School Breakfast Program

Offer vs. Serve
Meal or No Meal?
Training Activity
## Breakfast Meal Pattern

<table>
<thead>
<tr>
<th>Food Components</th>
<th>Grades K-5</th>
<th>Grades 6-8</th>
<th>Grades 9-12</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fluid Milk (cups) – offer 2 types</td>
<td>1</td>
<td>5</td>
<td>1</td>
</tr>
</tbody>
</table>
- Low-fat (1%)unflavored
- Fat-free unflavored or flavored
| Fruits (or vegetables) (cups) | 1 | 5 | 1 | 5 | 1 | 5 |
- Juice cannot exceed half weekly offering
| Grains (ounce equivalents) | 1 | 7 | 1 | 8 | 1 | 9 |
- All grains must be whole grain rich
**Dietary Specifications**

**Dietary Specifications (Nutrition Standards)**

Daily Amount Based on the Average for a 5-day week

<table>
<thead>
<tr>
<th></th>
<th>Grades K-5</th>
<th>Grades 6-8</th>
<th>Grades 9-12</th>
</tr>
</thead>
<tbody>
<tr>
<td>Minimum-Maximum Calories</td>
<td>350-500</td>
<td>400-550</td>
<td>450-600</td>
</tr>
<tr>
<td>Saturated Fat (% of total calories)</td>
<td>&lt; 10</td>
<td>&lt; 10</td>
<td>&lt; 10</td>
</tr>
<tr>
<td>Sodium (milligrams)</td>
<td>≤540</td>
<td>≤600</td>
<td>≤640</td>
</tr>
<tr>
<td>Trans-Fat (grams)</td>
<td>Nutrition Facts Label or manufacturer specifications must indicate zero grams of trans-fat per serving. This excludes naturally occurring trans-fat.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

If you are following the meal pattern, you should be meeting the nutrient guidelines.
Offer Vs. Serve

- For Breakfast OvS is optional at all grade levels
- Helps cut down of food waste and cost
- Allows students to take what they are actually going to eat
- Offer at least 4 items from 3 components
- Must meet weekly grain minimums
- Student must take 3 items and one item must be a minimum ½ cup fruit or vegetable
Breakfast Offer vs. Serve (OvS)

Must offer 4 food **items** from 3 components

- Grains (1 oz)
- Fruit/vegetable (1 cup)
- Milk (8 oz.) (two kinds)
- Additional item—e.g., a serving of grain, meat/meat alternate, or fruit/vegetable

- The 4th item cannot be another milk
Breakfast Offer vs. Serve: On the Tray

- Must take at least 3 items including the minimum ½ cup fruit (or vegetable)
- Doesn’t have to be 3 different items, double servings are allowed

Example: a 2 oz. grain equivalent bagel counts as two grain items
- May take the full cup of fruit
• Refer to the grain crediting chart for grain ounce equivalents

• Make sure meat/meat alternates are CN Labeled products

• Food Buying Guide
Are the Trays Reimbursable Meals?

• Test your knowledge and comfort level with the meal pattern.
• Determine whether or not the following trays contain reimbursable meals in an Offer vs. Serve School Breakfast Program
• Use these activities in staff trainings to make sure everyone has a firm understanding of the Breakfast meal pattern.
Example 1

- 1 oz. cheese

- 2 oz. blueberry muffin
Is Example 1 an OvS Breakfast? No.

*Does not include ½ cup fruit

1 oz. cheese = 1 oz. meat/meat alternate

2 oz. blueberry muffin = 1 oz. grain equivalent
Example 2

1 small banana

1 slice sausage and egg pizza
Is Example 2 an OvS Breakfast? Yes.

CN label: One slice is equal to 2 grain ounce equivalents and 2 meat/meat Alternates

150 count banana = ½ cup fruit
Example 3

1 oz. cereal = 1 oz. grain
Is Example 3 an OvS Breakfast? Yes.

1 oz. cereal = 1 oz. grain equivalent
Example 4

1.55 oz Nutri Grain bar = 1 oz. grain

4 oz. juice
Is Example 4 an OvS Breakfast? No.

*Only two items: fruit and 1 grain

1.55 oz Nutri Grain bar = 1 oz. grain

4 oz. juice
Example 5

- 4 oz. juice
- 1 Pillsbury Apple Frudel = 2 grain oz. equivalents
Is Example 5 an OvS Breakfast? Yes.

1 Pillsbury Apple Frudel = 2 grain oz. equivalents

4 oz. juice
Example 6

¼ cup dried cranberries

2 oz. sweet roll
Is Example 6 an OvS Breakfast? No.

Only two full items: milk and fruit

Serving size of grains is 1 ounce equivalent

\[
\frac{1}{4} \text{ cup dried cranberries } = \frac{1}{2} \text{ cup fruit } \\
2 \text{ oz sweet roll } = 0.75 \text{ oz grain equivalents }
\]
Example 7

- 2 oz. bagel
- 1 packet cream cheese
- 1 carton milk
Is Example 7 an OvS Breakfast? Yes.

2 oz bagel = 2 oz. grain equivalent
Example 8

- 1 medium apple
- 3 French Toast Sticks
Is Example 8 an OvS Breakfast? No.

*Only two items: fruit and 1 grain

½ cup fruit

French Toast Sticks: 1.5 oz. grain equivalents
Example 9

4 oz. juice

3 USDA Whole Wheat Pancakes
Is Example 9 an OvS Breakfast? Yes.

3 pancakes (1.2 oz. each) = 3.6 oz = 3 oz. grain equivalent

4 oz. juice
Example 10

¼ cup granola
½ cup fruit
1 cup yogurt
Is Example 10 an OvS Breakfast? Yes.
*Contains three items, including ½ cup of fruit

¼ cup granola = 1 oz. grain equivalent
½ cup fruit
1 cup yogurt = 2 oz M/MA
Example 11

4 oz. juice

1 Breakfast Sandwich:
- 1 English Muffin
- 1 slice USDA American Cheese
- 1 slice deli ham (1.22 oz)
- 1 egg patty
Is Example 11 an OvS Breakfast? Yes.

- 1 English Muffin = 2 oz. grain equivalent
- 1 slice cheese = 0.5 oz. m/ma
- 1.2 oz slice deli ham = 1 oz. m/ma
- 1 egg patty = 2 oz. meat

4 oz. juice
Example 12

2 oz cheese = 2 oz. m/ma

2 oz. bagel
Is Example 12 an OvS Breakfast? **No.**

* Does not include ½ cup fruit

2 oz. bagel = 2 oz. grain equivalent

2 oz. cheese = 2 oz. m/ma
Example 13

- 1 ounce cereal
- 4 oz. juice
- 4 oz. juice
Is Example 13 an OvS Breakfast: Yes.

*Contains three items

- 4 oz. juice
- 4 oz. juice
- 1 oz. cereal = 1 ounce grain equivalent
Non-Discrimination Statement

This institution is an equal opportunity provider.