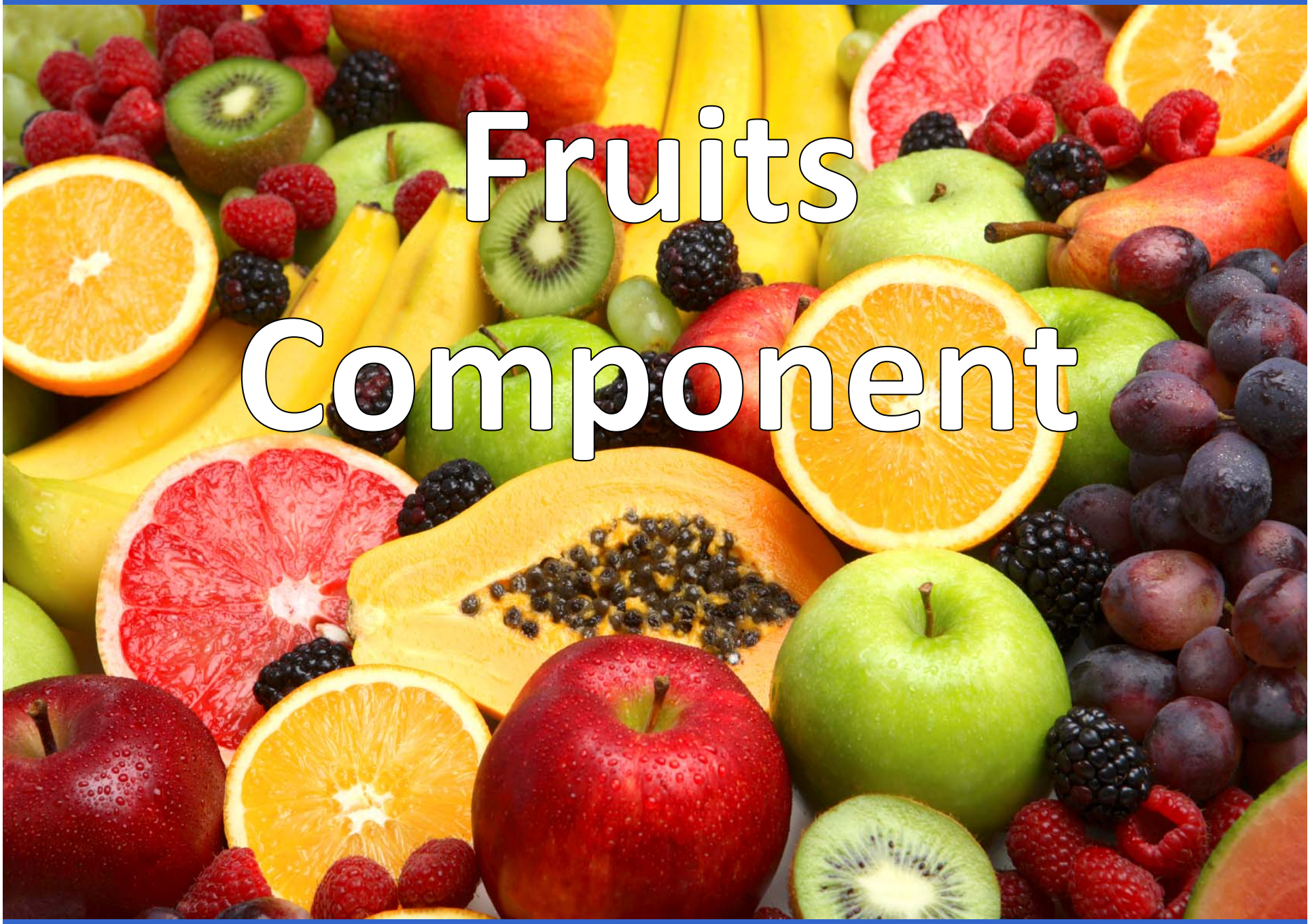
What's for Breakfast?

Meeting the Meal Pattern Requirements for the School Breakfast Program

Connecticut State Department of Education
Bureau of Health/Nutrition, Family Services and Adult Education

Fruits Component



NEW

Fruits at Breakfast (cups) *

Grades	Five-day Week		Seven-day Week	
	Daily	Weekly	Daily	Weekly
K-5	1	5	1	7
6-8	1	5	1	7
9-12	1	5	1	7

* Minimum serving size

for School Year 2014-15

NEW

- Students must take **AT LEAST ½ CUP FRUIT** (or vegetable substitution) for a reimbursable meal

Allowable Fruits

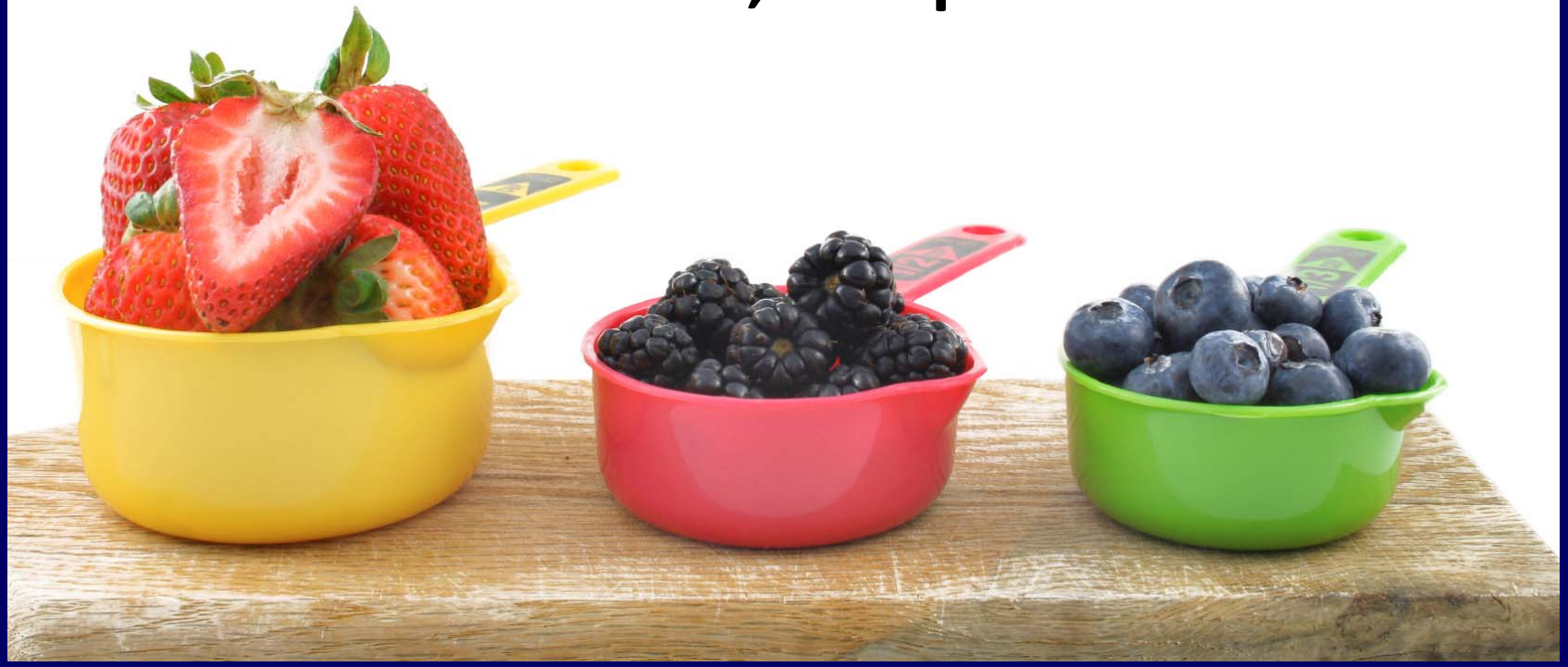
- Fresh
- Frozen (with or without added sugar)
- Canned in juice/light syrup
- Dried

Serving Sizes of Fruits

- Menu planner determines **SERVING SIZES** and **NUMBER** of servings
- Minimum of **⅛ CUP** to count toward daily total

Serving Sizes of Fruits

- Can offer COMBINATION of various fruits to meet daily total
- All servings based on ACTUAL VOLUME SERVED, except dried fruit



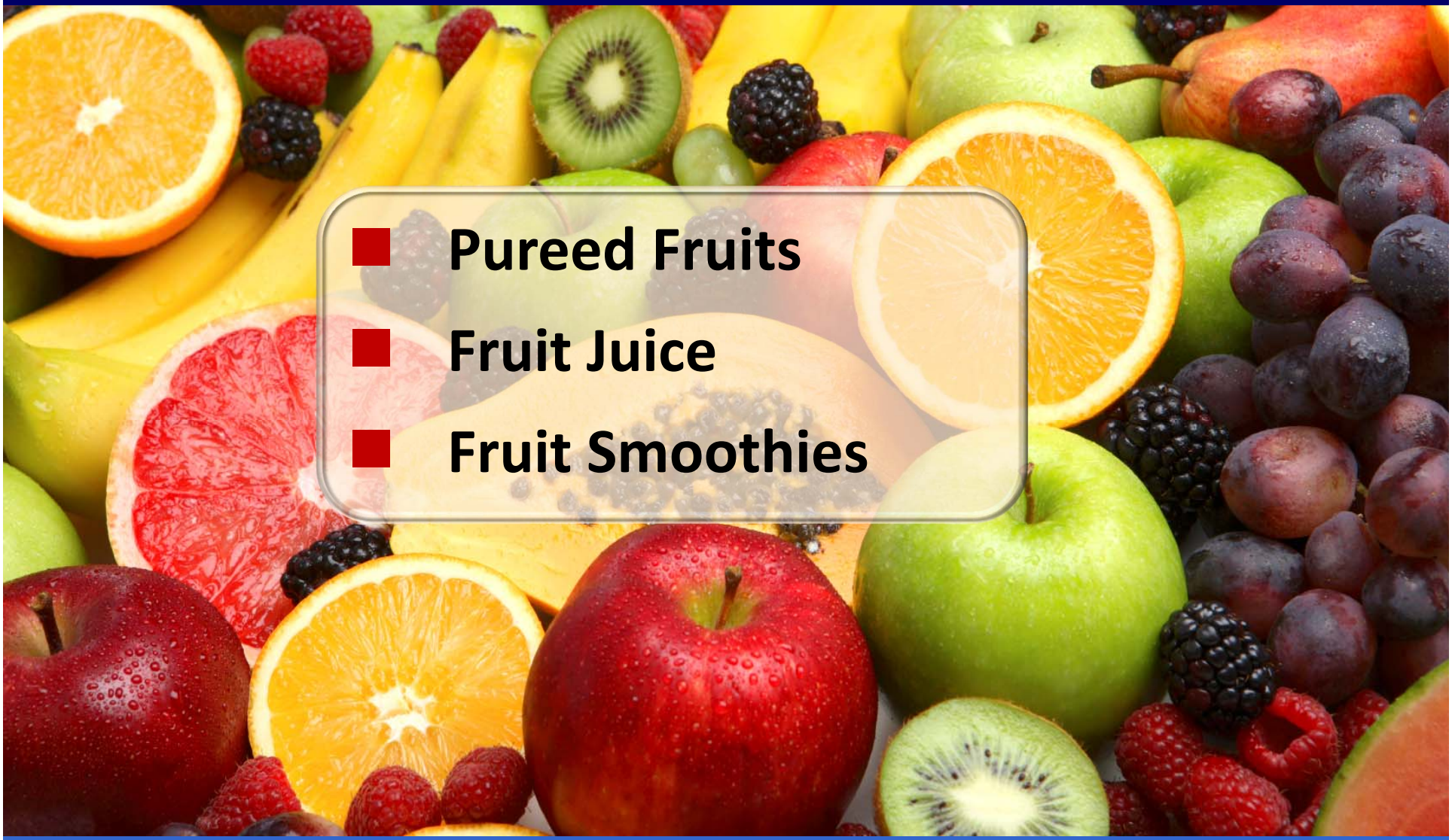
Dried Fruit

- Credits at TWICE the volume served
  - ¼ cup of dried fruit equals ½ cup of fruits component
  - ½ cup of dried fruit equals 1 cup of fruits component

Serving Sizes of Fruits

- Larger amounts may be served if meals meet weekly **DIETARY SPECIFICATIONS** (limits for calories, saturated fat and sodium)

Crediting Considerations for Fruits



- Pureed Fruits
- Fruit Juice
- Fruit Smoothies

Pureed Fruit

- Must be RECOGNIZABLE, e.g., pureed foods made from ONE fruit such as applesauce

- Does NOT credit when used to improve the NUTRIENT PROFILE of a food, e.g., applesauce used to replace oil in muffins

Fruit Juice

- Must be pasteurized 100% FULL-STRENGTH fruit juice without added sugar
  - 100% juice (not from concentrate)
  - 100% juice from concentrate
- Juice concentrates cannot credit when used as an INGREDIENT in foods or beverages

Weekly Juice Limit for Breakfast

- Limited to no more than HALF of weekly fruit offerings
- ½ cup can be served DAILY

All Grades		
Length of Week	Required Weekly Fruit Servings	Maximum Weekly Juice Contribution *
Five Days	5 cups	2 ½ cups
Seven Days	7 cups	3 ½ cups
* Includes all fruit and vegetable juice		

Crediting Juice

CREDITING JUICE

in the National School Lunch Program (NSLP) and School Breakfast Program (SBP)

All juice served in the U.S. Department of Agriculture's (USDA) National School Lunch Program (NSLP) and School Breakfast Program (SBP) must be pasteurized full-strength 100 percent juice. In the NSLP, fruit juice cannot count for more than half of the weekly fruits component and vegetable juice cannot count for more than half of the vegetables component. In the SBP, juice (fruit and vegetable) cannot count for more than half of the weekly fruits component.

Juice does not offer the same nutritional benefits as whole fruits and vegetables. For consistency with the *Dietary Guidelines for Americans*, the Connecticut State Department of Education (CSDE) strongly encourages schools to serve whole fruits and vegetables instead of juice. If juice is served, schools must comply with the weekly juice limits for each meal and grade group (see charts below).

JUICE AT LUNCH

Juice cannot count for more than half of the weekly fruits component or vegetables component at lunch. The charts below show the maximum weekly contribution of juice at lunch based on the meal pattern requirements for fruits and vegetables.

CREDITING FRUIT JUICE AT LUNCH

Grade Group	FIVE-DAY WEEK		SEVEN-DAY WEEK	
	Required Weekly Servings	Maximum Contribution of Juice Toward Weekly Fruits Component	Required Weekly Servings	Maximum Contribution of Juice Toward Weekly Fruits Component
K-5	2 ½ cups	1 ¼ cups	3 ½ cups	1 ¾ cups
6-8	2 ½ cups	1 ¼ cups	3 ½ cups	1 ¾ cups
9-12	5 cups	2 ½ cups	7 cups	3 ½ cups

CREDITING VEGETABLE JUICE AT LUNCH

Grade Group	FIVE-DAY WEEK		SEVEN-DAY WEEK	
	Required Weekly Servings	Maximum Contribution of Juice Toward Weekly Fruits Component	Required Weekly Servings	Maximum Contribution of Juice Toward Weekly Fruits Component
K-5	3 ¾ cups	1 7/8 cups	5 ¼ cups	2 5/8 cups
6-8	3 ¾ cups	1 7/8 cups	5 ¼ cups	2 5/8 cups
9-12	5 cups	2 ½ cups	7 cups	3 ½ cups

Crediting Juice toward the Vegetable Subgroups

Full-strength vegetable juice blends that contain vegetables from the same subgroup contribute toward that vegetable subgroup. For example, a full-strength carrot/tomato vegetable juice blend credits toward the orange/red vegetable subgroup. Full-strength vegetable juice blends containing vegetables from more than one subgroup contribute toward the "other" vegetable subgroup. For example, a full-strength vegetable juice blend containing carrots, spinach, tomato and watercress credits toward the "other" vegetable subgroup. For more information on the vegetable subgroups, see the CSDE's handout, *Vegetable Subgroups*.

CREDITING JUICE, continued

Crediting Fruit and Vegetable Juice Blends

If the first ingredient in a full-strength 100 percent juice blend is a fruit juice, the juice blend contributes to the fruits requirement. If the first ingredient is a vegetable juice, the juice blend contributes to the "other" or "additional" vegetable requirements, depending on the needs of the menu planner.

JUICE AT BREAKFAST

Fruit juice together with vegetable juice cannot count for more than half of the weekly fruits component at breakfast. Vegetable juice blends served at breakfast credit the same as at lunch (see "Crediting Juice toward the Vegetable Subgroups" on page 1).

The weekly fruits requirement for all grades at breakfast is 5 cups for a five-day week and 7 cups for facilities operating on a seven-day week, e.g., residential child care institutions. The chart below shows the maximum weekly contribution of juice at breakfast based on the meal pattern requirements for fruits.

CREDITING FRUIT JUICE AT BREAKFAST 2014-15 (Effective July 1, 2014) *

Grade Group	FIVE-DAY WEEK		SEVEN-DAY WEEK	
	Required Weekly Servings	Maximum Contribution of Juice Toward Weekly Fruits Component	Required Weekly Servings	Maximum Contribution of Juice Toward Weekly Fruits Component
K-5	5 cups	2 ½ cups	7 cups	3 ½ cups
6-8	5 cups	2 ½ cups	7 cups	3 ½ cups
9-12	5 cups	2 ½ cups	7 cups	3 ½ cups

* The breakfast meal pattern does not include a vegetables component. Vegetables (including juice) may be substituted for fruits but the first two cups per week must be from the dark green, red/orange, beans and peas (legumes) or "other" vegetable subgroups.

For more information, see the Connecticut State Department of Education's (CSDE) *Menu Planning Guide for School Meals* and Meal Patterns and Crediting Foods Web pages or contact the school nutrition programs staff in the CSDE Bureau of Health/Nutrition, Family Services and Adult Education, 25 Industrial Park Road, Middletown, CT 06457.

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http://www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/nslp/crediting_juice.pdf

School-made Fruit Smoothies

- Milk must be low-fat (1%) unflavored or fat-free unflavored or flavored
  - Credits as fluid MILK if 1 cup
  - Must still offer MILK VARIETY on serving line

- Pureed fruit credits only as JUICE, based on volume of pureed fruit
  - Counts toward weekly juice limit

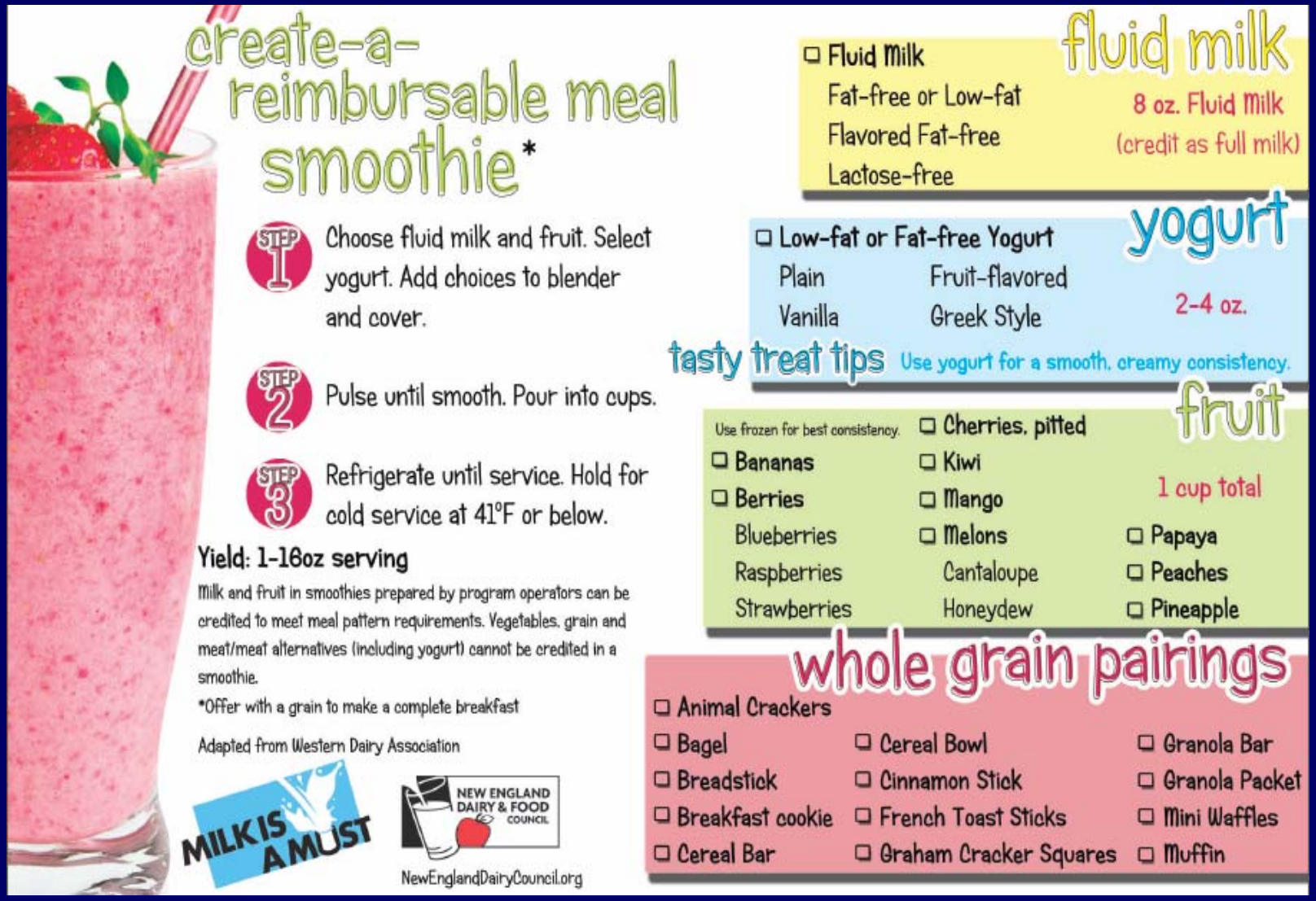
Operational Memorandum 5-14: http://www.sde.ct.gov/sde/LIB/sde/pdf/DEPS/Nutrition/OPmemos/14/OM_5-14.pdf

School-made Fruit Smoothies

- Yogurt and soy yogurt credit as MEAT ALTERNATE at BREAKFAST ONLY
- Vegetables, grains and other meat/meat alternates CANNOT credit but must count toward weekly dietary specifications

Operational Memorandum 5-14: http://www.sde.ct.gov/sde/LIB/sde/pdf/DEPS/Nutrition/OPmemos/14/OM_5-14.pdf

Smoothie Recipe Booklet



create-a-reimbursable meal smoothie*

STEP 1 Choose fluid milk and fruit. Select yogurt. Add choices to blender and cover.

STEP 2 Pulse until smooth. Pour into cups.

STEP 3 Refrigerate until service. Hold for cold service at 41°F or below.

Yield: 1-16oz serving

Milk and fruit in smoothies prepared by program operators can be credited to meet meal pattern requirements. Vegetables, grain and meat/meat alternatives (including yogurt) cannot be credited in a smoothie.

*Offer with a grain to make a complete breakfast

Adapted from Western Dairy Association

MILK IS A MUST

NEW ENGLAND DAIRY & FOOD COUNCIL

NewEnglandDairyCouncil.org

fluid milk

8 oz. Fluid Milk (credit as full milk)

- ❑ Fluid Milk
  - Fat-free or Low-fat
  - Flavored Fat-free
  - Lactose-free

yogurt

2-4 oz.

- ❑ Low-fat or Fat-free Yogurt
  - Plain
  - Vanilla
  - Fruit-flavored
  - Greek Style

tasty treat tips Use yogurt for a smooth, creamy consistency.

fruit

1 cup total

Use frozen for best consistency.

- ❑ Bananas
- ❑ Berries
  - Blueberries
  - Raspberries
  - Strawberries
- ❑ Cherries, pitted
- ❑ Kiwi
- ❑ Mango
- ❑ Melons
  - Cantaloupe
  - Honeydew
- ❑ Papaya
- ❑ Peaches
- ❑ Pineapple

whole grain pairings

- ❑ Animal Crackers
- ❑ Bagel
- ❑ Breadstick
- ❑ Breakfast cookie
- ❑ Cereal Bar
- ❑ Cereal Bowl
- ❑ Cinnamon Stick
- ❑ French Toast Sticks
- ❑ Graham Cracker Squares
- ❑ Granola Bar
- ❑ Granola Packet
- ❑ Mini Waffles
- ❑ Muffin

http://www.newenglanddairycouncil.org/docs/Smoothies/Smoothie%20card.final.pdf

School-made Fruit Smoothies

- Must INFORM students about the components included by listing the type of smoothie on the menu and serving line signage

TODAY'S MENU

Strawberry and yogurt smoothie

Operational Memorandum 5-14: http://www.sde.ct.gov/sde/LIB/sde/pdf/DEPS/Nutrition/OPmemos/14/OM_5-14.pdf

Vegetable Substitutions

- May be substituted if at least **2 CUPS** per week are from
  - dark green subgroup
  - red/orange subgroup
  - beans and peas (legumes) subgroup
  - "other" subgroup
- Starchy vegetables may be offered if the weekly menu includes **AT LEAST 2 CUPS** of nonstarchy vegetables

Vegetables at Breakfast Sample Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Choose 1	Choose 1	Choose 1	Choose 1	Choose 1
Hard Boiled Egg with Whole-wheat Toast OR Cereal & Graham Crackers	French Toast Sticks OR Cereal & Graham Crackers	Breakfast Burrito OR Cereal & Graham Crackers	Peach Smoothie* with Muffin **Try our new breakfast smoothie made with fruit, milk and yogurt!* OR Cereal & Graham Crackers	Whole-wheat Sesame Bagel with Cream Cheese OR Cereal & Graham Crackers
Choose 1 or 2 (Limit of 1 juice)	Choose 1 or 2 (Limit of 1 juice)	Choose 1 or 2 (Limit of 1 juice)	Choose 1 or 2 (Limit of 1 juice)	Choose 1 or 2 (Limit of 1 juice)
Orange Juice Assorted Fruits Hash Brown Potatoes	Fruit Cup Orange Wedges Carrot Sticks	Salsa Banana Cran-apple Juice	Applesauce Raisins Celery Sticks with Hummus Dip	Cucumber Slices Melon Wedge Fruit Juice
Take at least one fruit or vegetable each day to make a meal!				
Choose 1	Choose 1	Choose 1	Choose 1	Choose 1
Milk Choice	Milk Choice	Milk Choice	Milk Choice	Milk Choice

Vegetable Subgroups

National School Lunch Program (NSLP) and School Breakfast Program (SBP)

VEGETABLE SUBGROUPS [1]

The U.S. Department of Agriculture's (USDA) meal patterns for the NSLP and SBP include five subgroups of vegetables that count toward the daily and weekly vegetable requirements. These subgroups are based on the recommendations of the 2010 *Dietary Guidelines for Americans*. [2] The chart below identifies some commonly eaten vegetables in each subgroup.

DARK GREEN fresh, frozen and canned		RED/ORANGE fresh, frozen and canned	BEANS AND PEAS (LEGUMES)* Canned, frozen or cooked from dry	
arugula	endive	acorn squash	black beans	mung beans
beet greens	escarole	carrots	black-eyed peas (mature, dry)	navy beans
bok choy	fiddle heads	butternut squash	cowpeas	pink beans
broccoli	grape leaves	cherry peppers	edamame	pinto beans
broccoli rabe (rapini)	kale	chili peppers (red)	fava beans	red beans
broccolini	mesclun	Hubbard squash	garbanzo beans (chickpeas)	refried beans
butterhead lettuce (Boston, bibb)	mustard greens	orange peppers	Great Northern beans	soy beans (mature, dry)
chicory	parsley	pimientos	kidney beans	split peas
Chinese cabbage	spinach	pumpkin	lentils	white beans
celery cabbage	Swiss chard	red peppers	lima beans, (mature, dry)	* Does not include green peas, green lima beans and green (string) beans
cilantro	red leaf lettuce	salsa (all vegetables)		
collard greens	romaine lettuce	sweet potatoes/yams		
	turnip greens	tomatoes		
	watercress	tomato juice		
		winter squash		

STARCHY fresh, frozen and canned	OTHER fresh, frozen and canned		
black-eyed peas, fresh (not dry)	artichokes	cucumbers	purple peppers
corn	asparagus	daikon (oriental radish)	pickles (cucumber)
cassava	avocado	eggplant	radishes
cowpeas, fresh (not dry)	bamboo shoots	fennel	rhubarb
field peas, fresh (not dry)	bean sprouts, cooked only (for food safety), e.g., alfalfa, mung	garlic	rutabagas
green bananas	beans, green and yellow	green chili peppers	shallots
green peas	beets	green peppers	sauerkraut
jicama	breadfruit	horseradish	seaweed
lima beans, green (not dry)	Brussels sprouts	iceberg lettuce	snap peas
parsnips	cabbage, green and red	kohlrabi	snow peas
pigeon peas, fresh (not dry)	cactus (nopales)	leeks	spaghetti squash
plantains	cauliflower	mushrooms	tomatillo
potatoes	celeriac	okra	turnips
poi	celery	olives	wax beans
taro	chayote (mirliton)	onions	yellow peppers
water chestnuts	chives	peas in pod, e.g., snap peas, snow peas	yellow summer squash
yautia (tannier)		pepperoncini	zucchini squash

[1] All vegetables credit based on volume except raw leafy greens count as half the volume served and tomato paste and puree credit based on the volume as if reconstituted (see the USDA's *Food Buying Guide for Child Nutrition Programs*). Vegetable juice must be pasteurized 100 percent full-strength juice and cannot count for more than half of the weekly vegetables component.

[2] For more information, see the *Dietary Guidelines* and the vegetables group in Choose MyPlate.

For more information, see the Connecticut State Department of Education's (CSDE) Meal Patterns Web page and Crediting Foods Web page or contact the school nutrition programs staff in the CSDE Bureau of Health/Nutrition, Family Services and Adult Education, 25 Industrial Park Road, Middletown, CT 06457.

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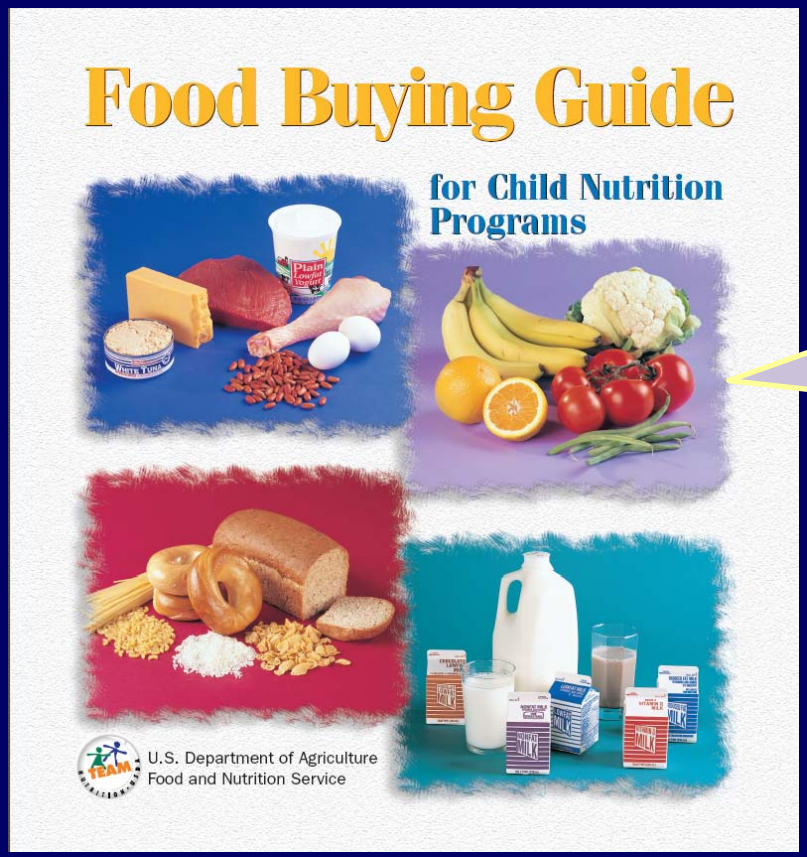
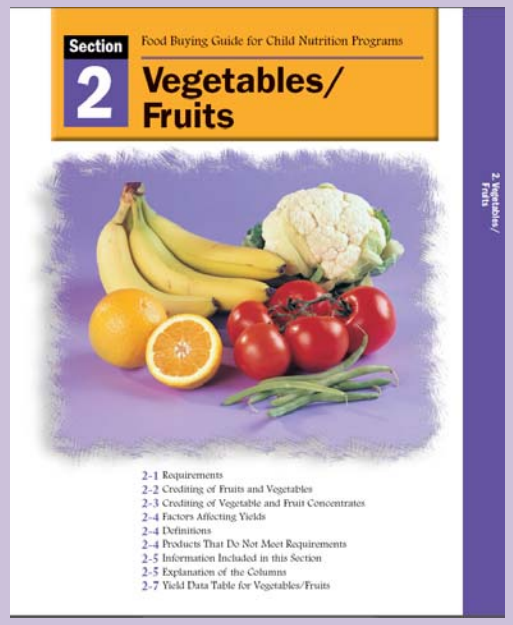
Connecticut State Department of Education • March 2012 (Revised July 2014)

http://www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/nslp/vegetable_groups.pdf

Crediting Information for Fruits

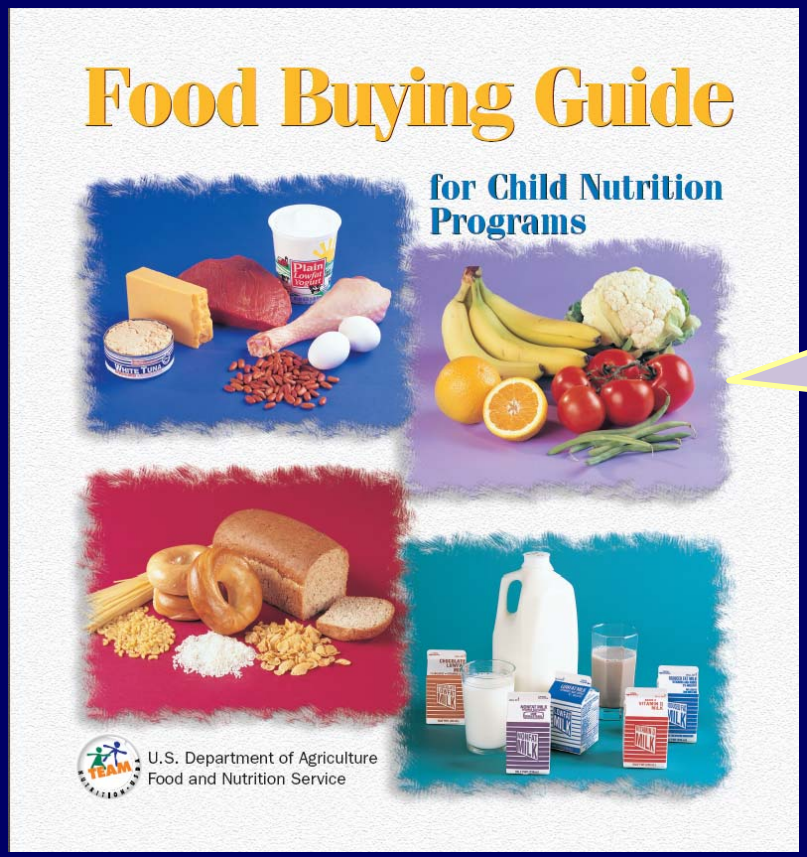


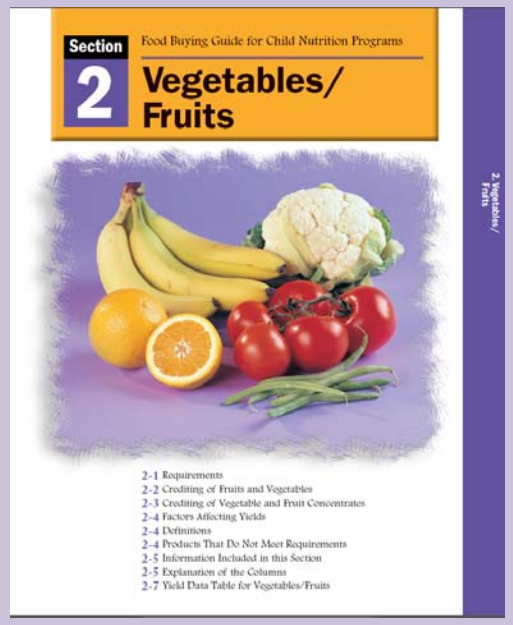


Revised online sections to separate fruits and vegetables

http://www.fns.usda.gov/tn/food-buying-guide-school-meal-programs

Crediting Information for Vegetables





Revised online sections to separate vegetables and fruits

http://www.fns.usda.gov/tn/food-buying-guide-school-meal-programs

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Fruits Component is the third section of the *What's for Breakfast* presentation available from the CSDE School Breakfast Program Web site

1. Meal Pattern Overview
2. Milk Component
3. Fruits Component (with Vegetable Substitutions)
4. Grains Component
   - Meat/Meat Alternate Substitutions
   - Grains Resources
5. Noncreditable Foods
6. Dietary Specifications (Nutrition Standards)
7. Offer versus Serve (OVS)
8. Meal or No Meal: Breakfast Edition
9. Menu Planning Resources

http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=320662