



What's For Breakfast?

**North Carolina Department of Public Instruction
Safe and Healthy Schools Support Division
Child Nutrition Services Section**

Revised July 2014



What's for BREAKFAST?

- Appropriate calorie ranges by grade groups
- Daily and weekly grain minimums
- All grains whole grain-rich
- Change in fruit requirements
- Sodium restrictions
- Saturated and *trans* fat restrictions



Grade Groups similar to Lunch

Three grade groups for planning breakfasts

- K-5
- 6-8
- 9-12

Flexibility in menu planning at breakfast

- All three grade group requirements overlap at breakfast
- A single K-12 menu can be used

Breakfast Meal Components

- Milk
- Fruits
- Grains





Food “Item”

- A specific food offered within the food components
- The daily required minimum amount of each food component that a student can **take**
- A large grain item may count as more than one food item.



Daily Breakfast Meal Pattern

Component	Amount
Milk	1 cup
Fruit	1 cup
Grain	At least 1 oz eq



Weekly Breakfast Meal Pattern

Component	Grades K-5	Grades 6-8	Grades 9-12	Grades K-12
Grains	7 oz eq	8 oz eq	9 oz eq	9 oz eq
Fruit	5 cups	5 cups	5 cups	5 cups
Milk	5 cups	5 cups	5 cups	5 cups

Dietary Standards

1. Calories
2. Saturated Fat
3. Trans fat
4. Sodium





Dietary Standards: Calories

Grade Group	Breakfast Calories
K-5	350-500
6-8	400-550
9-12	450-600
K-12	450-500



Dietary Standards: Sodium and Fat

- First sodium targets - July 2014
- Saturated Fat – less than 10%
- Trans fat – no added/synthetic

Fluid Milk at Breakfast



- Allowable milk options:
 - fat-free (unflavored or flavored)
 - low-fat (unflavored only)
 - fat-free or low-fat (lactose-reduced or lactose-free)
- At least two choices
- Use existing nutrition standards for non-dairy milk substitutes



Fruit requirements

- Minimum 1 cup offered daily
- No maximum as long as nutrient standards are met
- 100% juice allowed with 50% limitation
- Vegetables may be served in place of fruits with subgroup restrictions
- Vegetables may be offered as “extras” and not counted as a component



Additional Fruit Information

- May offer a single fruit type or a combination
- Must select at least $\frac{1}{2}$ cup fruit with OVS
- Frozen fruit with added sugar allowed



Grains at Breakfast

Grains Component	Grades K-5	Grades 6-8	Grades 9-12	Grades K-12
Daily	1 oz eq	1 oz eq	1 oz eq	1 oz eq
Weekly	7 oz eq	8 oz eq	9 oz eq	9 oz eq



Grains at Breakfast

- Sugar in grain items is allowed
 - No grain-based dessert restriction at breakfast
 - Some grain products can *only* be served as desserts in lunch/not allowable in breakfast (i.e. brownies, cookies, etc.)



Grains at Breakfast

- Offer the daily and weekly serving ranges of grains at breakfast
 - 100% whole grain-rich
 - Weekly grain ranges allow daily flexibility
- May use meats/meat alternates as substitute for grains once daily minimum is met



Meats/Meat Alternates for Grain Substitutes

- Menu must provide at least 1 oz eq of grains daily
- The menu planner *may* offer meats/meat alternates at breakfast and substitute it for part of the weekly grains component
- When *used as a grain substitute*, the meats/meat alternates counts toward the weekly grains range *and* the dietary specifications





M/MA as “Extras” at Breakfast

- Must provide at least the minimum daily grain as part of the meal
- No requirement to offer M/MA
- M/MA as “extras” provide additional flexibility for menu planning
 - Not creditable as grains component
 - Not counted for OVS purposes
- Not a required component, so no weekly maximum for “extras”
- Include “extras” in the nutrient analysis and dietary specifications





Grains Combinations and “extras”

Grains-meat/meat alternate combination items (1 oz eq of each)

- When counting the meats/meat alternates as a substitute for grains, the combo will count as more than one item
- If counting the meat/meat alternate as “extra” instead of substitute for the grains component, the sandwich with 1 oz eq of grain is one food item
- Consistency in menu planning is highly recommended!





A reminder - Breakfast Signage Required

The sign is intended to assist students in selecting the meal components that comprise the meal and in the appropriate quantities.





Important Take Away Messages....

- Fruit component offering is 1 cup daily
- No more than half of the fruit may be 100% juice
- Vegetables substituted for fruits with certain restrictions
- All grains whole grain-rich
- Sodium restrictions apply
- For OVS, students must select ½ cup fruit or vegetable.



Important Take Away Messages....

Follow instructions from the menu planner for preparation and service.

Ask questions if you are not clear about the meal composition for each day.

Educate yourself, students, and school staff about changes to the breakfast meal.



Questions?

<http://childnutrition.ncpublicschools.gov>