MLB: Major League Breakfast!
New School Breakfast Meal Pattern
2013-2014

Ohio Department of Education
Office for Child Nutrition

Ohio Department of Education

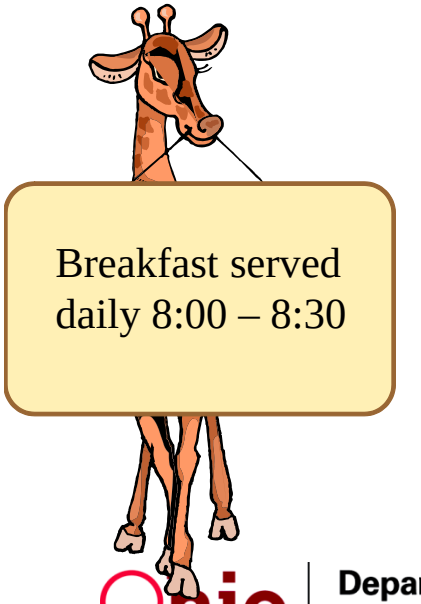
Ohio Breakfast Mandate

Schools with 20% or more FREE eligible students are required to implement a School Breakfast Program (SBP)

Ohio Department of Education

Outreach to Households on the Availability of the School Breakfast Program

- Required to inform families about the availability of School Breakfast Program every school year
- Must send at least 1 notification at the beginning of the year
- Sample breakfast notification fliers: http://www.education.ohio.gov
  - Search “school breakfast”
  - Click ODE-School Breakfast Program



Benefits of School Breakfast

1. Increased attention span
2. Fewer visits to the school nurse
3. Reduced tardiness
4. Increased attendance rate
5. Better test scores
6. Improved classroom behavior
7. May use Commodity breakfast items

New School Breakfast Meal Pattern 2013-2014 Overview

- Meal Pattern and timeline
- Grade groups
- Meal Pattern components
- Calories
- Offer vs. Serve
- Practice with menus

School Breakfast Program changes effective July 1, 2012 (Current year)

Few breakfast changes occurred this year:

- Offer only fat-free (flavored or unflavored) and/or lowfat (unflavored) milk
  - Offer at least 2 choices
- Formulated grains count only as grain (not fruit)

School Breakfast Program changes effective July 1, 2013 (Next year)

- Single, Food-Based Menu Planning approach
- Establish age-grade groups: K-5, 6-8 and 9-12
  - May combine K-12
- Offer weekly grain minimums (maximums are exempt through 2013-2014)
- Half of weekly grains→ Whole grain rich
- Calorie ranges
- Zero grams trans fat per serving
- SBP administrative review and weighted nutrient analysis will be conducted every 3 years

School Breakfast Program changes effective July 1, 2013

- Three grade groups
  - K-5, 6-8, 9-12
- Flexibility in menu planning
  - Single menu for K-12

School Breakfast Program changes effective July 1, 2013

Meal Pattern

Food Component	K-5	6-8	9-12	K-12
	Amount of food per week (minimum per day)			
Fruit Juice or Vegetable, cup	(½)	(½)	(½)	(½)
Grain, oz. eq. *	7-10 (1)	8-10 (1)	9-10 (1)	9-10 (1)
Milk, cup	5 (1)	5 (1)	5 (1)	5 (1)
M/MA, oz. **	0	0	0	0

*Half of grains must be whole grain-rich

** M/MA may be used only in place of ***second*** grain, counts toward grain

** Cannot serve only 2 M/MA; one grain must be offered

* Maximum grain requirements are exempt through SY 2013-2014

Ohio Department of Education

School Breakfast Program changes effective July 1, 2013

Fruit/Vegetable/Juice

- ***No change*** to the existing F/V component
- Offer ½ cup per day
- Fresh, frozen, canned and dried fruit allowed
  - Dried fruit credits as twice the volume served
  - ¼ cup Raisins= ½ cup of Fruit
- May offer a single fruit type or combination of fruits
- No maximum limit on fruit
- Vegetables and fruits may be offered interchangeably
    - No vegetable subgroup requirements

School Breakfast Program changes effective July 1, 2013

Fruit/Vegetable/Juice

- Frozen fruit with added sugar OK
  - 2012-13 and 2013-14
- Fruit smoothies prepared in-house
  - May credit toward both the Milk and Fruit component
  - Does not credit toward M/MA
  - Must still offer variety of fluid milk choices
- Commercial smoothies only credit toward fruit
- Juice can be served daily (must be 100% juice)
- 100% fruit and vegetable juice credits same volume
  - E.g. ½ cup 100% orange juice = ½ cup Fruit component
  - E.g. ½ cup 100% tomato juice = ½ cup Vegetable component

School Breakfast Program changes effective July 1, 2013

Grain

New portion size requirement:

- Use Ounce Equivalent (oz. eq.) standard
  - USDA Grains memo SP 30-2012, Exhibit A
- CN label
- Signed statement from manufacturer

School Breakfast Program changes effective July 1, 2013

Grain

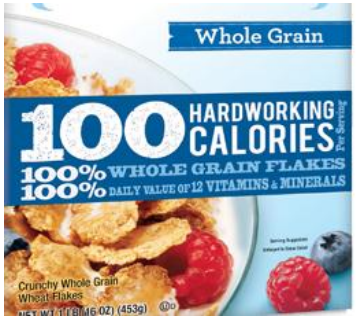
- Use Ounce Equivalent (oz. eq.) standard
  - USDA Grains memo SP 30-2012, Exhibit A
- Offer at least 1 oz. eq. per breakfast
- Must offer > 1 oz. eq. on some days
- Offer weekly minimum
- Half of all grains must be Whole Grain-Rich (WGR)
- No 2 oz. eq. per week dessert restriction (as with lunch)
- Some desserts (brownies and cookies) not allowed
  - Allowable: Donuts, Danish, Coffee Cake, Muffins
- Formulated grain products meet grain component only

School Breakfast Program changes effective July 1, 2013

Ready To Eat (RTE)

Cereal- 3 options

1. 100% Whole Grain



2. Whole Grain-Rich (WGR) – First ingredient and cereal must be enriched or fortified

3. Non-WGR – Cereal must be enriched or fortified

School Breakfast Program changes effective July 1, 2013

Meat/Meat Alternate (M/MA):

- No M/MA requirement in SBP
- Cannot offer only 2 M/MA (must offer grain)
- May offer M/MA after the daily grain minimum has been offered
- May count the M/MA as a grain or an "extra"

School Breakfast Program changes effective July 1, 2013

Meat/Meat Alternate (M/MA)

Option1: Counting towards the Grain component

- Offer M/MA in place of second Grain item
- M/MA counts toward weekly grains and dietary specifications (calories, trans fat, saturated fat and sodium)
- M/MA credited as a grain

School Breakfast Program changes effective July 1, 2013

Meat/Meat Alternate (M/MA)

Option 2: Counting as an extra

- Offer M/MA in place of second Grain
- M/MA offered will ***not*** count toward the weekly grains requirement
- M/MA will ***not*** be credited as a grain
- M/MA must fit within dietary specifications

School Breakfast Program changes effective July 1, 2013

Milk

- Fat-free (flavored and unflavored)
- Low-fat (1%, unflavored)
- Fat-free or low-fat lactose free/lactose-reduced

- Offer at least 2 choices
- Students may decline milk under OVS

Menu and Production Records

- Per Federal Regulation 220.8 (a) (6)
  - Schools must keep production and menu records for the breakfasts they produce

Sample Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1. WHOLE GRAIN POP TART (2 PACK) 2. JUICE 3. MILK	1. BAGEL 2. BANANA 3. MILK	1. CEREAL 2. TOAST 3. APPLES 4. MILK	1. MUFFIN 2. JUICE 3. MILK	1. WAFFLES 2. EGGS 3. JUICE 4. MILK

School Breakfast Program changes effective July 1, 2013

- Minimum and maximum calorie levels apply
- Calorie ranges over a week
  - Individual meals may be above or below weekly range

K-5	6-8	9-12	K-12
350-500	400-550	450-600	450-500

School Breakfast Program changes effective July 1, 2013

Offer vs. Serve

Optional at all grade levels

- Breakfast with 3 components → No OVS allowed
  - E.g. RTE cereal, fresh orange, 1% plain milk
- Breakfast with 4 components → select 3 out of 4
  - E.g. RTE cereal, graham crackers, fresh orange, 1% plain milk
- Students are not required to take fruit under OVS
- An "item" is the daily required minimum amount of a component:
  - 1 cup milk
  - 1 oz. eq. grains
  - ½ cup fruit

School Breakfast Program changes effective July 1, 2013

Offer vs. Serve (OVS): Grains

- A grain may count as more than one food item
  - Example: 2 oz. bagel=2 oz. eq Grain = 2 food items

- At least two other food items must be offered for OVS
  - Student cannot decline the grain component

- Example:
  - Offer 2 oz bagel, ½ cup apples, and milk
    - Students must take bagel and one other item for 3 out of 4

School Breakfast Program changes effective July 1, 2013

Offer vs. Serve (OVS): Grains

May a school using OVS offer two different 1 oz eq grain items, allow students to take two of the same grain items and count them as two items for the purposes of OVS?

- Yes, may offer 1 cup milk, ½ cup fruit, plus two grains: cereal (1oz eq) and toast (1oz eq)
- For OVS, student can take fruit and two pieces of toast (3 items)
- SFA decides to allow students to select duplicate items

School Breakfast Program changes effective July 1, 2013

Offer vs. Serve (OVS): Grains and M/MA combination

Does a combination food consisting of 1 oz eq grain and 1 oz eq meat/meat alternate (e.g. Breakfast pizza) count as one or two items for purposes of OVS?

Depends on how the meat/meat alternate is credited

School Breakfast Program changes effective July 1, 2013

Option1: Count M/MA as Grain component

- Breakfast pizza = two grain items under OVS
- May be paired with milk and fruit
- Student must take Breakfast pizza and one other item for meal to be reimbursable

School Breakfast Program changes effective July 1, 2013

Option 2: Count M/MA as an extra

- M/MA offered WILL NOT count as an item
- Breakfast pizza would count as 1 Grain
- Three additional items must be offered to have OVS
- Student may decline pizza since it is only one item

School Breakfast Program changes effective July 1, 2013

Offer vs. Serve

- If menu includes M/MA, then 4 items
- OVS OK
  - E. g. Egg patty (1 oz.), Biscuit (1 oz. eq.), Fresh orange, Milk
  - Egg (M/MA) counts as a grain
  - 4 item breakfast
  - Student may decline one of the 4 items

School Breakfast Program changes effective July 1, 2013

Offer vs. Serve

- If menu includes 3 items
- OVS ***NOT*** PERMITTED
  - E.g. Biscuit (1 oz. eq.), Fresh orange, Milk
  - 3 item breakfast
  - Student must select all 3 items

School Breakfast Program changes effective July 1, 2013

Let's Make Breakfast!

Menu

Commodity Apple Turnover (2 Grains , WGR); ½ cup fruit)

1 % plain milk (1 cup)

How many items are in this meal? Four

Could a student decline an item under OVS? Yes

School Breakfast Program changes effective July 1, 2013

Let's Make Breakfast!

Menu

RTE Cereal (1 oz eq)

Orange juice (1/2 cup)

1% plain milk (1 cup)

How many item are in this meal? Three

Could a student decline an item under OVS? No!

School Breakfast Program changes effective July 1, 2013

Let's Make Breakfast!

Menu

Egg and cheese omelet (2 M/MA)

100% Fruit punch (1/2 cup)

Chocolate fat-free milk (1 cup)

How many items are in this meal? 4, but no grains!

Could a student decline an item under OVS?

This is not an incomplete menu!!!

Monday	Tuesday	Wednesday	Thursday	Friday
WGR Cereal 1 oz. eq.	Scr. Egg 1 oz.	WGR Bagel 2 oz. eq.	Cheese stick 1 oz.	WGR Apple Turnover
Grahams 0.7 oz.	Yogurt 4 oz.	Cream Cheese* 1 oz.	Grahams 1 oz.	2 Grain
OJ ½ cup	Hash Brown ½ cup	Apple Juice ½ cup	Fresh Banana Petite size	½ cup fruit (in Turnover)
Milk	Milk	Milk	Milk	Milk
Is OVS Allowable?				
No	N/A	Yes	Yes	Yes
Weekly WGR requirement met?		**Yes!**		
*Cream Cheese is NOT a component; it is an extra item.				

Are each a valid breakfast menu? Why or why not?

RTE cereal, 1 oz.
Apple juice, ½ c
FF milk

Yes! 3 items

Egg Patty, 1 oz
Cheese Stick, 1 oz.
Fresh Banana
FF milk No Grains!

Cinnamon Roll, 2 oz.
Orange slices, ½ c
FF milk

Yes! 4 items

Yogurt, 4 oz.
Graham Crackers, 1 oz
Orange juice, ½ c
FF milk

Yes! 4 items
Or 3 w/ Extra

Breakfast Production Record

Date:	
Site:	
Offer Vs Serve:	☐ Yes ☐ No

	Grade/group	Meals Planned	Meals Served
Student Meals			
Adult Meals			
Total Meals			
Planned Milk	___ 1%(plain) ___ NF(plain) ___ NF (flavored) ___ Other:		

Menu Item	Recipe or Product #	Planned Portion Size	Planned # of Servings	Total Planned Quantity	Component Contribution					Actual # of Servings	Actual Quantity Used	Temperature	Production Notes
					Meat/Meat Alt	Grains/Whole Grain-Rich	Fruit	Vegetable	Starchy Veg				

Thanks!

- If you have any questions please contact the Office for Child Nutrition at 1-800-808-6325