

Manager's Breakfast Special School Breakfast Program 2013-2014

Fruits/Vegetables/100% Juice

- May offer a variety of fruit choices from fresh, frozen, dried or canned, packed in light syrup, juice or water.
- May offer vegetable choices from fresh, frozen, canned or rehydrated from dried/dehydrated options.
- May offer 100 percent juices with no restriction or limit to fruit or vegetable portions from 100 percent juices in breakfast meals in School Year (SY) 2013-2014.
- Fruits and vegetables are interchangeable for SY 2013-2014 with no substitution requirements or vegetable subgroup requirements.
- Combine smaller portions of several fruits (i.e., fruit cup with fresh and canned fruit items) and/or vegetables to meet the minimum portion requirements.
- Count dried fruit portions as a double portion (i.e., 1/4 cup raisins is 1/2 cup of fruit).
- Offer at least 1/2 cup or more per day/2-1/2 cups per week to elementary, middle and high school students (K-5, 6-8, 9-12 age/grade groups or combined K-8 or K-12 age/grade groups).
- Under Offer Versus Serve (OVS), there is no requirement to have a fruit or vegetable as part of a reimbursable meal in SY 2013-2014.

Grains/Whole Grain-Rich

- Use a variety of grains, breads and cereals that are whole-grain, enriched or made from whole-grain or enriched flour/meal with one-half of the weekly portions being whole grain-rich. Portions less than 1/4 oz (.24 oz) are not counted toward the meal pattern (rounded to nearest full 1/4 oz).
- Read product labels to ensure products are whole-grain or enriched-grain products.
- Determine whole grain-rich items by looking for:
 - Whole-grain flour or whole-grain meal is the first ingredient other than water listed in the ingredient listing or is a brown or wild rice or oatmeal source.
 - Eight grams or more of whole grains per serving from packaging or manufacturer information.
- Offer at least **1 ounce equivalent** (oz eq) per day to age/grades K-5, 6-8 and 9-12. No daily maximum.
- Offer at least **7 oz eq** per week to grades K-5; **8 oz eq** per week to middle school grades 6-8 and at least **9 oz eq** per week to high school grades 9-12. No weekly maximum in SY 2013-2014.
- Unlike lunch menu plans, may combine plans into one for grades K-12 with at least **9 oz eq** per week.

Meat/Meat Alternates (M/MA)

- No separate requirement to offer M/MA.
- Optional to offer a choice of M/MA in place of part of the grains component after the minimum daily grains requirement is met and credited toward the weekly minimum grains requirement.
- Alternatively, may offer M/MA as an extra choice and not credit toward any component.
- Choose from a variety of meats and poultry; cheese, cottage cheese and yogurt; eggs; nuts, seeds and nut/seed butters; and mature beans/peas (pinto, black, navy, garbanzo, lentils, etc.). Portions less than 1/4 oz (.24 oz) are not counted toward the meal pattern.
- If using M/MA, consider choices from regular, lean and/or low-fat as well as reduced-sodium varieties.
- Increase portions of ham, turkey ham and turkey deli meats to account for added water. Serve 1.2 oz portion of ham, 1.4 oz portion of commercial turkey ham, 1.6 oz portion of turkey deli meat and 1.7 oz portion of commodity turkey ham to provide a 1 oz M/MA equivalent.

Fluid Milk

- Offer fluid milk (8 fl oz) daily in breakfast and lunch meals. May serve as a full snack component (8 fl oz) but not when 100 percent juice is the only other full component.
- Offer two or more choices in breakfast and lunch meals from fat-free flavored and unflavored and/or low-fat 1% unflavored milk.

Meal Service/Menu Planning

- Look for and remove products from menus with **added trans fat** (i.e., margarine, baked good items containing trans fat, breaded meat items). Naturally occurring sources of trans fat are permitted.
- Identify all meal components offered as part of a reimbursable meal at/near the beginning of serving lines.
 - Sponsors have discretion on how to identify these foods.
 - Sponsors continue to identify reimbursable meals at the point of service/cash register.
- Ensure that **breakfast** meals served under OVS contain three food **items** from three components. OVS is not permitted when menu plans only offer the minimum portion from fruit/vegetable (1/2 cup), 1 oz eq of grains and fluid milk as this is only three **items** and students declining one **item** would only have two items.
 - May offer 1 cup of fruit or vegetable or combination of the two in 1/2 cup portions and count as two items and serve with 1 oz eq grains and milk for four items and one item can be refused.
 - May offer 1/2 cup of fruit or vegetable or combination and serve with two 1 oz eq grains or 1 oz eq grain and 1 oz eq meat and milk for four items and one item can be refused.
- Serve all components and minimum portions under non-OVS provision meal service.
- Offer leftover fruit servings to provide additional choices in breakfast and lunch meals.
- Complete production records daily.
- Collect product nutrition information from combination meat/bread products, pre-cooked meat items, baked goods, canned fruits and vegetables, juices and ready-to-eat foods. Labels for raw meats and poultry, fresh or frozen fruits/vegetables and spices, flour, sugar, etc., are not needed.
- **Combined K-12 Breakfast Pattern:** 1/2 cup fruit(s)/vegetable(s) or juice, 8 fl oz milk and 1 oz eq grain per day (**9 oz eq or more per week**). (May use M/MA in place of half of the weekly oz eq from grain.)

Recommended menu plans average 2 oz eq per day from 2 oz eq of grains/whole grain-rich items or 1 oz eq from grains/whole grains-rich and 1 oz eq from M/MA items to meet daily and weekly minimum requirements allowing OVS implementation on a daily basis.

- **Pre-K/Head Start - Use Traditional Breakfast Pattern and Portions:** 6 fl oz milk, 1/2 cup fruit, vegetable, or 100 percent juice, two servings from 1/2 oz eq of grains/breads or 1/2 oz eq of M/MA or one serving from each (1/2 oz eq grains/breads and 1/2 oz eq of M/MA) per day.