

Breakfast!

New Menus / New Venues



**THE SCHOOL NUTRITION ASSOCIATION OF VERMONT
&
HUNGER FREE VERMONT**

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Workshop Overview



- Why does breakfast matter?
- Where are you? Where do you want to be?
- The new regulations—this year & next year
- Meal or no meal—the breakfast menu game!
- Menus that work for venues that work
- Using the new regulations to get to where you want to be!

Why Does Breakfast Matter?



**CREATING INSPIRING
BREAKFAST
SLOGANS!**

Great Vermont Breakfast Slogans

(you can steal them!)



- You wouldn't let your car run on empty!
- Breakfast = Energy for Everything!
- Breakfast = Success
- Fuel Up to Learn and Play!
- All You Need to Learn and Grow—Get Your Breakfast On the Go!
- ??? What's yours?



What we know about school breakfast:

(especially true for
programs that use a
“breakfast after the
bell” approach!)

**1 in 5
Children
Face Hunger
In Vermont**

- Improves learning and focus for all students
- Improves math test scores by up to 17%
- Improves chances of graduating
- Reduces tardiness and absences for all students
- Reduces obesity
- Reduces stomach complaints and headaches
- Reduces behavior problems

Where are you now?
&
Where do you want to be?



BREAKFAST SELF-ASSESSMENT

The New Breakfast Regulations



WHAT YOU NEED TO KNOW

NOW

& FOR NEXT YEAR

SBP Changes for THIS School Year



- Half of weekly grains must be whole-grain rich
- Minimum weekly grain requirements
- Grains offered in *ounce equivalents*
- Weekly calorie ranges
- Zero grams of *trans* fat per portion
- A single Food-Based Menu Planning approach
- Three age/grade groups: K-5, 6-8, 9-12

Breakfast Components



- At a minimum, breakfast consists of 3 components from three food groups:
 1. **fruit/vegetables**
 2. **grains**
 - ✧ meat/meat alternate (optional)
 3. **milk**

Components & “Food Items”



A **food item** is something that is offered/served that contains one or more of the 3 required food components:

- Fruit
- Grains
- Milk

(It could also contain a meat/meat alternate)

(An item you serve could contain more than one “food item”)



Components Vs. Items



- For LUNCH, you must offer 5 COMPONENTS
- For LUNCH, a student must take at least 3 COMPONENTS

- For BREAKFAST, you must offer at least 4 ITEMS (using 3 COMPONENTS)
- For BREAKFAST, a student must take at least 3 ITEMS

Reimbursable Breakfasts & Offer VS Serve



Rules For Reimbursable OVS



- *Must offer at least 4 food items*
- *Must offer all 3 components*
- *students must select at least the minimum required serving of at least 3 food items*
- More food items may be offered; students must always select at least 3 of the items for a reimbursable breakfast
- The food items selected may be from *any* of the food components

Multiple Item Components



What about a 2 oz eq muffin, bagel, etc.?



If grain components are offered in amounts larger than the minimum serving amount (1 oz eq) and equal full oz eq serving amounts (such as a 2 oz eq muffin) then **the menu planner has the option** to count it as **either 1 item or 2 items for OVS.**

Fruit / Vegetable Component



THIS school year (13-14) (no change!)

- 1/2 cup of fruit and/or vegetables must be offered
- No limitations on juice
- No vegetable subgroups
- Students are not required to take fruit under OVS

NEXT school year (14-15)

- **1 cup** of fruit must be offered
- Only 1/2 of **weekly** fruit may be juice
- Vegetables may be substituted for fruits; first 2c must be from dark green, red/orange, legume, and/or “other” subgroups
- Students may take a smaller serving (1/2 cup) of fruit/juice
- A reimbursable breakfast **must** include a 1/2 cup serving of a fruit or vegetable component

Grains Component



THIS school year (13-14)

- 1/2 of all grains each week must be whole grain rich
- Grains portions / components calculated in **oz eq**
- Minimum of 1 oz eq offered daily
- Minimum weekly oz eq varies by grade group
- Weekly calorie ranges vary by grade group

NEXT school year (14-15)

- All grains must be whole grain rich

Weekly Grain & Calorie Ranges



	K-5	6-8	9-12
Grains (oz eq)	7-10 (1)	8-10 (1)	9-10 (1)
Calories	(350-500)	(400-550)	(450-600)

Flexibilities in meeting M/MA & Grain Maximums are *Permanent*

- SFAs will be considered compliant with the components for m/ma and grains if the menu **meets the daily & weekly minimums,** *even if* the maximum weekly amounts/ranges are *exceeded*
- SFAs **must** fall within the calorie and saturated / trans fat (and sodium) weekly limits even if maximums are exceeded



Milk Component



You've already implemented this!

- Only 1% unflavored, fat-free unflavored, and fat-free flavored allowed
- Must offer at least two types
- Serving size must be at least 8 ounces

No change for 2014-15!

Sodium Targets



THIS school year (13-14)

No change required.

NEXT school year (14-15)

- K-5: 540 mg or less
- 6-8: 600 mg or less
- 9-12: 640 mg or less
- Overlapping age/grade groups requires use of the youngest group's sodium limits

Grade Groups: K-5, 6-8, 9-12



THIS school year (13-14)

- Fruit minimums **the same** for all 3 (1/2 c/day)
- Grains minimums **overlap all 3** (9-10 oz eq/week; 1 oz eq min / day)
- Milk minimums **the same** for all 3 (1 c/day)
- Calorie ranges **overlap all 3** (weekly average 450-500/meal)

NEXT school year (14-15)

- Fruit minimums the same for all 3 (1 c/day)
- Overlapping grains minimums don't change; may make sodium targets more difficult for lower grades
- Milk requirements don't change
- Calorie ranges don't change

What About Meat/Meat Alternates?



- there is no separate requirement to offer a meat/meat alternate (m/ma) in the new SBP meal pattern
- schools **may** offer a m/ma **in place of** part of the grain component **after the minimum 1 oz eq daily grain requirement is offered**

Crediting Meat/Meat Alternates



- A serving of 1 oz eq of m/ma **credits** as a 1 oz eq of grains
- The Meat/Meat Alternate **must be included** in the weekly calorie / fat / sodium totals!

Counting Grains and/or M/MA as Items in OVS



- Components may be offered in increments of 0.25 oz eq or greater and credit toward the daily/weekly component requirement (just as in lunch)
- Grains and m/ma **must** be offered in **full ounce equivalents** to count as **food items** for OVS!
- *For example, 1.5 oz eq of toast or 1.5 oz eq of scrambled egg would each count as **1 grain item in OVS***
(round down, not up!)

It's Time to Play...



MEAL

OR

NO MEAL!

Reimbursable Breakfasts & Offer VS Serve



Rules For Reimbursable OVS



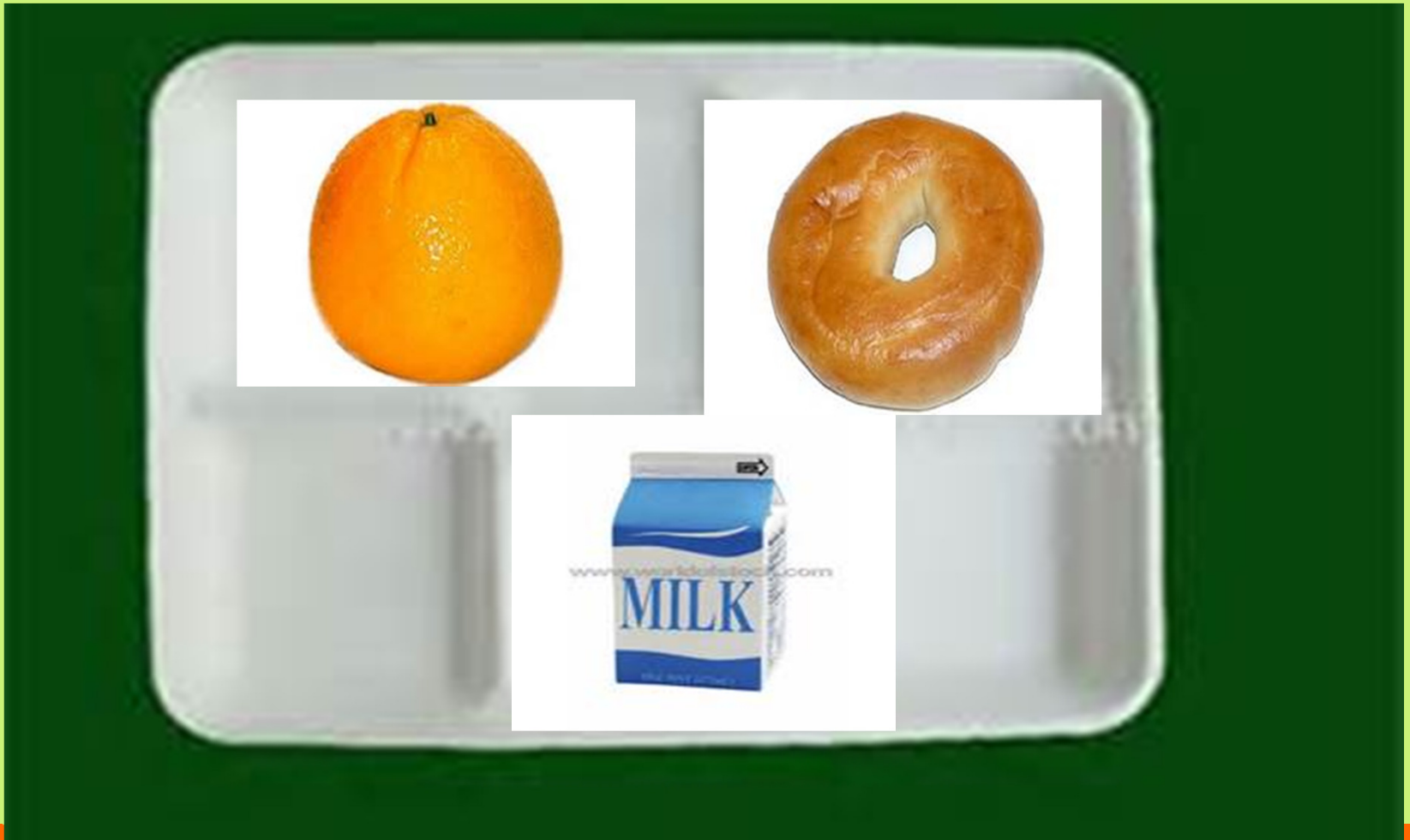
- *Must offer at least 4 food items*
- *Must offer all 3 components*
- *students must select at least the minimum required serving of at least 3 food items*
- More food items may be offered; students must always select at least 3 of the items for a reimbursable breakfast
- The food items selected may be from *any* of the food components

OVS Menu with 4 Items



Menu	Crediting	Food items
Whole Wheat Bagel	2 oz eq grain	2 grain items
Fresh Orange	1/2 c fruit	1 fruit/veg item
Variety of Low Fat/Fat Free Milk	1 cup	1 milk item

THE OFFER



MEAL OR NO MEAL?



MEAL-3 of 4 items selected
(fruit is not required in 2013-14)



MEAL OR NO MEAL?



MEAL – 3 of 4 items selected
(bagel is 2 oz eq)



MEAL OR NO MEAL?



NO MEAL – Only 2 Items Selected



OVS Menu with 5 Items



Menu	Crediting	Food items
Blueberry Muffin	2 oz eq grain	2 grain items
Whole Grain Cereal	1 oz eq grain	1 grain item
Kiwi Slices	1/2 c fruit	1 fruit/veg item
Variety of Low Fat/Fat Free Milk	1 cup	1 milk item

THE OFFER



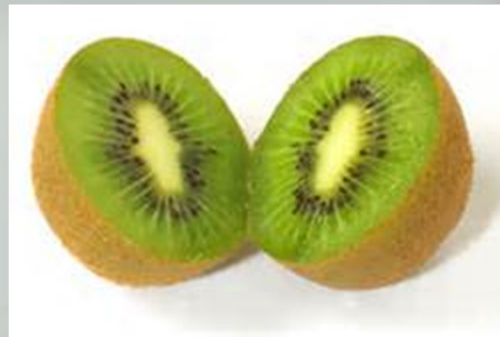
MEAL OR NO MEAL?



MEAL – 4 of 5 items selected (muffin is 2 oz eq)



MEAL OR NO MEAL?



MEAL- 3 of 5 items selected



MEAL OR NO MEAL?



MEAL – 3 items selected
(muffin counts as 2 items & fruit is not required)



MEAL OR NO MEAL?



NO MEAL – only 2 of 5 items offered are selected

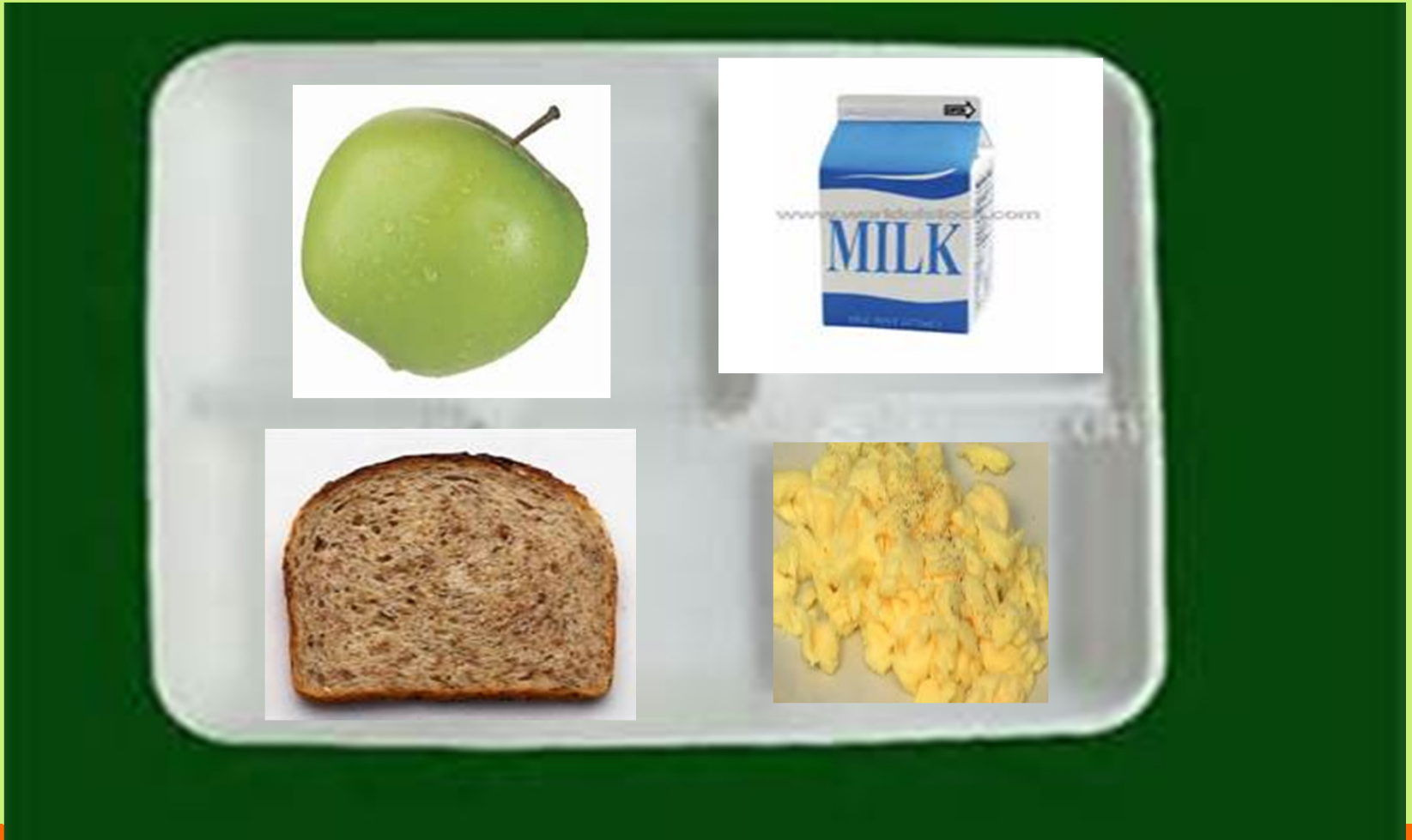


Sample Menu with 4 Items, including a M/MA Credited as a Grain Item



Menu	Crediting	Food items
Scrambled Egg	1 oz meat alternate	1 grain item
Whole Grain Toast	1 oz eq grain	1 grain item
Granny Smith Apple	1/2 c fruit	1 fruit/veg item
Variety of Low Fat/Fat Free Milk	1 cup	1 milk item

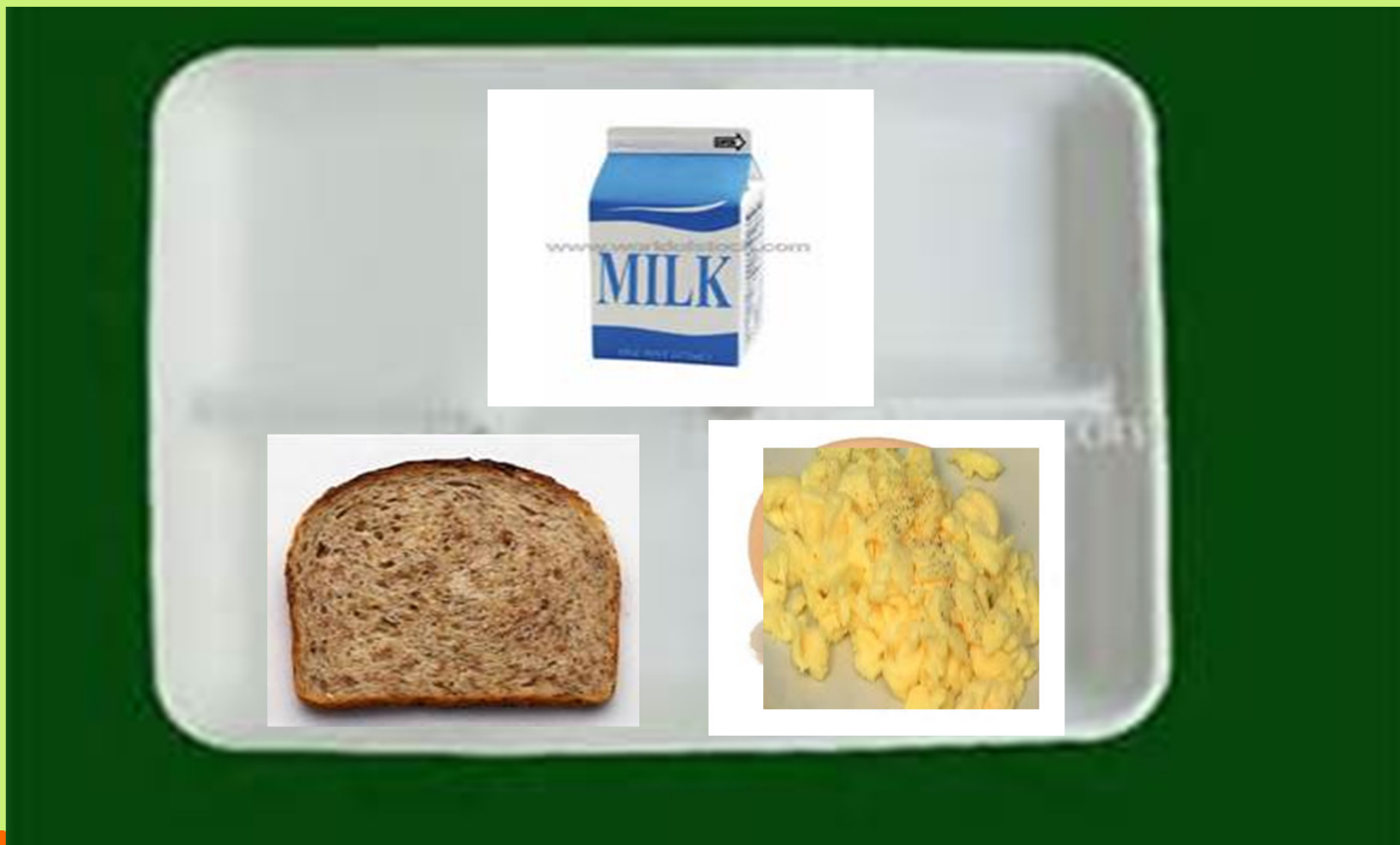
THE OFFER



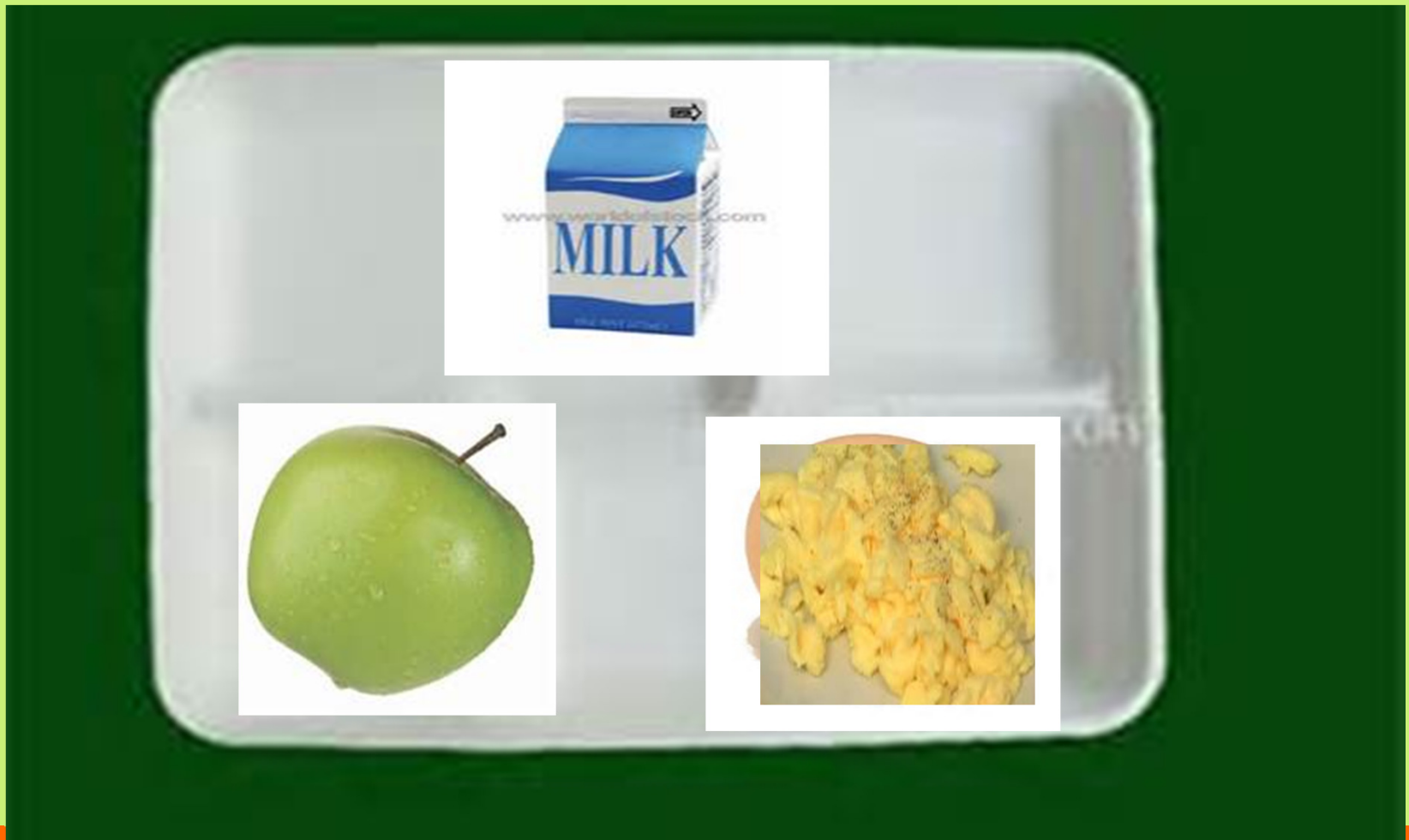
MEAL OR NO MEAL?



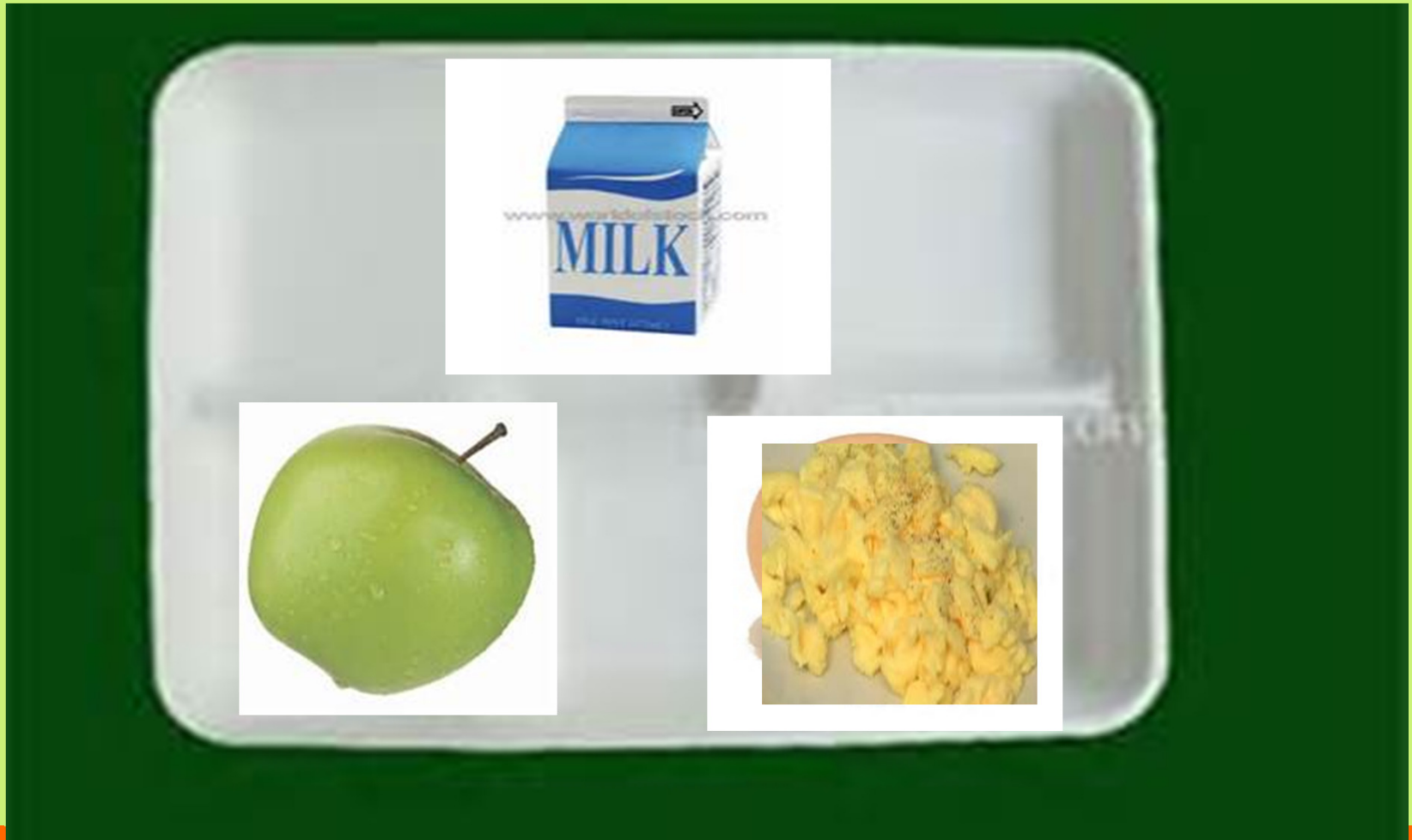
MEAL-3 of 4 items selected
(fruit is not required in 2013-14)



MEAL OR NO MEAL?



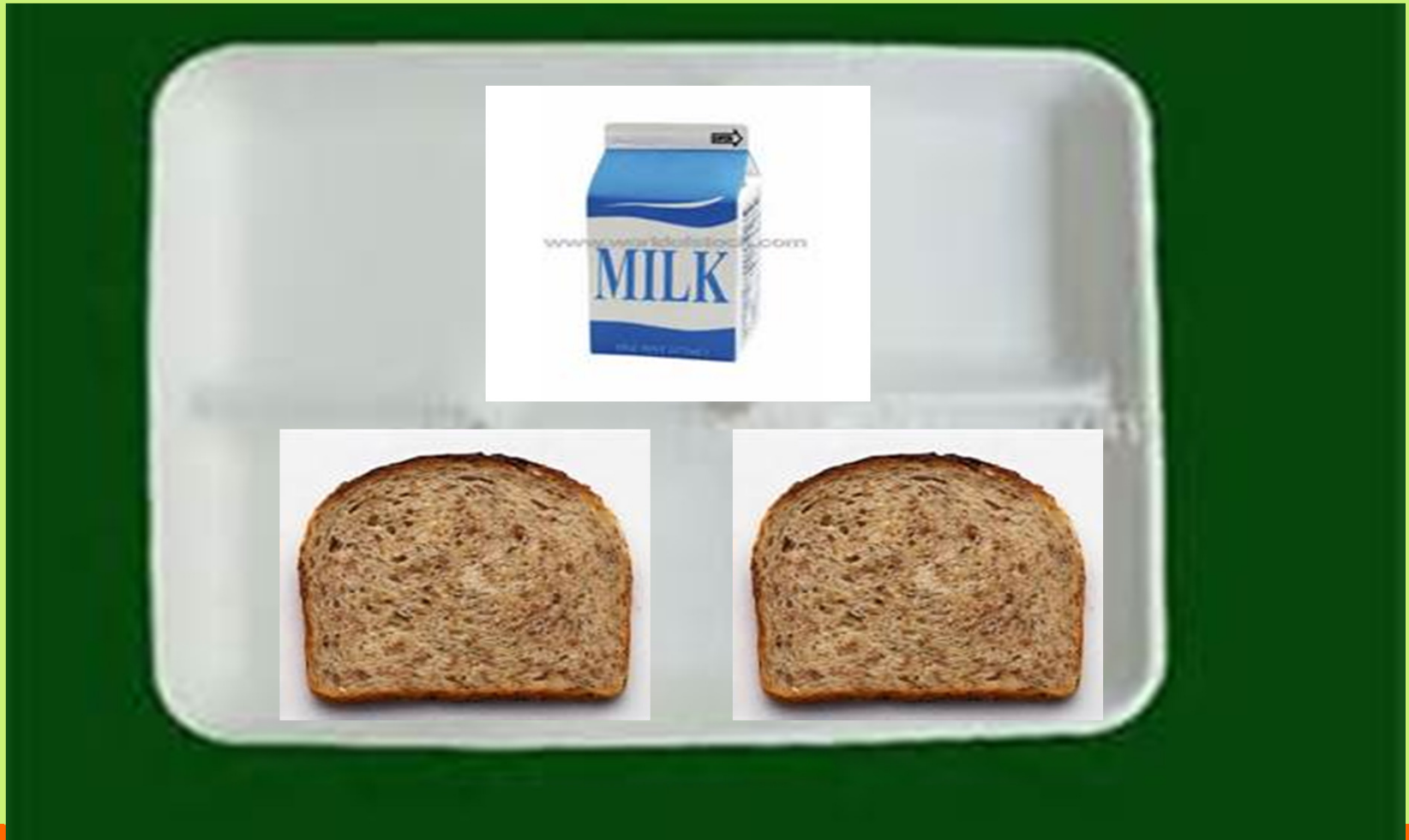
MEAL- 3 of 4 items selected
(the egg is counting as a grain eq)



MEAL OR NO MEAL?



MEAL-*ONLY if the menu planner allows more than 1 selection of each item

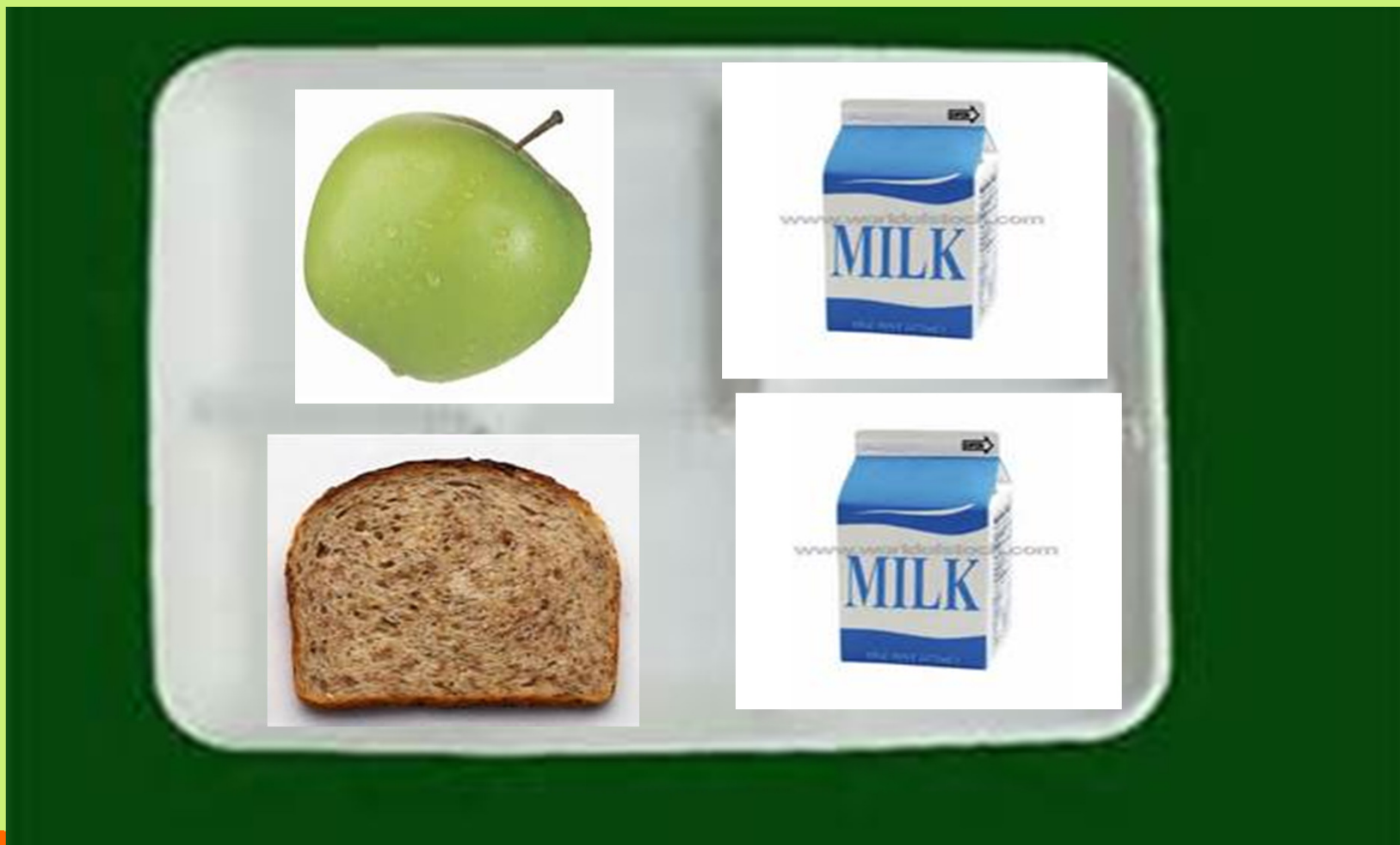


Sample Menu with 4 Items

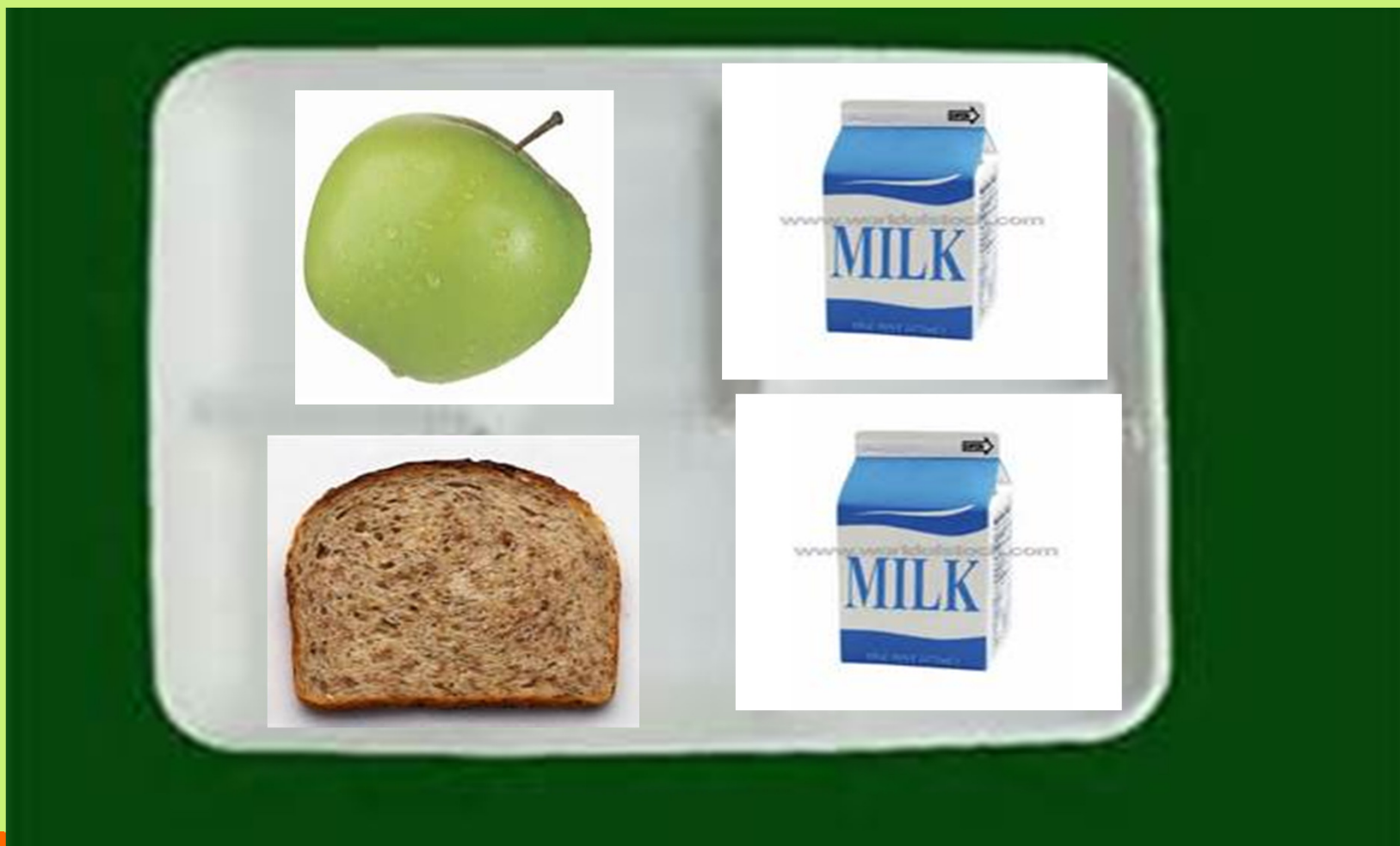


Menu	Crediting	Food items
Whole Grain Toast	1 oz eq grain	1 grain item
Granny Smith Apple	1/2 c fruit	1 fruit/veg item
Variety of Low Fat/Fat Free Milk	1 cup	1 milk item
Variety of Low Fat/Fat Free Milk	1 cup	1 milk item

THE OFFER



STOP-This is not a reimbursable meal.
Only one milk can be offered as an “item”.



Sample Menu with 5 Items

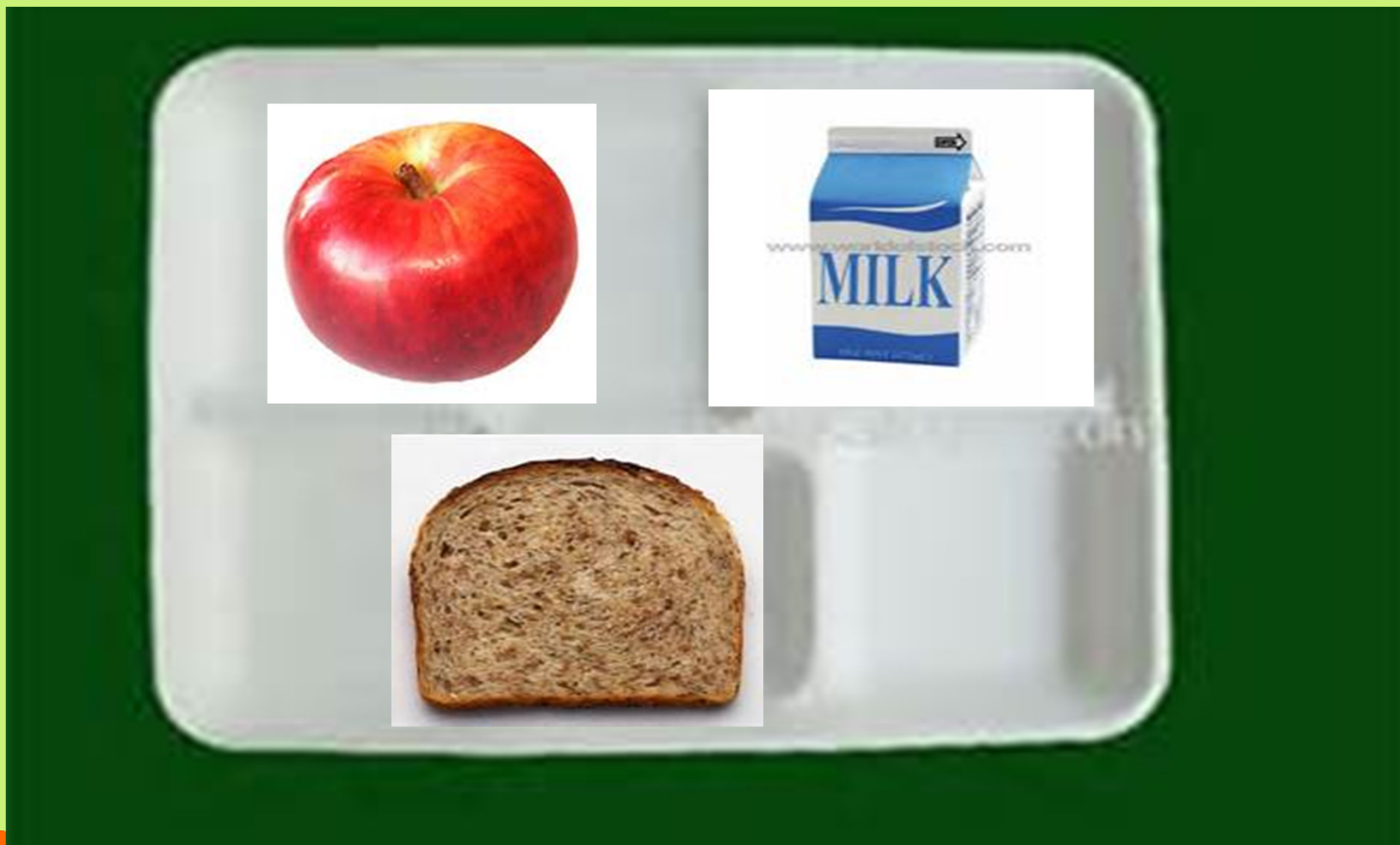


Menu	Crediting	Food Items
Large Boiled Egg	2 oz meat alternate	1 or 2 grain item(s)
Whole Grain Toast	1 oz eq grain	1 grain item
Apple	1/2 cup fruit	1 fruit/veg item
Orange Juice	1/2 c fruit	1 fruit/veg item
Variety of Low Fat/Fat Free Milk	1 cup	1 milk item

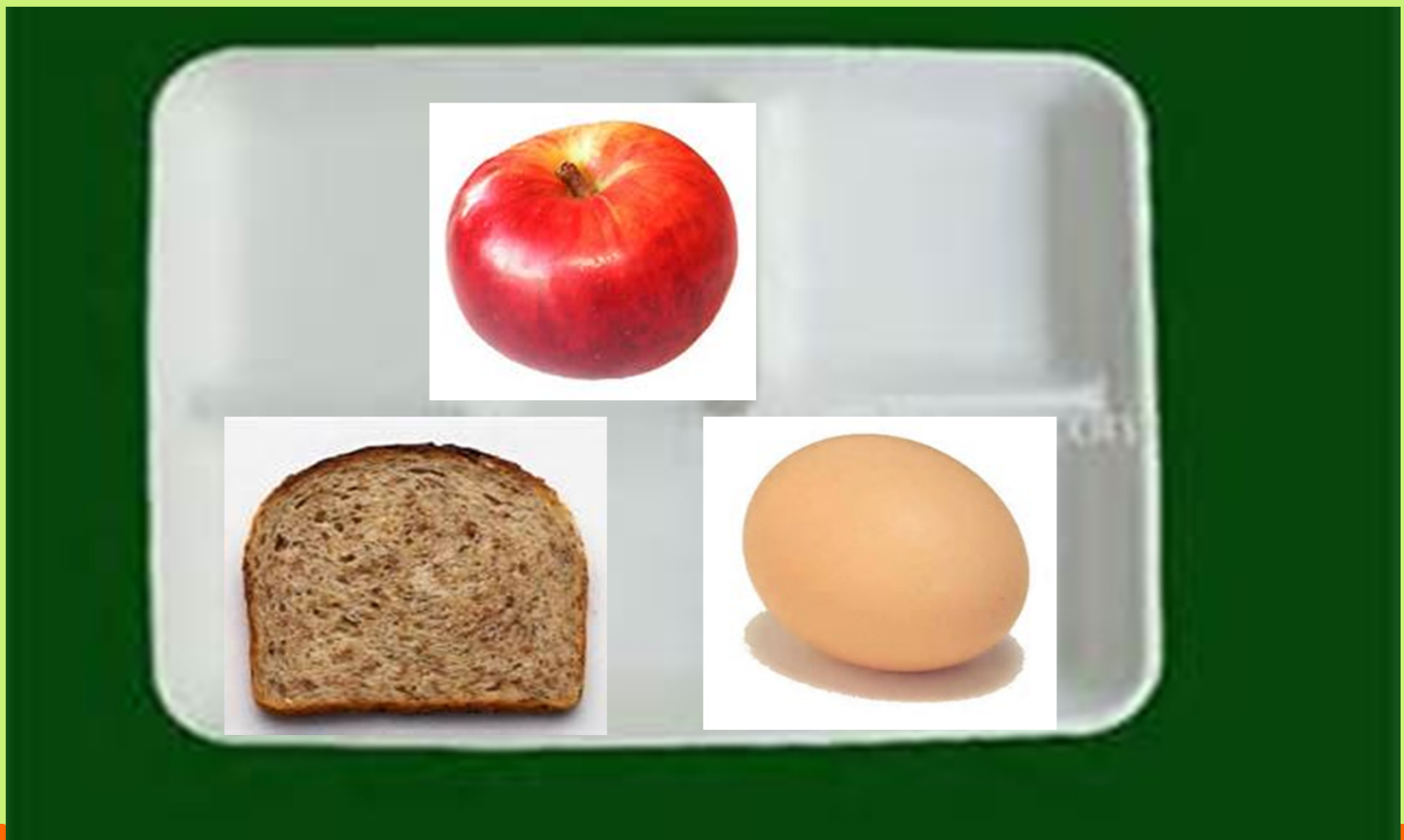
MEAL OR NO MEAL?



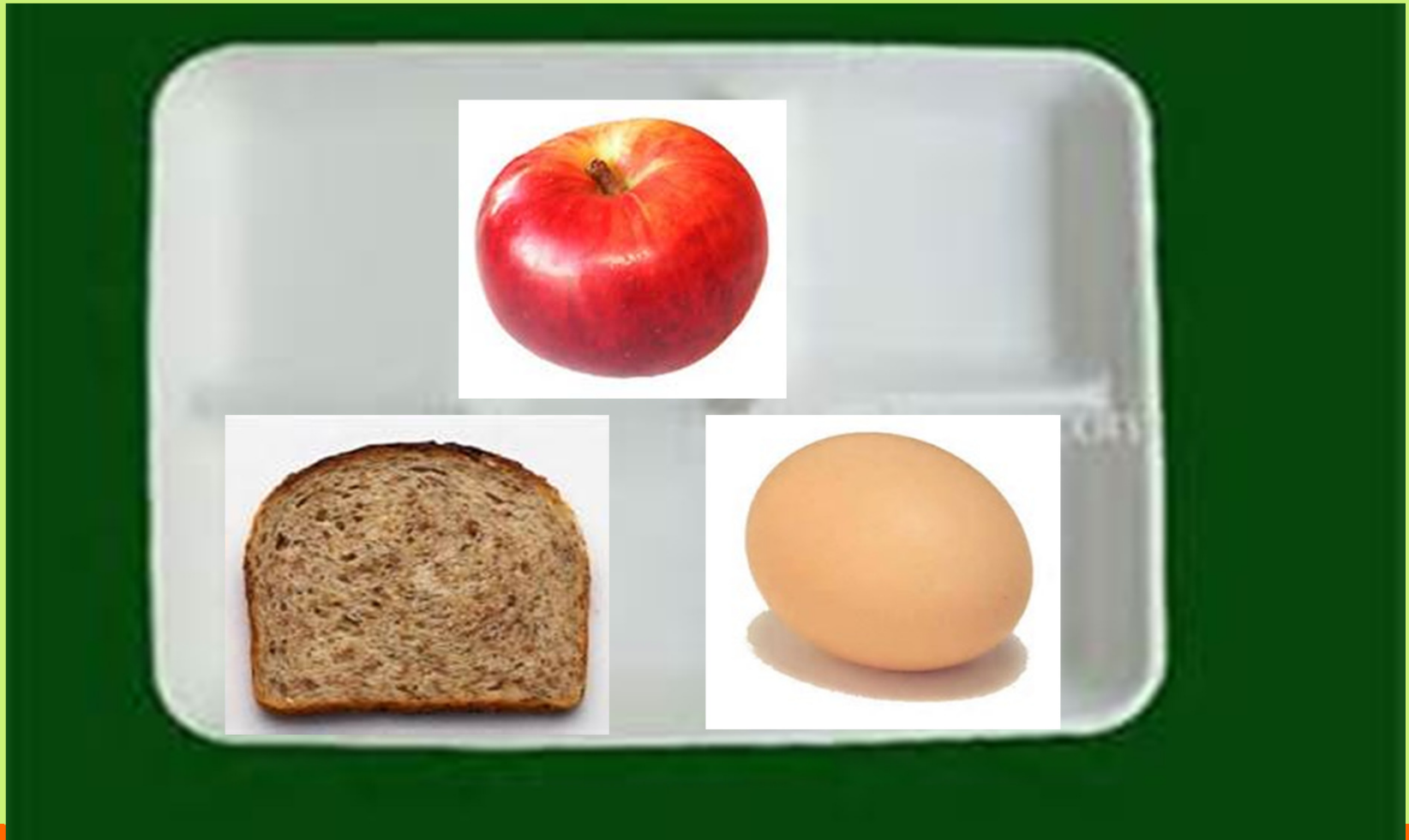
MEAL-3 of the 5 items selected



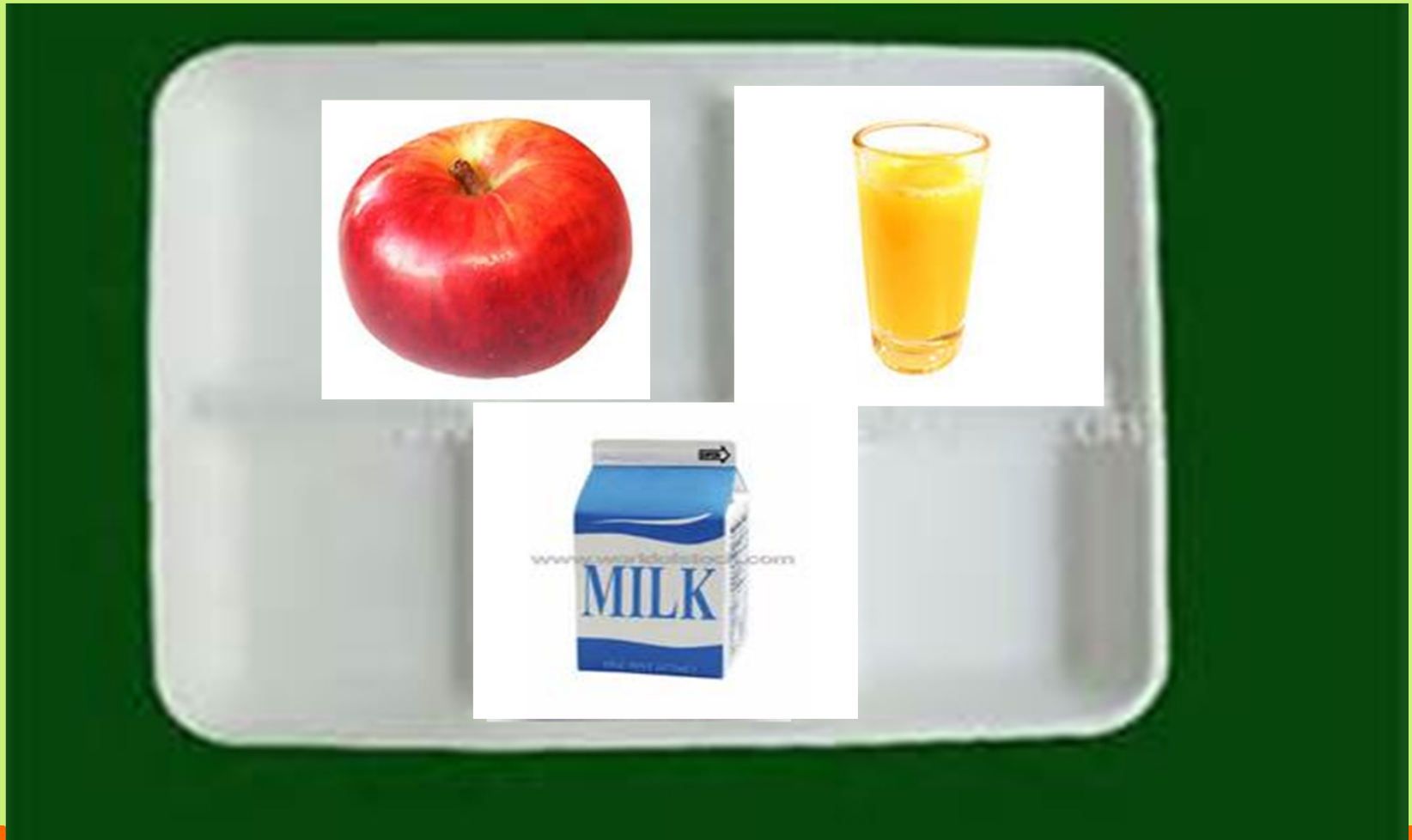
MEAL OR NO MEAL?



MEAL- 3 of 5 items selected
(egg can count as 2 grain servings)



MEAL OR NO MEAL?



MEAL-3 of 5 items selected



Sample Menu with 5 Food Items



Menu	Crediting	Food Items
Cereal	1 oz eq grain	<i>1 grain item</i>
Whole Grain Toast	1 oz eq grain	1 grain item
Fruit Cocktail	1/2 cup fruit	1 fruit/veg item
Apple	1/2 c fruit	1 fruit/veg item
Variety of Low Fat/Fat Free Milk	1 cup	1 milk item

THE OFFER



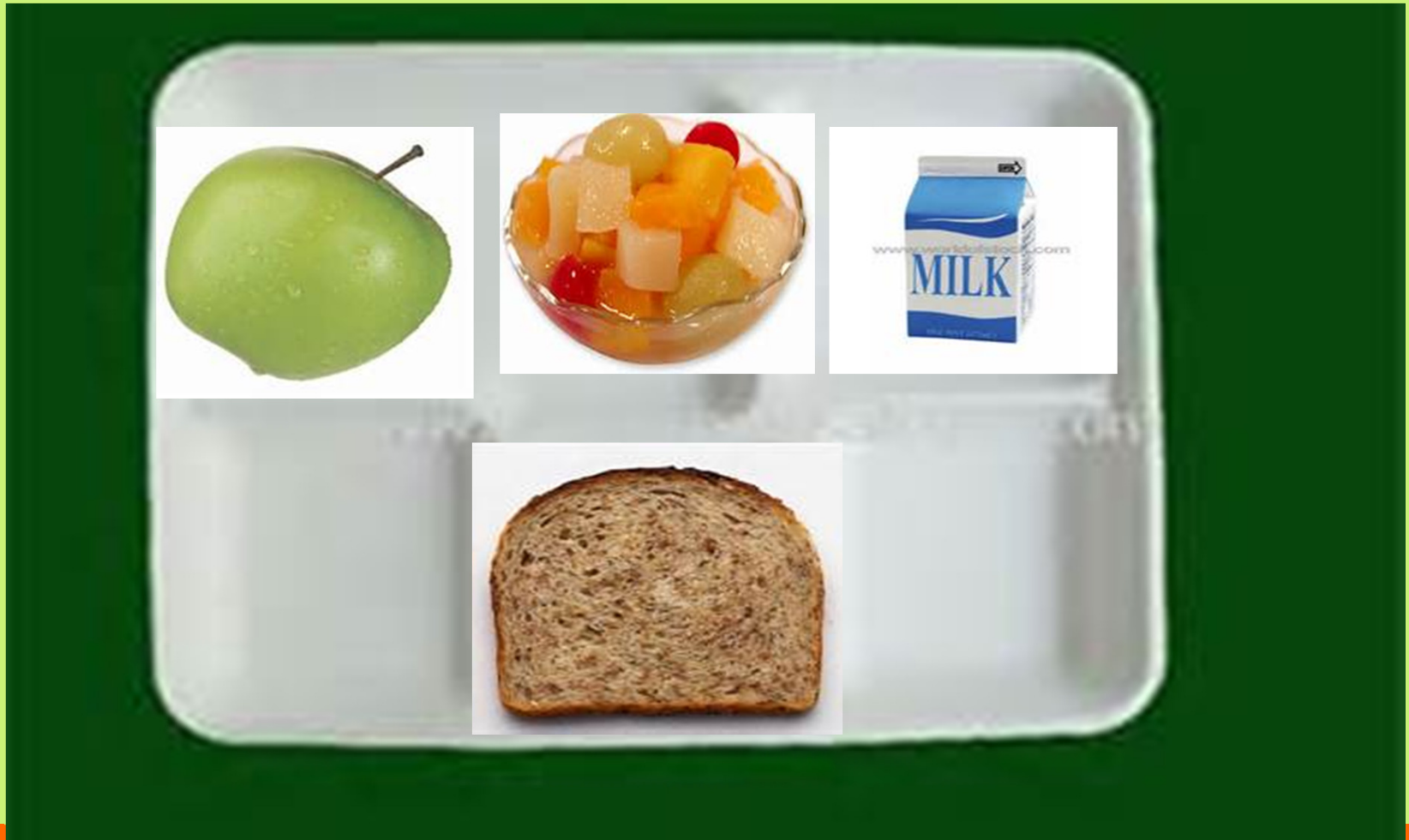
MEAL OR NO MEAL?



MEAL- 3 of 5 items selected
(fruit is not required in 2013-14)



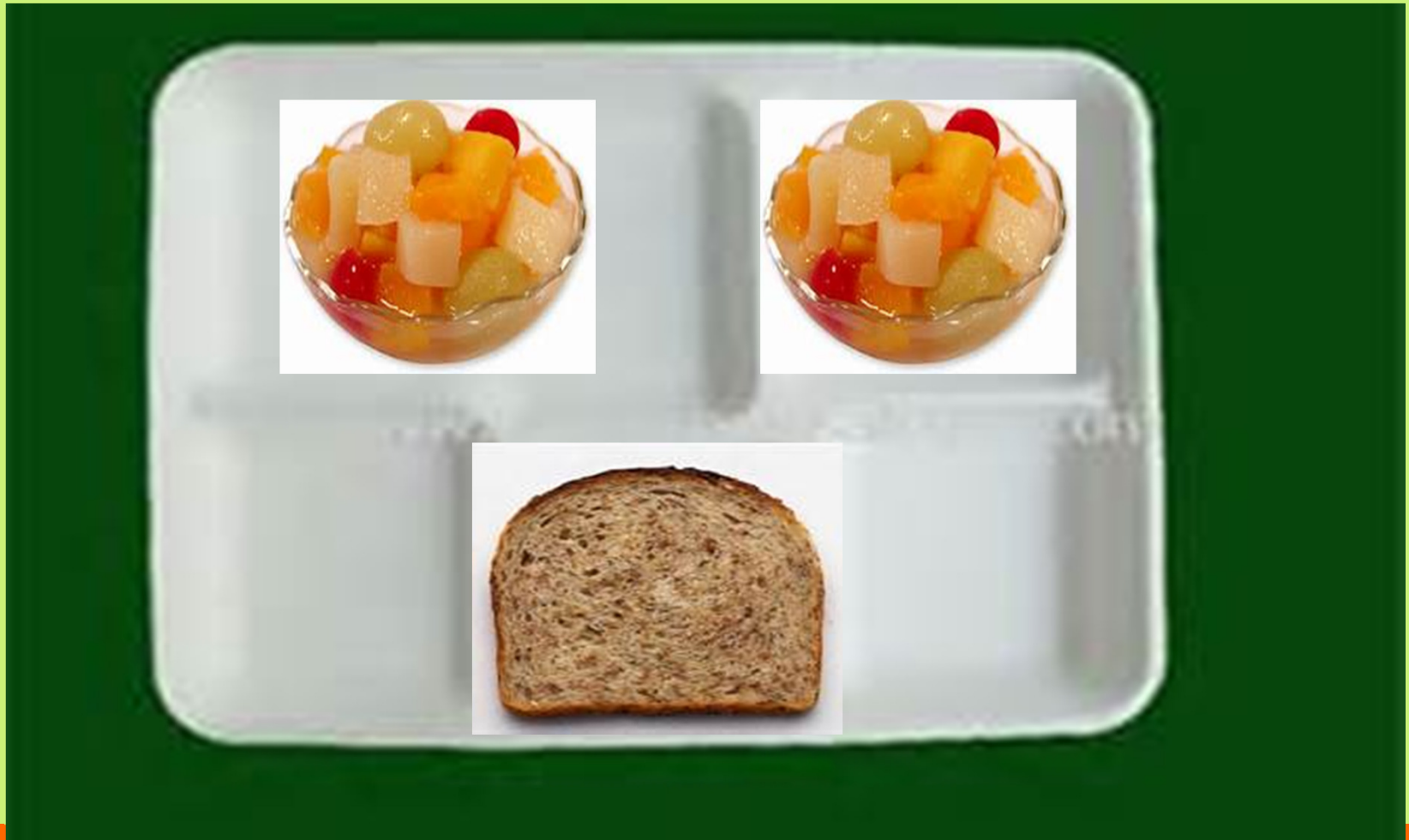
MEAL OR NO MEAL?



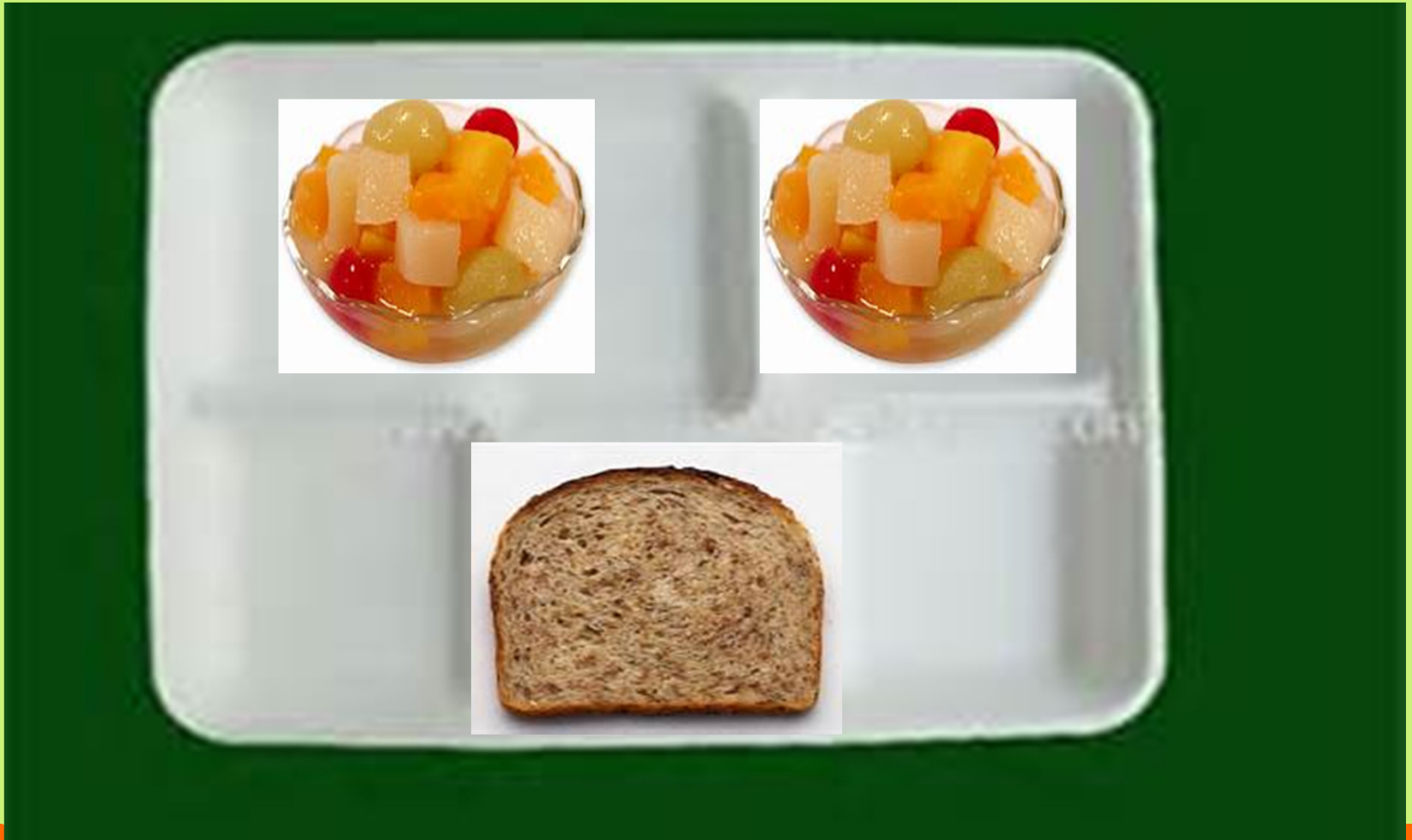
MEAL-4 OF 5 ITEMS SELECTED



MEAL OR NO MEAL?



MEAL-*ONLY if the menu planner allows more than 1 selection of each item



Sample Menu with 5 Food Items (3 are in a Combination Item)

Menu	Crediting	Food Items
Egg Sandwich on an English Muffin	2 oz eq grain from bread, 1 1/2 oz egg and cheese = 1 oz eq	3 grain food items
Apple	1/2 c fruit	1 fruit/veg item
Variety of Low Fat/Fat Free Milk	1 cup	1 milk item

THE OFFER



MEAL OR NO MEAL?



MEAL-3 of 5 items selected
(fruit is not required in 2013-14)



Combination Food Items Limit Selection Options If Only 4 Items are Offered



If the menu offers 4 items and one is a combination food that cannot be separated such as an egg and cheese sandwich (2 items) with a fruit and milk, a student could not decline the combination item and select a reimbursable meal unless 1 other item is offered with the fruit and milk to equal 3 items.



Consider Offering More Items When One is a Combination Item



The Menu (5 Items)

- Egg & cheese sandwich (2 items)
- Fruit cup (1 item)
- Apple (1 item)
- Fat free milk variety (1 item)



The Selection (3 Items)

- Fruit cup (1 item)
- Apple (1 item)
- Fat free milk variety (1 item)



The SBP Menu Offerings Are What Determine a Reimbursable Meal



- Menus for SBP must be posted daily **listing all items offered for selection** and what a student **must** select
- **Menu planners** determine how menu items credit based on offerings
- Talk to students about **servings**, not “items”

SBP Menu Variety & Items vs. Servings



- **To Offer Items**

use **OR** to differentiate between item choices such as:

Choose 1

***each option equals 2 servings of grains**

--a bagel **OR** cereal **and/with** toast



- **To Offer Variety:**

Choose up to 2

***each option equals 1/2 of a serving of fruit**

1/2 c peaches, fresh orange, 1/2 c apple juice or cantaloupe

***a variety of fruit choices are offered but only two items may be selected**

SBP Sample Menu



- **Choose 1**

- ☐ 2 oz whole grain bagel **OR**
- ☐ cereal pack **with** whole wheat toast **OR**
- ☐ 2 oz whole grain blueberry muffin

- **Choose up to 2**

- ☐ apple juice, fruit cup, 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. Enjoy your day!

Suggestions for SBP Menu Planning



- start with simple menus-consider a cycle menu
- keep the crediting consistent (m/ma as a grain or an additional item)
- gradually introduce more whole grains to move from 50 to 100%
- use more fruit rather than juice
- offer more than 1/2 c of fruit for the SBP to prepare for 2014-15