

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:

- 80% of grain items offered over a week 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 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.

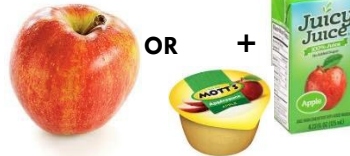


(1 Item)

(1 Item)

8 oz Fluid Milk = 1 Item

Offer 2 milk choices daily

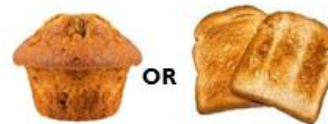


(2 Items)

(1 Item + 1 Item)

1 c Fruit/Vegetable = 2 Items

(½ cup = 1 Item)

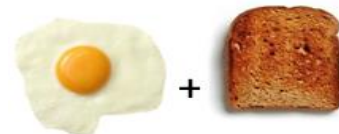


(=2 Items) + (=2 Items)

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

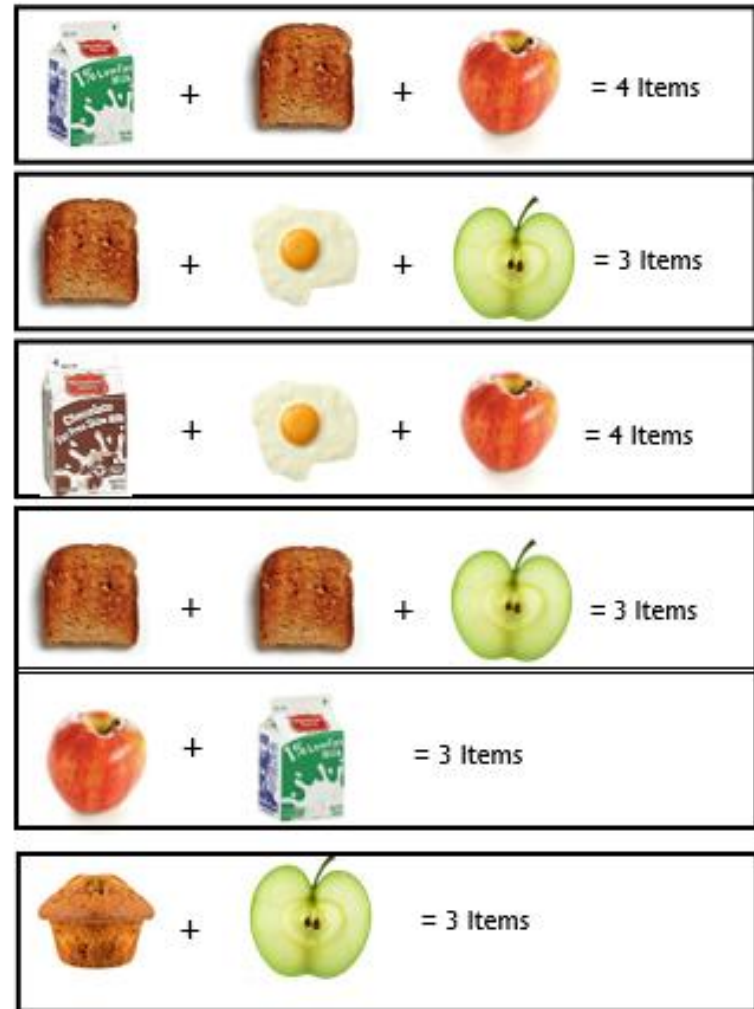
An Item = 1 oz Grain, 1 oz Meat/Meat Alternate, ½ cup Fruit/Vegetable/100% Juice, 8 oz Milk
 Make sure students choose 3 of at least 4 items from the three components (Milk, Fruit/Vegetable, Grain/Meat).
 One of the selections must be at least ½ cup of Fruit/Vegetable.

Offer



Serve

(these are examples of reimbursable meal options)



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