

New Meal Requirements for the School Breakfast Program



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Benefits of Breakfast

- Provides a morning meal for students that don't have the time or resources for a meal at home
- Provides food to help during long stretch of time between leaving home and lunch
- Eating breakfast can:
 - Improve student health, nutrition, behavior, learning, and help prevent overweight
- FNS Breakfast Toolkit:
<http://www.fns.usda.gov/cnd/breakfast/toolkit>
(currently being revised)

Overview

- Meal pattern overview & timeline
- Age/grade groups
- Meal pattern components in SY 2013/14
 - Fruits/Vegetables
 - Grains (meat/meat alternate)
 - Milk
- Calories
- OVS
- Miscellaneous



SBP Changes Effective SY 2013-2014

- Half of weekly grains must be whole grain-rich
- Minimum weekly grain requirement*

*Maximum not assessed for SY 2013-14, per memo SP 26-2013

- Calorie ranges
- Zero grams of *trans* fat per portion
- A single Food-Based Menu Planning approach
- Establish age/grade groups: K-5, 6-8 and 9-12
- 3-year administrative review cycle includes SBP
- States conduct weighted nutrient analysis on one week of menus

SBP Changes Effective SY 2014-2015

- Fruit quantity to increase to 5 cups/week (minimum 1 cup/day)
- All grains must be whole grain-rich
- Target 1 for average weekly sodium limit
- Under OVS, meals selected by students must contain a fruit (or vegetable if using substitution)

Additional Future SBP Changes

- SY 2017-2018
 - Target 2 sodium restriction
- SY 2022-2023
 - Final Target sodium restriction

Menu Planning

- Beginning in SY 2013-14, only food-based menu planning allowable
- Three age/grade groups for planning breakfasts
 - K-5
 - 6-8
 - 9-12

Flexibility for Breakfast Menu Planning



- In 2013-14 a single breakfast menu plan could be written that would meet the requirement for all of the grade groups
- Food component and calorie range requirements overlap

Weekly Grain & Calorie Ranges- All Grades

	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)

*Overlap for K-12: At least 9 oz eq grains and 450-500 calories

2013-14 Required Components

- Breakfast consists of 3 components from three food groups:



1. **milk**
2. **fruit/juice/vegetable**
3. **grains**
 - meat/meat alternate (optional)

Milk Component- Overview

Milk (Same criteria as lunch):

- Allowable milk options include
 - Fat free milk (flavored or unflavored)
 - Low fat milk (unflavored)
 - Fat free or low fat (lactose reduced or lactose free)
- 1 cup/day (all grades)
- At least two options must be offered



Fruit/Juice/Vegetable Component



- In SY 2013-14 *there is no change to the existing fruit/juice/vegetable component*
- Must offer at least $\frac{1}{2}$ c of fruits and/or vegetables daily (all grade groups)
- No limitations for juice yet

Fruit/Juice/Vegetable Component

- No maximum limit on fruit/vegetable quantities
- Fresh, frozen, canned, and dried forms allowed
 - No starchy vegetable substitution limits
 - Fruits and vegetables may be offered interchangeably
- No OVS requirement to take fruit or vegetable
 - Student may decline any item



Fruit/Juice/Vegetable Component- Types

- Temporary allowance for frozen fruit with added sugar
 - SY 13/14 AND SY 14/15 (see memo SP 49-2013, published 6/25/13)
- Schools may offer a:
 - Single fruit type
 - Single vegetable
 - Combination of fruits
 - Combination of vegetables
 - Combination of fruits and vegetables

Smoothies

- Fruit smoothies prepared in-house may credit toward both the fruit and milk components
- Commercial products may only credit toward fruit component
- All meal components must be offered in the required minimum amounts
 - Must still offer variety of fluid milk choices
 - Additional fruit offerings encouraged
- Refer to memo SP 36-2012, released 7/11/12

Grains Component- Overview

Grains

- 1 oz. eq. minimum daily requirement (all grades)
- Minimum weekly requirements (for 5-day week)
 - K-5 7 oz. eq. per week
 - 6-8 8 oz. eq. per week
 - 9-12 9 oz. eq. per week
- Half of grains must be whole grain-rich
 - Non- whole grain flour enriched
 - Cereals must be fortified (unless 100% whole grain)

Grains Component

- Only half of the grains whole grain-rich in SY 2013-14
- Beginning SY 2014-2015, all grains must be whole grain-rich (not 100% whole grain)
 - Whole grain-rich = At least 50% whole grain and rest of product/blend must be enriched refined flour
- Corn masa dough treated with lime is allowable as a whole grain ingredient (SP 02 -2013)

Grains Component: Crediting

- Beginning in SY 2013-14, all grains are credited in ounce equivalents and based on 16 grams of grain
- Grain/bread servings no longer used
- 14.75 gram standard no longer allowable

Grains Component: Whole Grain-Rich Foods

- In SY 2013-14, half of the grains offered must be whole grain-rich (WGR)
 - *a whole grain rich item does not need to be offered daily provided ½ of all grains for the week are whole grains*
- All grains must be WGR by SY 2014-15
- Increasing availability commercially
 - USDA Foods offers WGR flour, oats, pancakes, tortillas, and rice
 - Traditional grits ok in SY 2013-14 as long as other grains offered are whole grain-rich

Whole Grain-Rich Criteria

- Element 1: Food item must meet the oz eq (size) requirements
- Element 2: The food must meet at least one of the following:
 - Whole-grain content per oz eq must be at least 8.0 grams
 - Product includes the FDA whole-grain health claim
 - A whole grain is the first ingredient in the product
- Refer to SP 30-2012 for additional information on whole grain-rich

Grains Component: Flexibility

- Flexibility in menu planning and complying with weekly ranges for grains in SY 2013-14
 - SFAs compliant if meeting weekly minimum; maximum will *not* be assessed
- Benefits to this flexibility



Grains Component: Flexibility

- No impact on:
 - Daily and weekly minimum for grains for breakfast
 - Weekly calorie ranges are in effect
 - Trans fat and saturated fat also apply



Grain-based Desserts

- No grain-based dessert limit at breakfast
- Sugar in grain items is allowed
- Some grain products can *only* be served as desserts in lunch/not allowable in breakfast (brownies, cookies)

Fortification

- A ready-to-eat breakfast cereal must be fortified to meet program requirements
 - Check cereal products for an ingredient statement on the side or back of the box
 - Ingredients:
 - Whole wheat flour, sugar, contains 2% or less of salt, baking soda, caramel color, annatto color, BHT for freshness. Vitamins and Minerals: Vitamin C (sodium ascorbate, ascorbic acid), niacinamide, vitamin B6 (pyridoxine hydrochloride)....etc....

Optional Meat/Meat Alternates

- There is no separate requirement to offer meat/meat alternate (m/ma) in the new SBP meal pattern
- SFAs that wish to offer a meat/meat alternate at breakfast have two options
 - Offer meat/meat alternate in place of grains
 - Offer a meat/meat alternate as an additional item



Crediting Meat/Meat Alternate At Breakfast

- When offering a meat/meat alternate in place of grains in SBP
 - Must also offer at least 1 ounce equivalent of grains daily
 - Must count the meat/meat alternate toward the weekly grains range and the weekly dietary specifications

Meats/Meat Alternates and Whole Grain-Rich Requirement

- The 50% whole grain-rich requirement applies only to grain-based foods, and *NOT* Meats/Meat Alternates crediting toward the Grains component
- For example, menu planner offers:
 - 6 oz eq grains and 3 oz eq meats/meat alternates
 - Meets weekly minimum of 9 oz eq grains (grades 9-12)
 - Only half of the *grains* must be whole grain-rich
 - Need at least 3 oz. eq. whole grain-rich grains/week

Meat/Meat Alternates as Additional Foods

- When offering a meat/meat alternate as additional food
 - Must also offer at least 1 oz. eq. of grains daily
 - Does not count toward the grains range



Meats/Meat Alternates and Nutrients

- Meat/Meat Alternate (M/MA) still contributes to the following nutrient limits regardless of whether it is counted as a meal component
 - calories
 - saturated fat
 - trans fat
 - sodium (14-15 SY)

M/MA as Additional Food: OVS



- Additional foods (m/ma) that are not credited **cannot be counted** as food items for purposes of OVS.
- Therefore 4 food items must be offered in addition to the meat/meat alternate

Crediting Meat/Meat Alternate: Example

- For grades 6 -8, 8 oz. eq. grain/week required
- School offers 1 oz. eq. grain every day
 - 1 oz. eq. grain per day = 5 oz. eq. grain per week
- School also offers 1 oz. eq. m/ma x 3 days
 - 3 oz. eq. m/ma credits as 3 oz. eq. grain
- 8 oz. eq. grain requirement is met

Breakfast: Calorie Requirements

- Minimum and maximum calorie (kcal) levels
 - Weighted average based on what is offered over course of the week
- Effective SY 2013-14 for the breakfast meal
 - Grade level K-5: 350-500
 - Grade level 6-8: 400-550
 - Grade level 9-12: 450-600

Breakfast: Saturated Fat Limits

- Weekly limits for saturated fat
- Less than 10 percent of total calories
- Weighted average based on what is offered over the course of a week
- Same as current regulatory standard

Breakfast: Trans Fat Restriction

- No trans fat allowed in any product or ingredient as labeled
- Nutrition label or manufacturer's specifications must specify zero grams of trans fat per serving
- Naturally-occurring trans fat excluded
 - e.g., beef, lamb, dairy products

Sodium

- Restrictions for sodium do not begin until SY2014/15
- School should begin reducing sodium now:
 - Health benefits of decreasing sodium
 - Gradual reduction may make adjustment easier for students

Offer versus Serve Definitions

- Regulatory definition: A food item is a specific food offered within the food components
- For purposes of OVS, an item is the daily required minimum amount of each food component that a child can *take*
 - 1 cup of milk
 - 1 oz eq of grains
 - ½ cup of fruit (or veg)*

*NOT required in SY 2013-14

OVS Requirements for Breakfast 2013-14



- aA food item is a specific food offered within the 3 food components
- For Offer vs. Serve (OVS) **a school must offer at least 4 food items**
- A student must select **3 food items** in order to have a reimbursable meal and decline an item from any component

Grains Crediting for OVS



- *Grains component offered in an amount larger than 1 oz eq MAY be credited as more than one food item*
 - *1 oz eq = 1 item*
 - *2 oz eq = 2 items*
 - *1.5 oz eq = 1 item*
- *Menu planner may choose to credit a 2 oz eq muffin as 1 or 2 food items*

SBP Menu Planning Options

- Consider a cycle menu to facilitate planning/ordering
- Keep the crediting consistent (m/ma crediting or not, count large food as 1 or 2 items)
- Gradually introduce more whole grains to move from 50 to 100%
- Use more fruit rather than juice
- Offer more than $\frac{1}{2}$ c of fruit for the SBP to prepare for 2014-15



Pre-plating/Bundling

- Remember – OVS is not required at breakfast
- Pre-plating/bundling is allowed
- Encouraged to offer choices to the extent possible
 - Example: bundle main part of meal, offer fruit basket or milk separately.

Breakfast SY 2013-14 Summary

- The following must be offered each day (all grades):
 - 1 cup fluid milk
 - ½ cup fruit or vegetable (or juice)
 - 1 oz. eq. grain
- Must also meet *weekly* grain requirements:
 - 7 oz. eq. grains and/or m/ma (grades K-5)
 - 8 oz. eq. grains and/or m/ma (grades 6-8)
 - 9 oz. eq. grains and/or m/ma (grades 9-12)
- Half the grains offered must be whole grain rich

Technical Assistance Resources

- FNS New Meal Pattern website
(<http://www.fns.usda.gov/cnd/Governance/Legislation/nutritionstandards.htm>)
 - Timeline
 - Recently updated breakfast Q&As
 - Offer versus Serve guidance (NEW!)
- Best Practices Sharing Center
 - SFAs and States can share resources and tools they use to serve healthy menus that meet the new school meal regulations by uploading information to this site
 - <http://healthymeals.nal.usda.gov/bestpractices>)



Thank You