

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 and/or Meat and Meat Alternates

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

- Schools may offer grains, meat/meat alternates or a combination of both.
- If grains are offered, at least 80% of the weekly grains offered must be whole grain-rich, based on ounce equivalents.
 - Whole grain-rich is the term means that the grain content of a product is between 50-100% whole grain with any remaining grains being enriched.

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 and can be from any vegetable subgroup.

3. Milk

- The minimum serving size is 8 ounces.
- At least two varieties of low-fat or fat-free milk must be offered.
- Flavored and/or unflavored may be offered provided that unflavored is offered at each meal service.
- Water and juice may not be substituted for milk.

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.

Menu Planning

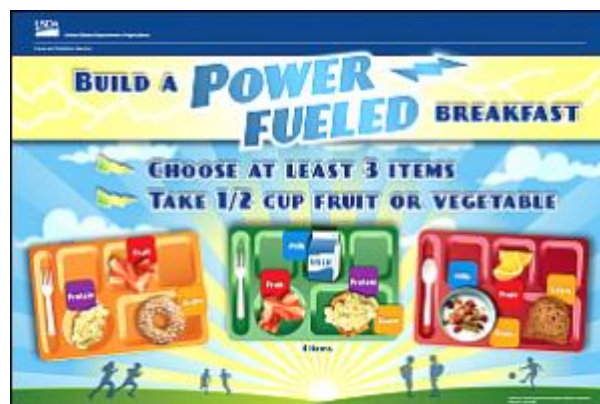
- All meals must offer the daily and weekly minimum amounts for all 3 required food components (grains and MMA, fruit, and milk).
- All foods and condiments that students have access to as part of a reimbursable meal must be included in the weekly averages for dietary specifications.
- The menu planner must be able to document compliance with the meal pattern using standardized recipes, the Food Buying Guide and/or Child Nutrition (CN) labels (if available), and/or manufacturer's product formulation statements.

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 may count as more than 1 item. For example, a 2-ounce bagel or a breakfast sandwich (grain and meat/meat alternate) credit as 2 grain items.

Other Requirements

- Plain potable water must be available at no charge to students during breakfast service. Often this requirement is met by allowing students 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.



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