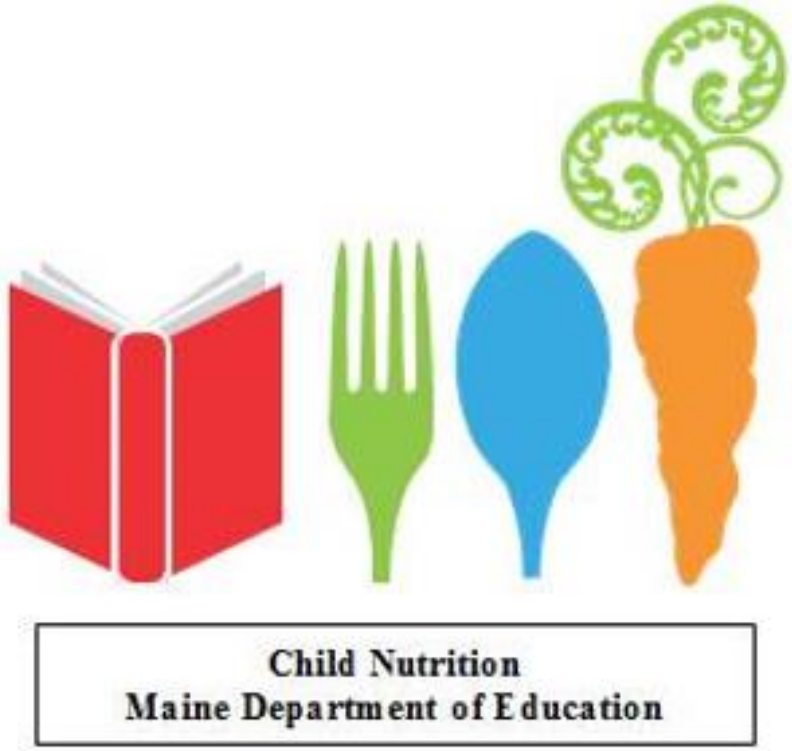


The Breakfast Meal Pattern Requirements

Maine Department of Education
Child Nutrition

Breakfast Meal Pattern

Food Components	Grades K-5		Grades 6-8		Grades 9-12	
	Daily	*Weekly*	Daily	*Weekly*	Daily	*Weekly*
Fluid Milk (cups) *Must off at least two choices*	1	5	1	5	1	5
Fruit (cups) *No more than 50% offered can be from juice*	1	5	1	5	1	5
Grains (ounce equivalents) *All grains must be whole-grain rich*	1	7	1	8	1	9

Milk

- Schools must offer a "**variety**" of milk
  Schools to offer at least 2 different types at service
- Low-fat or fat free flavored/unflavored Lactaid treated milk
- Other dairy items cannot replace Milk
- Cow milk alternatives will not credit

Food Components	Grades K-5		Grades 6-8		Grades 9-12	
	Daily	*Weekly*	Daily	*Weekly*	Daily	*Weekly*
Fluid Milk (cups) *Must off at least two choices*	1	5	1	5	1	5

Fruit

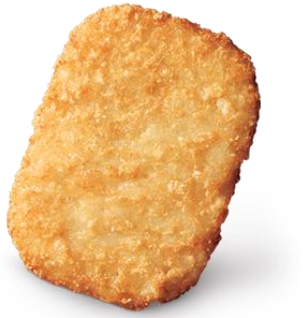
- Can be Fresh, Canned, Dried, or Juice
- Must be made with 100% fruit, or packed in light syrup/water if canned
- Juice can be no more than 50% of your fruit component requirement for the week.
- If you are only offering juice at breakfast, be sure to offer a

  full cup (often this means two “juices”)
- *Tip - always offer two different types of fruit at breakfast to meet weekly requirements and avoid over serving juice.*

Food Components	Grades K-5		Grades 6-8		Grades 9-12	
	Daily	*Weekly*	Daily	*Weekly*	Daily	*Weekly*
Fruit (cups) *No more than 50% offered can be from juice*	1	5	1	5	1	5

Vegetables at Breakfast (optional)

- Vegetables can count towards the **fruit** component or can be served in place of the fruit component
- Currently there is a waiver for starchy vegetables. Without the waiver - If offering starchy vegetables like hash browns, at least 2 cups of non-starchy vegetables must be offered during the same week.



Food Components	Grades K-5		Grades 6-8		Grades 9-12	
	Daily	*Weekly*	Daily	*Weekly*	Daily	*Weekly*
Fruit (cups) *No more than 50% offered can be from juice*	1	5	1	5	1	5

Grains

- 80% of offerings must wholegrain rich (51% wholegrain).
  - The first ingredient must say “whole”
  - This would allow for one day of the week to bot be whole grain

- At least one-ounce equivalent grain required to be offered daily with breakfast.

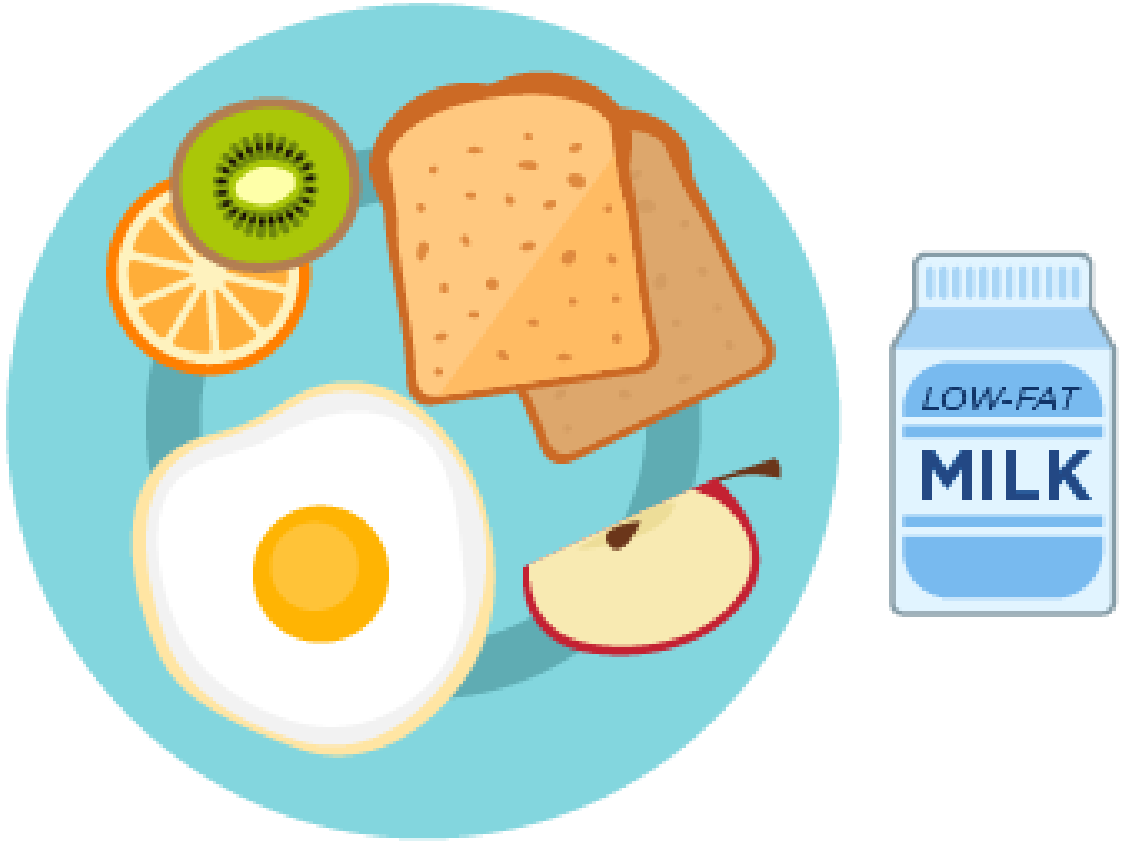
- To meet weekly minimums by grade group plan for 2 ounces a day.

- *Note* if you offer cereal daily, allow students the option of taking 2 bowl packs or a two-ounce equivalent.*

Food Components	Grades K-5		Grades 6-8		Grades 9-12	
	Daily	*Weekly*	Daily	*Weekly*	Daily	*Weekly*
Grains (ounce equivalents) *All grains must be whole-grain rich*	1	7	1	8	1	9

Meat/Meat Alternate (Optional)

- M/MA can count towards the weekly grain offering but must always be served in addition to a 1-oz grain or equivalent.



Offer Versus Serve - Breakfast

Offer Versus Serve (OVS) allows students to decline some of the food offered in a reimbursable breakfast.

Offer vs Serve is <u>optional</u> at breakfast for all grade groups

Offer Versus Serve at Breakfast

Offer students **4 food *items*** from the **3 required food components** in full serving size

- Milk (1 cup)
- Fruit (1 cup)
- Grains (1 oz)
- +One additional Item (Fruit/Vegetable/Grain/or Meat/Meat alternate)

Reimbursable meal contains (what the student must take) :

- At least **3 of the food *items* offered**
- One of the food Items must be at least a ½ **cup fruit/vegetable**

OVS with Fruit or Vegetables

- You must offer 1 cup of fruit total- a student may take ½ cup of fruit and it will count as 1 Item.

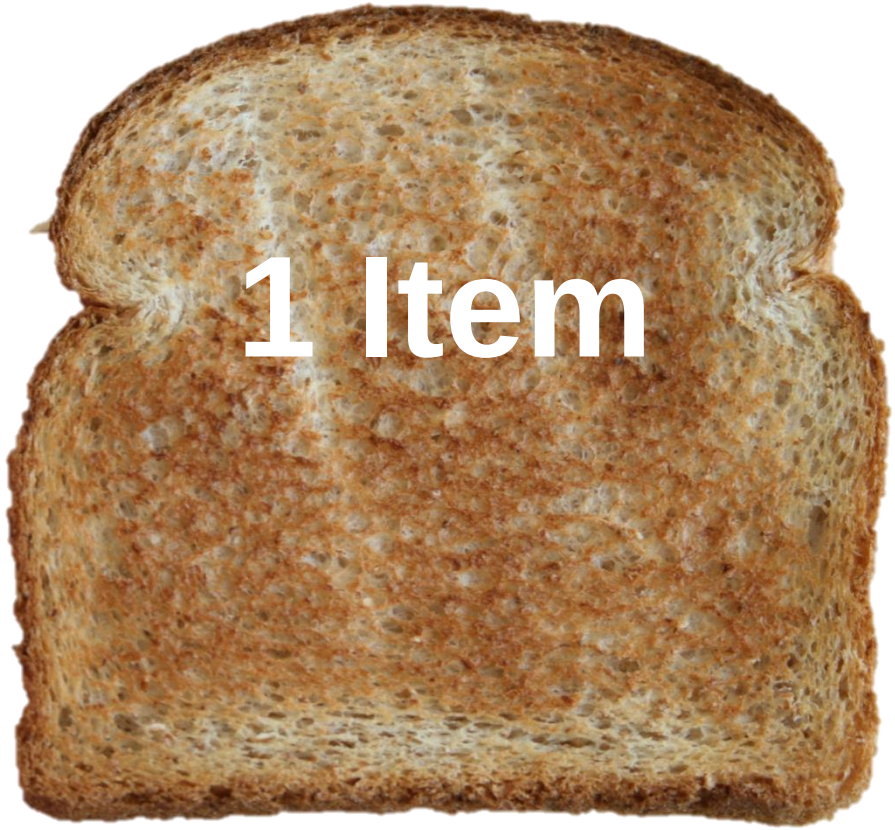
<u>You May Offer:</u>

- 1 oz. Grain
- ½ cup Fruit (apple sauce)
- ½ cup Fruit (juice)
- 1 cup Milk

<u>A Student May Take:</u>

- 1 oz. Grain
- ½ **cup** of Fruit (apple sauce)
- 1 Cup Milk

Offer Versus Serve - Items



1 oz grain eq

Offer students **4 food *items*** from the **3 required food components** in full serving size

Offer Versus Serve - Items

1 oz grain eq ✚ 1 oz grain eq

Foods With More Than 1 Oz Eq

Larger foods can count as more than 1 item.

2 oz eq bagel =
2 food items (grains)

3 oz eq bagel =
3 food items (grains)

1-ounce equivalents Exhibit A chart

Group A	Ounce Equivalent (oz eq) for Group A	Minimum Serving Size for Group A
Bread type coating Bread sticks (hard) Chow Mein noodles Savory Crackers (saltines and snack crackers) Croutons Pretzels (hard) Stuffing (dry) *Note: weights apply to bread in stuffing*	1 oz eq = 22 gm or 0.8 oz 3/4 oz eq = 17 gm or 0.6 oz 1/2 oz eq = 11 gm or 0.4 oz 1/4 oz eq = 6 gm or 0.2 oz	1 serving = 20 gm or 0.7 oz 3/4 serving = 15 gm or 0.5 oz 1/2 serving = 10 gm or 0.4 oz 1/4 serving = 5 gm or 0.2 oz
Group B	**Ounce Equivalent (oz eq) for Group B**	**Minimum Serving Size for Group B**
Bagels Batter type coating Biscuits Breads - all (for example sliced, French, Italian) Buns (hamburger and hot dog) Sweet Crackers[5] (graham crackers - all shapes, animal crackers) Egg roll skins English muffins Pita bread Pizza crust Pretzels (soft) Rolls Tortillas Tortilla chips Taco shells	1 oz eq = 28 gm or 1.0 oz 3/4 oz eq = 21 gm or 0.75 oz 1/2 oz eq = 14 gm or 0.5 oz 1/4 oz eq = 7 gm or 0.25	1 serving = 25 gm or 0.9 oz 3/4 serving = 19 gm or 0.7 oz 1/2 serving = 13 gm or 0.5 oz 1/4 serving = 6 gm or 0.2 oz
Group C	**Ounce Equivalent (oz eq) for Group C**	**Minimum Serving Size for Group C**
Cookies[3] (plain - includes vanilla wafers) Cornbread Corn muffins Croissants Pancakes Pie crust (dessert pies[3], cobbler[3], fruit turnovers[4], and meats/meat alternate pies) Waffles	1 oz eq = 34 gm or 1.2 oz 3/4 oz eq = 26 gm or 0.9 oz 1/2 oz eq = 17 gm or 0.6 oz 1/4 oz eq = 9 gm or 0.3 oz	1 serving = 31 gm or 1.1 oz 3/4 serving = 23 gm or 0.8 oz 1/2 serving = 16 gm or 0.6 oz 1/4 serving = 8 gm or 0.3 oz
Group D	**Ounce Equivalent (oz eq) for Group D**	**Minimum Serving Size for Group D**
Doughnuts[4] (cake and yeast raised, unfrosted) Cereal bars, breakfast bars, granola bars[4] (plain) Muffins (all, except corn) Sweet roll[4] (unfrosted) Toaster pastry[4] (unfrosted)	1 oz eq = 55 gm or 2.0 oz 3/4 oz eq = 42 gm or 1.5 oz 1/2 oz eq = 28 gm or 1.0 oz 1/4 oz eq = 14 gm or 0.5 oz	1 serving = 50 gm or 1.8 oz 3/4 serving = 38 gm or 1.3 oz 1/2 serving = 25 gm or 0.9 oz 1/4 serving = 13 gm or 0.5 oz

Group E	Ounce Equivalent (oz eq) for Group E	Minimum Serving Size for Group E
Cereal bars, breakfast bars, granola bars[4] (with nuts, dried fruit, and/or chocolate pieces) Cookies[3] (with nuts, raisins, chocolate pieces and/or fruit purees) Doughnuts[4] (cake and yeast raised, frosted or glazed) French toast Sweet rolls[4] (frosted) Toaster pastry[4] (frosted)	1 oz eq = 69 gm or 2.4 oz 3/4 oz eq = 52 gm or 1.8 oz 1/2 oz eq = 35 gm or 1.2 oz 1/4 oz eq = 18 gm or 0.6 oz	1 serving = 63 gm or 2.2 oz 3/4 serving = 47 gm or 1.7 oz 1/2 serving = 31 gm or 1.1 oz 1/4 serving = 16 gm or 0.6 oz
Group F	**Ounce Equivalent (oz eq) for Group F**	**Minimum Serving Size for Group F**
Cake[3] (plain, unfrosted) Coffee cake[4]	1 oz eq = 82 gm or 2.9 oz 3/4 oz eq = 62 gm or 2.2 oz 1/2 oz eq = 41 gm or 1.5 oz 1/4 oz eq = 21 gm or 0.7 oz	1 serving = 75 gm or 2.7 oz 3/4 serving = 56 gm or 2 oz 1/2 serving = 38 gm or 1.3 oz 1/4 serving = 19 gm or 0.7 oz
Group G	**Ounce Equivalent (oz eq) for Group G**	**Minimum Serving Size for Group G**
Brownies[3] (plain) Cake[3] (all varieties, frosted)	1 oz eq = 125 gm or 4.4 oz 3/4 oz eq = 94 gm or 3.3 oz 1/2 oz eq = 63 gm or 2.2 oz 1/4 oz eq = 32 gm or 1.1 oz	1 serving = 115 gm or 4 oz 3/4 serving = 86 gm or 3 oz 1/2 serving = 58 gm or 2 oz 1/4 serving = 29 gm or 1 oz
Group H	**Ounce Equivalent (oz eq) for Group H**	**Minimum Serving Size for Group H**
Cereal Grains (barley, quinoa, etc.) Breakfast cereals (cooked)[6,7] Bulgur or cracked wheat Macaroni (all shapes) Noodles (all varieties) Pasta (all shapes) Ravioli (noodle only) Rice	1 oz eq = 1/2 cup cooked or 1 ounce (28 gm) dry	1 serving = 1/2 cup cooked or 25 gm dry
Group I	**Ounce Equivalent (oz eq) for Group I**	**Minimum Serving Size for Group I**
Ready to eat breakfast cereal (cold, dry)[6,7]	1 oz eq = 1 cup or 1 ounce for flakes and rounds 1 oz eq = 1.25 cups or 1 ounce for puffed cereal 1 oz eq = 1/4 cup or 1 ounce for granola	1 serving = 3/4 cup or 1 oz, whichever is less

Muffins – Group D of the Exhibit A chart

2oz. = 1 oz Eq

=1 Item

Puffed Cereal

Often 1 cup often does not equal a 1 oz grain like other cereals

Read the label for serving size and verify that it is a whole grain.

When ordering bowl packs for schools make sure the serving size is one ounce.

1.55 oz granola bar – a 1oz eq

Combination Foods

Combination foods can count as more than 1 item.

1 oz eq Grain +
1 oz eq M/MA =
2 food items

2 oz eq Grain +
2 oz eq M/MA =
4 food items

Counting Items
Check CN Labels

Item	Item Count
Breakfast Pizza	2
Breakfast Burrito	2
Breakfast Sandwich	2
Pancake	1
Mini Bagel	1
Cereal	1
Yogurt	1
Fruit (1/2 cup)	1
Juice (1/2 cup)	1
Milk	1

Identifying a Reimbursable Breakfast at Point of Service

1. Look for ½ cup fruit/vegetable
2. Look for at least 2 other *items*

Summary of OvS at Breakfast

Must offer 4 food items from 3 food components

Option A	Option B	Option C
1 oz Grain	1 oz Grain	1 oz Grain
1 oz Grain	1 oz (M/MA)	½ cup Fruit
1 cup Fruit	1 cup Fruit	½ cup Fruit
1 cup Milk	1 cup Milk	1 cup Milk

OvS at Breakfast

Student may decline 1 item

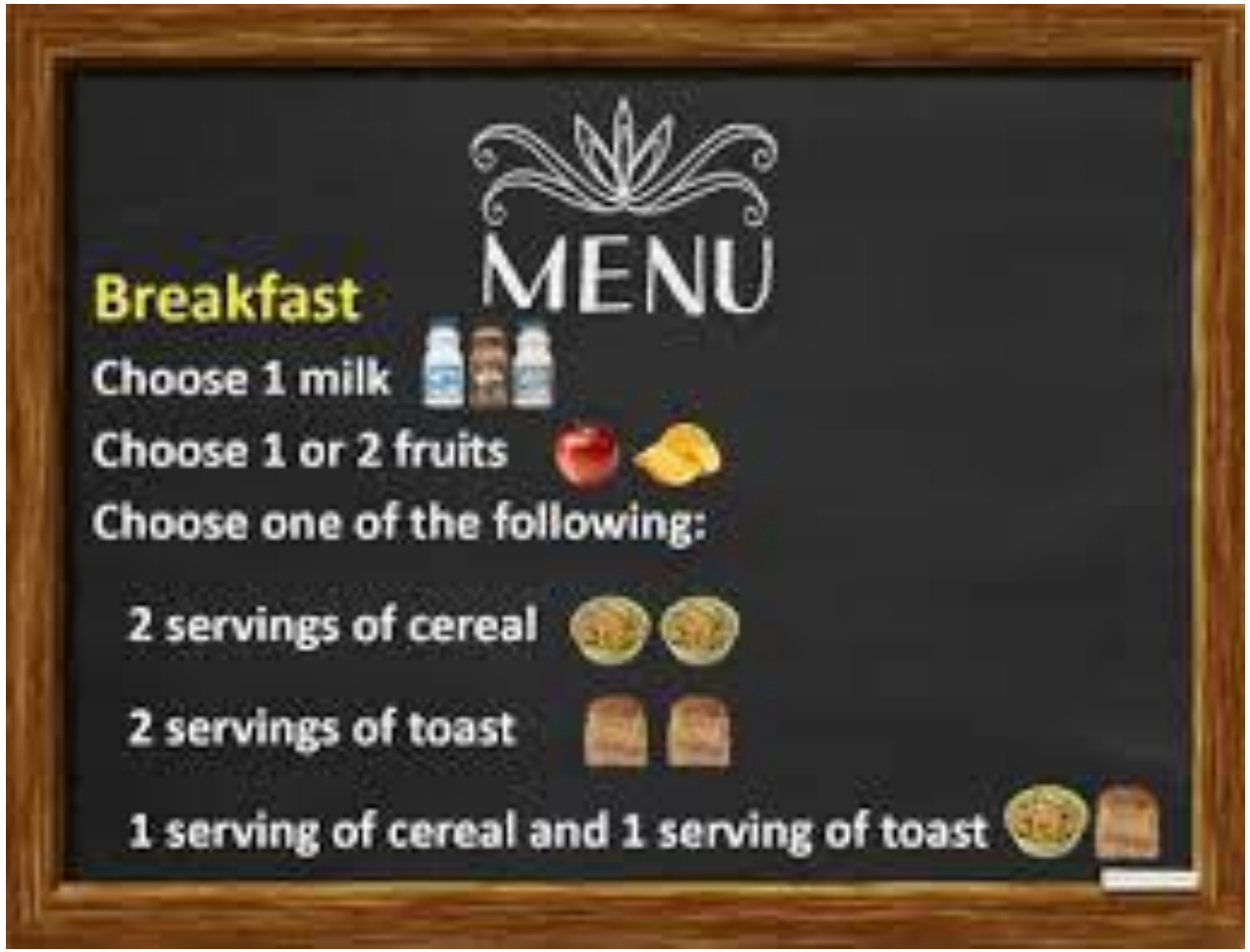
Option A	Option B	Option C
1 oz Grain	~~1 oz Grain~~	1 oz Grain
1 oz Grain	1 oz (M/MA)	~~½ cup Fruit~~
1 cup Fruit	1 cup Fruit	½ cup Fruit
~~1 cup Milk~~	1 cup Milk	1 cup Milk

Non-Creditable Foods

Cream Cheese
Bacon
Jam
Fruit Snacks

Condiments (not including salsa)

Sample Breakfast Signage



Legislation
An Act To Address Student Hunger with a "Breakfast after the Bell" Program

- A public school were at least 50% of students qualified for a free or reduced-price lunch during the previous school year must operate an alternative breakfast delivery service that provides breakfast after the start of the school day.
- Schools with only grades 9-12 are exempt
- Schools with 70% or grater participation of free/reduced students in the breakfast program are exempt.
- A school administrative unit may opt out of the alternative breakfast delivery service if the governing board of the school administrative unit holds a public hearing.

Alternative Breakfast Models

- Grab and Go carts in the hallway
- Delivered to the classroom
- 2nd chance breakfast

Breakfast After the Bell Grant

- To help administer or increase participation in an after the bell breakfast service.
- Eligible schools appear as 50% on the SY22 ED534
- No Deadline to apply

- **Maine DOE Breakfast Page**
- https://www.maine.gov/doe/schools/nutrition/programs/breakfast

- Breakfast Grant Application and instructions
- List of schools eligible this year

Harvest High School Café
Breakfast Menu
9-12

Monday	Tuesday	Wednesday	Thursday	Friday	*Were the Weekly Requirements met?*
Whole Grain Cereal (1 oz eq Grain) **Whole Grain Toast** (1 oz eq Grain) **Banana** (1/2 Cup) **Assorted 100% Juice** (1/2 Cup) **1% White Milk** - 8 oz **FF Choc. Milk** - 8 oz	**Breakfast Sandwich** (2 oz eq English muffin 1 oz eq sausage patty 1 oz eq egg patty) **Dried Cranberries** (¼ Cup) **Assorted 100% Juice** (1/2 Cup)	**Hard Boiled Egg on a Stick** (1 egg= 2 oz eq M/MA) **Cheese stick** (1 oz eq M/MA) **Fresh Maine Apple** (½ Cup) **Assorted 100% Juice** (1/2 Cup) **1% White Milk** - 8 oz **FF Choc. Milk** - 8 oz	**Fruit and Yogurt Parfait w/Maine Blueberries** (1/2 cup blueberries 1 oz eq granola 1 cup yogurt= 2 oz eq M/MA) **1% White Milk** - 8 oz	**Breakfast Pizza** (2 oz eq Grain & 2 oz eq M/MA) **Hash Brown** (1/2 Cup) **Assorted 100% Juice** (½ Cup) **1% White Milk** - 8 oz **FF Choc. Milk** - 8 oz	**Grain (9 oz eq)?** YES NO **Fruit (5 cup)?** YES NO **If vegetables substituted for fruit, were 2 cups of nonstarchy vegetables offered?** YES NO **Milk (5 cup)?** YES NO

Were the following requirements met?

Monday Totals	Amt.	Y/N	Tuesday Totals	Amt.	Y/N	Wednesday Totals	Amt.	Y/N	Thursday Totals	Amt.	Y/N	Friday Totals	Amt.	Y/N	WEEKLY Totals	Amt.	Y/N
Grain:	____	____	Grain:	____	____	Grain:	____	____	Grain:	____	____	Grain:	____	____	Grain:	____	____
Fruit:	____	____	Fruit:	____	____	Fruit:	____	____	Fruit:	____	____	Fruit:	____	____	Fruit:	____	____
Milk:	____	____	Milk:	____	____	Milk:	____	____	Milk:	____	____	Milk:	____	____	Milk:	____	____

Harvest High School Café
Breakfast Menu
9-12

Monday	Tuesday	Wednesday	Thursday	Friday	*Were the Weekly Requirements met?*
Whole Grain Cereal (1 oz eq Grain) Whole Grain Toast (1 oz eq Grain) Banana (1/2 Cup) Assorted 100% Juice (1/2 Cup) 1% White Milk - 8 oz FF Choc. Milk - 8 oz	Breakfast Sandwich (2 oz eq English muffin 1 oz eq sausage patty 1 oz eq egg patty) Dried Cranberries (¼ Cup) Assorted 100% Juice (1/2 Cup)	Hard Boiled Egg on a Stick (1 egg= 2 oz eq M/MA) Cheese stick (1 oz eq M/MA) Fresh Maine Apple (½ Cup) Assorted 100% Juice (1/2 Cup) 1% White Milk - 8 oz FF Choc. Milk - 8 oz	Fruit and Yogurt Parfait w/Maine Blueberries (1/2 cup blueberries 1 oz eq granola 1 cup yogurt= 2 oz eq M/MA) 1% White Milk - 8 oz	Breakfast Pizza (2 oz eq Grain & 2 oz eq M/MA) Hash Brown (1/2 Cup) Assorted 100% Juice (½ Cup) 1% White Milk - 8 oz FF Choc. Milk - 8 oz	Grain (8 oz eq)? YES NO Fruit (5 cup)? YES NO If vegetables substituted for fruit, were half of nonstarchy vegetables offered? YES NO Milk (5 cup)? YES NO

Were the following requirements met?

Monday Totals	Amt.	Y/N	Tuesday Totals	Amt.	Y/N	Wednesday Totals	Amt.	Y/N	Thursday Totals	Amt.	Y/N	Friday Totals	Amt.	Y/N	WEEKLY Totals	Amt.	Y/N
Grain:	____	____	Grain:	____	____	Grain:	____	____	Grain:	____	____	Grain:	____	____	Grain:	____	____
Fruit:	____	____	Fruit:	____	____	Fruit:	____	____	Fruit:	____	____	Fruit:	____	____	Fruit:	____	____
Milk:	____	____	Milk:	____	____	Milk:	____	____	Milk:	____	____	Milk:	____	____	Milk:	____	____