

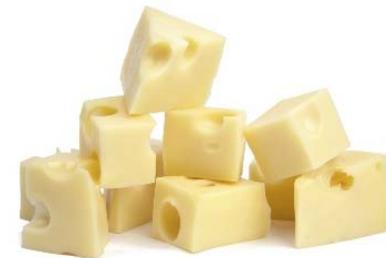
What's for Breakfast?

Meeting the Meal Pattern Requirements for the School Breakfast Program



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

Meat/Meat Alternate Substitutions



Meat/Meat Alternates (Grain Substitutes)

- Optional
- Can only be offered after **MINIMUM DAILY** grains (1 ounce equivalent)
- Minimum of **¼ OZ EQ** to count toward daily total
- Schools can choose to offer
 - ▶ **IN PLACE** of grains
 - ▶ as an **EXTRA**



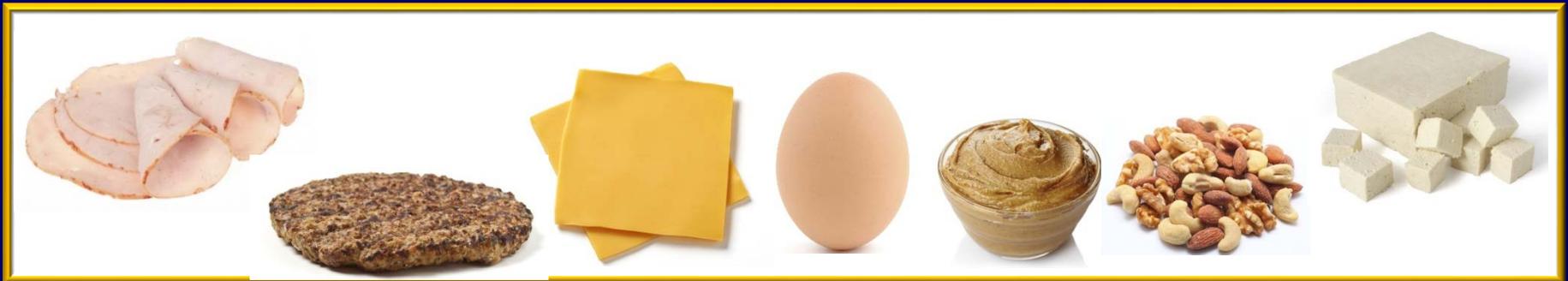
Serving Sizes for Meat/Meat Alternates

- Meat products without binders and extenders credit based on **SERVING WEIGHT**
- If products contain binders and extenders, they credit based only on **ACTUAL AMOUNT OF MEAT**
 - ▶ Require PFS



1 Ounce Equivalent of Meat/Meat Alternates

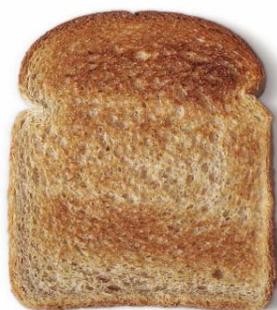
- 1 ounce of cooked lean meat, poultry or fish
- 1 ounce of natural or process cheese (low-fat recommended)
- 2 ounces of cottage cheese/ricotta, cheese food/spread and cheese substitute
- ¼ cup of cooked beans and peas (legumes)
- ½ large egg
- 2 tablespoons of nut butters
- 1 ounce of nuts or seeds
- 2.2 ounces (¼ cup) of commercial tofu (containing at least 5 grams of protein)
- ½ cup of yogurt or soy yogurt
- 1 ounce of alternate protein products (APP)



Meat/Meat Alternates at Breakfast

EXAMPLE OF OPTION 1

Offer meat/meat alternate **IN PLACE** of grains



Planned Menu	Meal Pattern Components	Food Items
Whole-wheat toast (1-ounce slice)	Grains, 1 ounce equivalent	1
Low-fat cheese stick (1 ounce)	Grains, 1 ounce equivalent (grains substitution)	1
Banana (½ cup)	Fruits, ½ cup	1
Orange juice (½ cup)	Fruits, ½ cup	1
Milk choice (1 cup)	Milk, 1 cup	1
TOTAL		5

Meat/Meat Alternates at Breakfast

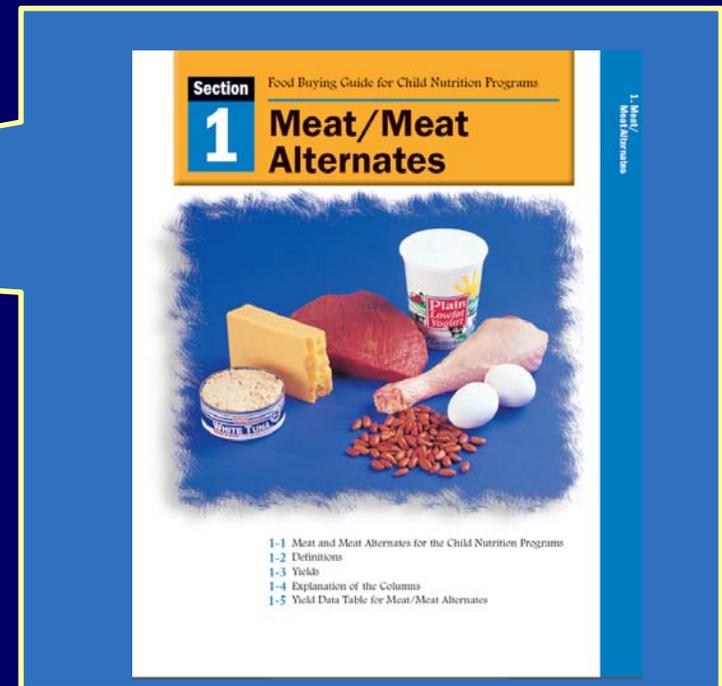
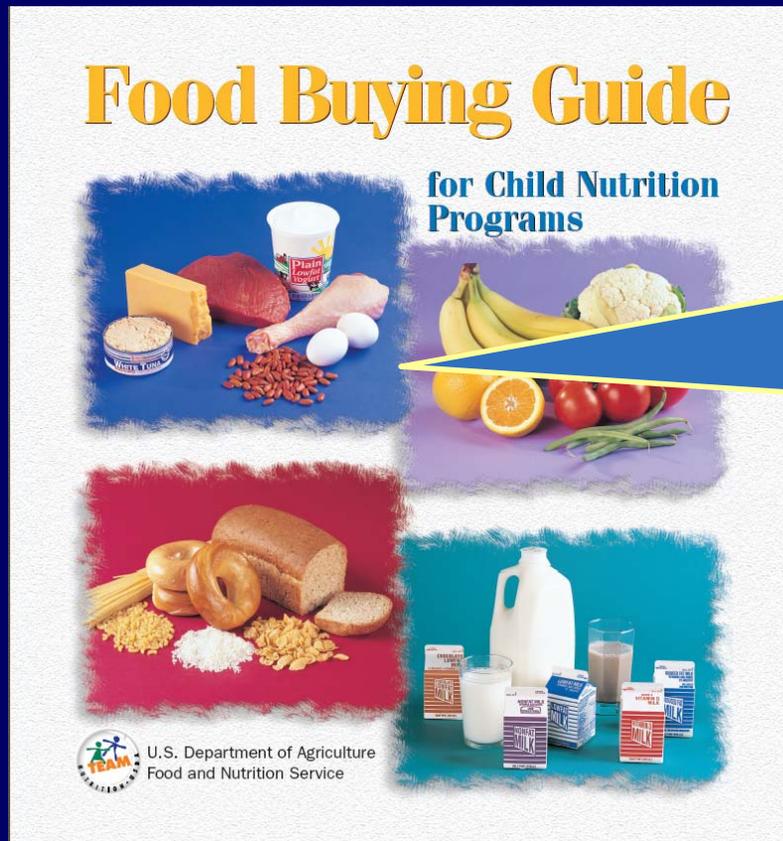
EXAMPLE OF OPTION 2

Offer meat/meat alternate as **EXTRA FOOD**



Planned Menu	Meal Pattern Components	Food Items
Hard-boiled egg (½ egg)	None (extra food)	0
Whole-wheat blueberry muffin (2 ounces)	Grains, 1 ounce equivalent	1
Canned peaches (½ cup)	Fruits, ½ cup	1
Banana (½ cup)	Fruits, ½ cup	1
Milk choice (1 cup)	Milk, 1 cup	1
TOTAL		4

Crediting Information for Meat/Meat Alternates



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

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Photograph Acknowledgments

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- **© iStock.com**
Slides 2-7

Meat/Meat Alternate Substitutions is the fourth 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>