. That is over \$200 saved over 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.

## 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.



## Milk

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

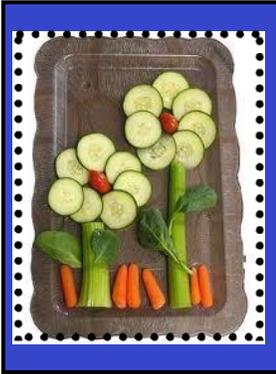
Calcium is important for young people because 90% of bone mass is developed by age 17.

## Meats

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

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