

Ohio's School Breakfast Program Fact Sheet

The Ohio Department of Education, Office for Child Nutrition in partnership with the U.S. Department of Agriculture (USDA) administers the School Breakfast Program (SBP). Nationally, several million children start their day with a nutritionally balanced school breakfast. During a school year, Ohio School Breakfast Programs serve more than 60,000,000 breakfasts at more than 3,000 sites. Schools that have started a breakfast program have reported improvements in student behavior and ability to perform in the classroom, enhancing the overall quality of the school experience.

Who can apply to participate in the breakfast program?

- Any school of high school grade or under recognized by the State of Ohio as operating under public or nonprofit private ownership;
- Any public or nonprofit classes of pre-primary grades when conducted in the aforementioned schools; and
- Any public or nonprofit, private licensed Residential Child Care Institution (RCCI).

What qualifies a student to participate?

Any student under age 21 who is enrolled in an eligible school or RCCI may participate. Additional benefits may be available to a student when his or her guardian submits a Free and Reduced Price School Meals Application. Based on the household size and income, the student may be eligible for meals free or at a reduced price.

Schools may charge no more than \$0.30 for a reduced-price breakfast. Schools set their own prices for meals served to students who pay the full meal price (paid full-price), though they must operate their meal services as nonprofit programs.

What are the meal service requirements for breakfast?

To be eligible for cash reimbursement, meals must be planned to meet the School Breakfast Program pattern requirements as follows:

All schools must use a food based menu planning approach for breakfast. Schools must implement the three age-grade groups (K-5, 6-8 and 9-12) or one (K-12). There is significant overlap in the component requirements between the age-grade groups, with the primary difference being increased minimum grain requirements for older students as described below.

Schools must plan breakfast meals that meet the calorie ranges, on average, over the course of the week. There is overlap between the age-grade groups, which provides further flexibility for schools that serve more than one age-grade group at breakfast. It is important to emphasize that the calorie requirements are average calorie requirements and that the calorie limits do not apply on a per-meal or per-student basis. School breakfast meals must also meet sodium and saturated fat limits.

Foods offered must contain zero grams of *trans* fat per portion.

Definitions

A *food component* is one of three food groups that comprise reimbursable breakfasts. These are grains (with optional meat/meat alternate allowed); fruit/vegetable; and milk. A *food item* is a specific food offered within the three food components. For the purposes of OVS, a school must offer at least four food items and students may decline only one food item even if more than four food items are offered.

Food Components

Grains

- For all grade groups, schools must offer at least 1 ounce equivalent (oz eq) of grains each day.
- The minimum weekly offering varies by age-grade group: 7 oz eq for grades K-5, 8 oz eq for grades 6-8, 9 oz eq for grades 9-12 and 9 oz eq for grades K-12.
- All grains offered must be whole grain-rich.

Optional Meat/Meat Alternate

- There is no separate requirement to offer meat/meat alternates in the new SBP meal pattern.
- Schools may offer a meat/meat alternate in place of part of the grains component *after* the minimum daily grains requirement is offered in the menu or planned breakfast. A serving 1 oz eq of meat/meat alternate may credit as 1 oz eq of grains.
- Alternately, a school may offer a meat/meat alternate as an extra food and not credit it toward any component.

Juice/Fruit/Vegetable

- Schools must offer at least 1 cup of fruits and/or vegetables to all age-grade groups.
- Vegetables and fruits may be offered interchangeably, there are no vegetable subgroup requirements.
- No more than half of weekly offerings may be in the form of juice.
- Students are required to take 1/2 cup fruit/vegetable under OVS .

Fluid Milk

- Schools must offer only fat-free (unflavored or flavored) or low-fat (unflavored) milk.
- For all age-grade groups, schools must offer at least 1 cup of milk daily.
- A variety of milk, at least two options, must be offered.

Offer vs. Serve (OVS)

Under OVS, a student must be offered at least four food items and may decline only one food item. The food items selected may be from any of the required components and must be served in at least the minimum daily portion.

As noted above, for the SBP in School Year 2014-2015, students are required to take a minimum ½ cup of fruit or vegetables for OVS.

What reimbursement will the school or agency receive?

The school or agency is reimbursed for each complete breakfast served to an eligible student. Reimbursement rates are applied based on the student's eligibility category paid full-price, reduced-price or free. The school is responsible for accurately counting the meals served to students daily by eligibility category.

What records must be kept?

The following are required records that must be kept for three school years plus the current year:

- Daily breakfast menus and production records;
- Daily meal count and cash receipt worksheets (CN-6);
- Free and Reduced-Price School Meals Applications;
- Monthly inventories of food, labor and supplies;
- Monthly records of program costs;
- Verification records; and
- Records of On-site Accountability Reviews (if more than one site).

To apply for the School Breakfast Program or to obtain additional information, please contact the Office for Child Nutrition:

The Ohio Department of Education Office for Child Nutrition
25 South Front Street; Mail Stop: 303
Columbus, OH 43215-4183
(800) 808-6325 (toll-free) or (614) 466-2945
(614) 752-7613 (fax)

Additional information, including current reimbursement rates and student income eligibility guidelines, is available at: <http://education.ohio.gov> or www.fns.usda.gov

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