

School Breakfast Program (SBP) Quick Guide

Age/Grade Groups: K-5, 6-8, K-8 and 9-12

Components: The following three meal components must be offered with every breakfast meal.

1. Grains

- Daily and weekly minimums must be met.

| | K-5 | K-8 | 6-8 | 9-12 | K-12 |
|-----------------|---------|---------|---------|---------|---------|
| Daily minimums | 1 oz eq | 1 oz eq | 1 oz eq | 1 oz eq | 1 oz eq |
| Weekly minimums | 7 oz eq | 8 oz eq | 8 oz eq | 9 oz eq | 9 oz eq |

- Reference: USDA Memo SP 30-2012 Updated Exhibit A: Whole Grain-Rich Ounce Equivalency (Oz Eq) Requirements For School Meal Programs
- At least 80% of grains offered weekly must be whole grain rich.
- Meat/Meat Alternates are optional and may credit toward the Grain component as long a grain item is also offered with the meal.

2. Fruit

- 1 cup must be offered daily.
- Creditable forms of fruit include: fresh, frozen, canned in water, light syrup or juice, dried, and pasteurized, 100% juice.
 - Dried fruit credits as twice the volume served (e.g. ¼ cup of raisins credits as ½ cup of fruit).
 - No more than half of weekly fruit offerings can be in the form of juice.
- Vegetables can be substituted for fruits. Starchy vegetables can only be offered if the weekly menu also includes at least 2 cups of non-starchy vegetables.

3. Milk

- At least two types of low-fat or fat-free milk must be offered.
- The minimum serving size is 8 ounces.
- Milk may be flavored or unflavored provided that unflavored is offered at each meal service.

Dietary Specifications

Weekly Calorie Ranges:

K-5: 350 - 500 kcal

K-8: 400-500 kcal

6-8: 400 - 550 kcal

9-12: 450 - 600 kcal

K-12: 450-500 Kcal

Weekly Target 1 Sodium Limit:

K-5: ≤ 540 mg

K-8: ≤ 540 mg

6-8: ≤ 600 mg

9-12: ≤ 640 mg

K-12: ≤ 540 mg

✓ Weekly Saturated Fat Limit: < 10% of total calories.

✓ Trans-fat: 0 grams/serving (excludes naturally-occurring trans-fat).

Menu Planning

- All meals must offer the daily and weekly minimum amounts for all 3 required food components (grains, fruit, and milk).
- All foods and condiments that students have access to as part of a reimbursable meal must be included in the weekly averages for dietary specifications.
- Child Nutrition (CN) labels or manufacturer's product formulation statements are needed to document compliance.

Offer versus Serve (OVS)

- Students must be *offered* a minimum of 4 food items from the 3 required food components in portions planned to meet the daily minimum quantities for each age/grade group.
- For a reimbursable meal, the student must *select* at least 3 items including a ½ cup of fruit (or vegetable substitution)
- All students must select at least a ½ cup fruit, vegetable, or a combination of fruits and vegetables with a reimbursable meal.
- Items with more than 1 ounce equivalent of grain (or meat/meat alternate substitution) may count as 2 items. For example, a 2-ounce bagel or a breakfast sandwich (grain and meat/meat alternate) credits as 2 grain items.

Other Requirements

- Potable water must be available at no charge to students during breakfast service. Often this requirement is met by allowing student access to a nearby water fountain or cups and a portable container of water is put in the cafeteria during meal service.
- Meal Signage – Schools must identify all foods that are part of a reimbursable meal near or at the beginning of all serving lines.