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.

<table>
<thead>
<tr>
<th>Component</th>
<th>K-5</th>
<th>K-8</th>
<th>6-8</th>
<th>9-12</th>
<th>K-12</th>
</tr>
</thead>
<tbody>
<tr>
<td>Daily minimums</td>
<td>1 oz eq</td>
<td>1 oz eq</td>
<td>1 oz eq</td>
<td>1 oz eq</td>
<td>1 oz eq</td>
</tr>
<tr>
<td>Weekly minimums</td>
<td>7 oz eq</td>
<td>8 oz eq</td>
<td>8 oz eq</td>
<td>9 oz eq</td>
<td>9 oz eq</td>
</tr>
</tbody>
</table>

   - Reference: USDA Memo SP 30-2012 Updated Exhibit A: Whole Grain-Rich Ounce Equivalency (Oz Eq) Requirements For School Meal Programs
   - All grains credited toward the meal pattern 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 pasturized, 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. If flavored milk is offered, unflavored must also be available.

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.

This institution is an equal opportunity provider.