

# School Breakfast Program (SBP)

## The Simplified Breakfast Meal Pattern K-12

Start the day off right with a simple, delicious, and nutritious breakfast!

### Just Serve

- ❖ Prepare & Serve the 3 required components in the required amounts. **Fruit/Vegetable, Milk, Grain\***
- ❖ At POS: Students must have all 3 components on tray in required amounts (**8oz Milk, 1 cup Fruit/Vegetable, 2oz Grain\***)

### Offer vs. Serve (OVS)

- ❖ Prepare & Offer the 3 required components in the required amounts. **Fruit/Vegetable, Milk, Grain\***
- ❖ Prepare & Offer at least 1 additional item
  - May be **Grain (Meat/Meat Alternate), Fruit/Vegetable, Milk**
- ❖ At POS: Student must take ½ cup **Fruit/Vegetable/100% Juice** plus 2 other Food Items (**Grain (Meat/Meat Alternate), Fruit/Vegetable, Milk**)

### When planning breakfast, keep in mind:

- All (100%) of grain items must be Whole Grain Rich.
- Two low-fat milk choices must be offered whether 'Just Serve' or 'OVS' is implemented. (Fat-free or 1% unflavored or fat-free flavored).
- No more than half weekly offering of fruit/vegetables may be in the form of juice.
- Juice must be 100% full strength.
- \*Schools may substitute 1 oz. equivalent of Meat/Meat Alternate for 1 oz. equivalent of Grain after minimum 1 oz. equivalent of daily grain is met.

For SY2021-22, please opt into the [Targeted Meal Pattern Flexibility Waiver SY2021-22](#) if unable to meet the meal pattern requirements.

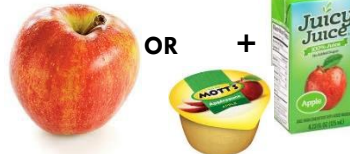


(1 Item)

(1 Item)

**8 oz Fluid Milk = 1 Item**

Offer 2 milk choices daily



(2 Items)

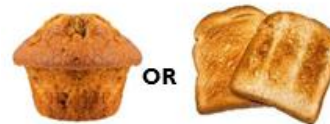
OR

+

(1 Item + 1 Item)

**1 c Fruit/Vegetable = 2 Items**

(½ cup = 1 Item)



(=2 Items)

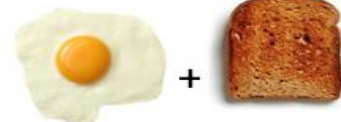
OR

(=2 Items)

**2 oz Grain = 2 Items**

OR

or



(=1 Item)

+

(=1 Item)

**1 oz Grain & = 2 Items**

**1 oz Meat/Meat Alternate**

- ❖ The term Food Item is used for breakfast which is a specific food offered within the 3 food components.
- ❖ A Food Item = 8 oz Milk, ½ cup Fruit, 1 oz Grain, 1 oz Meat/Meat Alternate.

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# Offer vs Serve: Breakfast

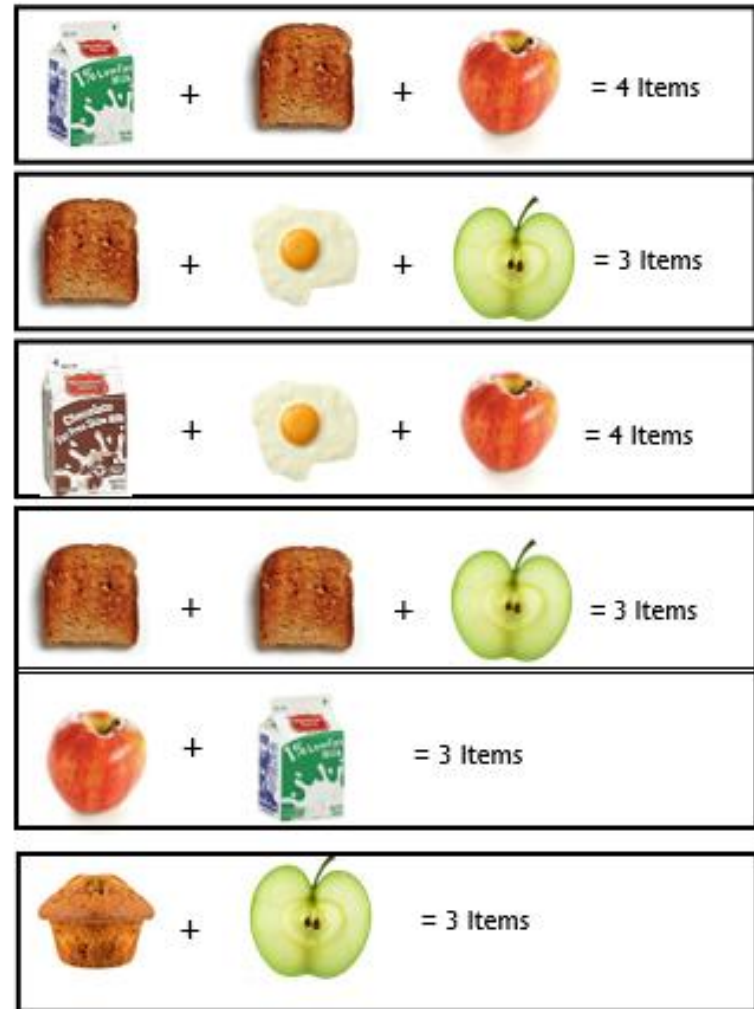
An Item = 1 oz Grain, 1 oz Meat/Meat Alternate, ½ cup Fruit/Vegetable/100% Juice, 8 oz Milk  
 Make sure students choose 3 of at least 4 items from the three components (Milk, Fruit/Vegetable, Grain/Meat).  
 One of the selections must be at least ½ cup of Fruit/Vegetable.

## Offer



## Serve

(these are examples of reimbursable meal options)



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