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

Offer versus Serve (OVS) at Breakfast

OVS at Breakfast

- OPTIONAL for all grades
- Meals must include at least 4 ITEMS from the 3 required food components (milk, fruits, grains)

NEW

- Students must select at least 3 FOOD ITEMS including ½ CUP OF FRUIT (or vegetable substitution)
- Same meal price if student declines any items

Student Selections

Students must select at least the DAILY MINIMUM required by the meal pattern to count as a food item for OVS (except for fruits component)

Components versus Items

- **FOOD COMPONENT**
  One of the THREE food groups that make up the reimbursable breakfast
  1. **Grains (with optional meat/meat alternate as grains substitution)**
  2. **Fruits (with optional vegetable substitutions)**
  3. **Milk**

Components versus Items

- **FOOD ITEM**
  A SERVING of food offered within the three food components

Components versus Items at Breakfast

Whole-grain 2-ounce Bagel (2 oz eq)

1 Food Component (GRAINS)

How many food items?

2 food items (2 grains)

Components versus Items at Breakfast

Variety of Assorted Fruit Choices
(½ cup each)

1 Food Component (FRUITS)

How many food items?

4 food items (4 fruits)

Components versus Items at Breakfast

School-made Smoothie with Milk (1 cup) and Fruit (½ cup)

2 Food Components (MILK AND FRUIT)

How many food items?

2 food items (1 milk and 1 fruit)

Components versus Items at Breakfast

½ cup of Yogurt (1 oz eq)
and Fruit (½ cup) with
¼ cup of Granola (1 oz eq)

2 Food Components
(GRAINS AND FRUIT)

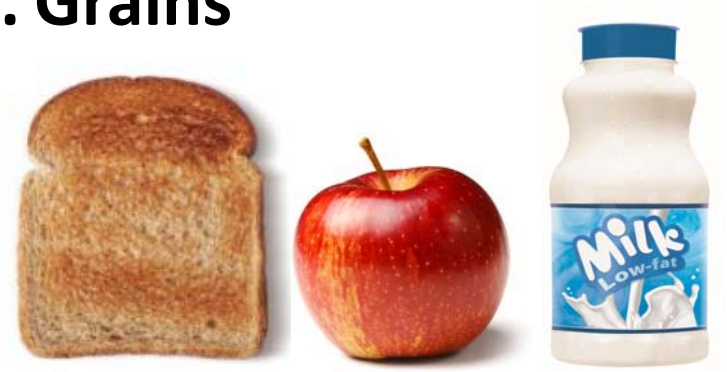
How many food items?

3 food items (2 grains* and 1 fruit)

* Includes 1 meat/meat alternate (yogurt) as grain substitution

Menu Planning Decisions

Menu Planning for OVS at Breakfast

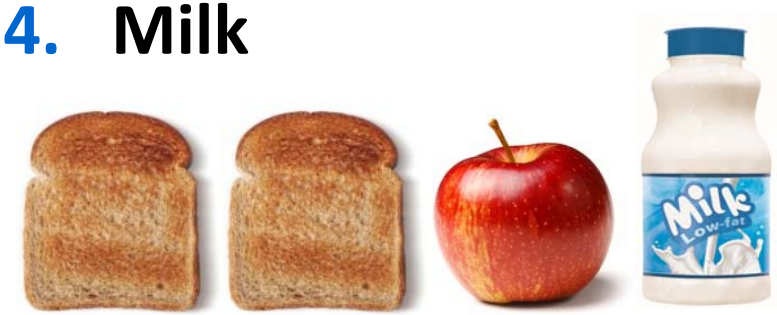
Without OVS (Minimum of 3 Food Items)	With OVS (Minimum of 4 Food Items)
1. Milk 2. Fruits (or vegetable substitutions) 3. Grains 	1. Milk 2. Fruits (or vegetable substitutions) 3. Grains 4. Additional item from fruits (including vegetable substitutions) or grains (including meat/meat alternate substitutions)
Student CANNOT decline any food items	Student must take AT LEAST 3 FOOD items including AT LEAST ½ CUP OF FRUIT

Menu Planning for OVS at Breakfast

Acceptable Menus

(Plan a MINIMUM OF 4 Food Items) *

1. **Grains**
2. **Grains** (or meat/meat alternate substitutions)
3. **Fruits**
4. **Milk**



1. **Grains**
2. **Fruits** (or vegetable substitutions)
3. **Fruits** (or vegetable substitutions)
4. **Milk**

***The four food items cannot include two servings of milk**

Menu Planning at Breakfast

The menu **OFFERINGS** determine what students can **SELECT** for a reimbursable breakfast under OVS

Menu Planning at Breakfast

Menu planner determines HOW TO OFFER food items

- **Be consistent**
- **Communicate with staff and students**

1.5 oz eq muffin =
1 food item (grains)

2.5 oz eq muffin =
2 food items (grains)

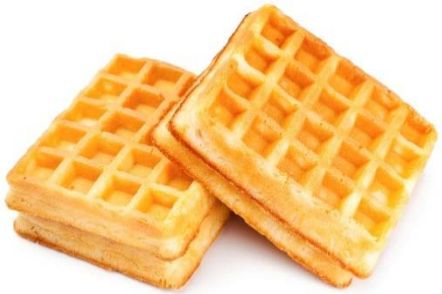
2 oz eq omelet = 2 food items
(meat/meat alternates as grain substitutions)

Menu Planning at Breakfast

Menu planner decides whether to count 1 cup of fruit as ONE item or TWO items

One Fruit as Two Items

PLANNED Breakfast Menu



2 oz eq

1 cup

1 cup

Student SELECTS

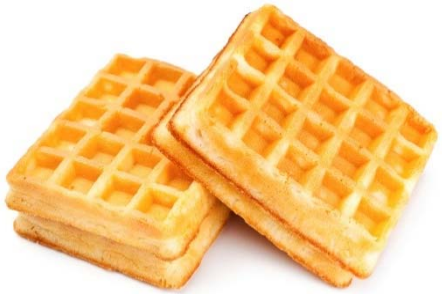
2 fruits

1 milk

Reimbursable Meal

One Fruit as One Item

PLANNED Breakfast Menu



2 oz eq

1 cup

1 cup

Student SELECTS

1 fruit

1 milk

NOT Reimbursable Meal

Best Practice for Fruits with OVS

- **Offer all fruits (and vegetable substitutions) in ½-CUP SERVINGS**

Meeting Juice Limits with OVS

- No more than **HALF** of the daily 1 cup of fruit offerings can come from juice
- If menu offers the 1 cup requirement as a **VARIETY** of ½-cup fruit and juice choices and allows **TWO SELECTIONS**, students can take only **ONE JUICE**

Sample Language for Assorted Fruit and Juice Choices with OVS

FRUITS *

Choose 2 fruits OR
Choose 1 fruit and 1 juice

- Fresh fruit
- Canned fruit
- Fruit or vegetable juice
- Fresh vegetables

*** ½-cup servings**

FRUITS *

Choose up to 2 fruits
(no more than 1 juice)

- Fresh fruit
- Canned fruit
- Fruit or vegetable juice
- Fresh vegetables

*** ½-cup servings**

Menu Planning at Breakfast

Schools must **IDENTIFY CONTENT** of reimbursable meals **NEAR OR AT THE BEGINNING** of serving lines so students know what to select

- Schools decide **HOW** to identify meals

Identify Reimbursable Breakfasts

Breakfast includes 5 food items: 2 grains, 2 fruits and 1 milk

Choose 3 or more items including fruit

- **Choose up to 2**
  Whole-grain cereal, whole-wheat bagel, whole-grain corn muffin, yogurt, hard-boiled egg, whole-grain waffles
- **Choose 2 fruits OR 1 fruit and 1 juice**
  Fresh fruit, canned fruit, assorted juices
- **Choose 1**
  Low-fat, nonfat or fat-free chocolate

Best Practice for Signage

Provide signage THROUGHOUT serving line to guide student selections

Select
1 MILK
Fat-free,
Low-fat or Fat-free
Chocolate

Select
1 or 2 FRUITS *

*A complete meal includes at least 1 fruit!

Select
1 or 2
GRAINS

Menu Planning at Breakfast

Menu planner decides whether to allow students to select DUPLICATE food items (except milk)

Sample Breakfast Menu 1

Choose AT LEAST 1 FRUIT and 2 OTHER food items.

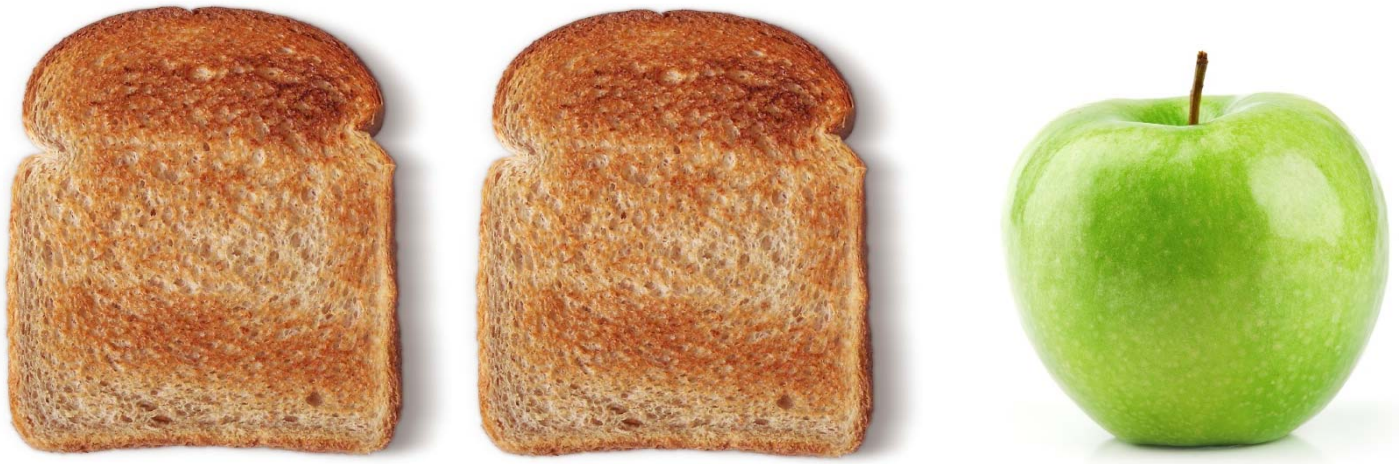
For best nutrition, choose all 5!

MILK	FRUITS	GRAINS AND MEAT/MEAT ALTERNATES	
CHOOSE 1	**CHOOSE UP TO 2 ***	**CHOOSE UP TO 2**	
■ Low-fat (1%) ■ Fat-free ■ Fat-free chocolate ■ Fat-free strawberry	■ Fresh cut-up fruit ■ Canned fruit ■ Whole fruit ■ 100 percent fruit juice ■ Fresh veggies * Choose 2 fruits OR 1 fruit and 1 juice	■ Whole-grain cereals, assorted ■ Oatmeal ■ Whole-grain toast ■ Whole-grain muffins, assorted ■ Whole-grain mini bagel ■ Whole-grain mini pancakes	■ Yogurt, assorted flavors ■ Peanut butter ■ Low-fat cheese stick

Student Selects

Reimbursable Meal

Student Selects



Reimbursable Meal

Student Selects

Reimbursable Meal

Student Selects

NOT Reimbursable Meal

Sample Breakfast Menu 2

Choose AT LEAST 1 FRUIT and 2 OTHER food items.

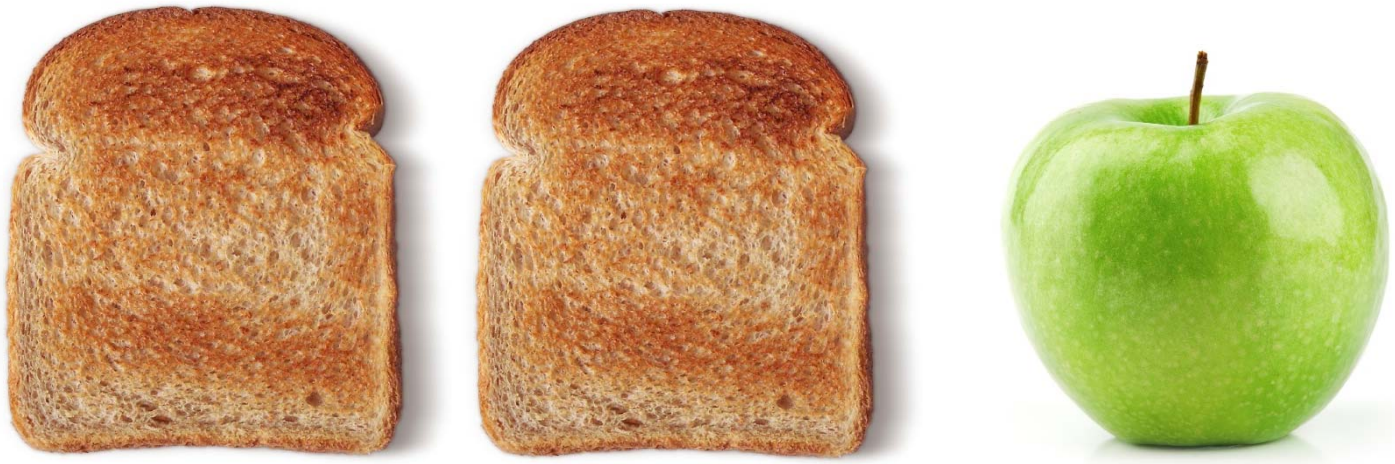
For best nutrition, choose all 5!

MILK	FRUITS	GRAINS	MEAT/MEAT ALTERNATES
CHOOSE 1	**CHOOSE up to 2 ***	**CHOOSE 1**	**CHOOSE 1**
■ Low-fat (1%) ■ Fat-free ■ Fat-free chocolate ■ Fat-free strawberry	■ Fresh cut-up fruit ■ Canned fruit ■ Whole fruit ■ 100 percent fruit juice ■ Fresh veggies * Choose 2 fruits OR 1 fruit and 1 juice	■ Whole-grain cereals, assorted ■ Oatmeal ■ Whole-grain toast ■ Whole-grain muffins, assorted ■ Whole-grain mini bagel ■ Whole-grain mini pancakes	■ Yogurt, assorted flavors ■ Peanut butter ■ Low-fat cheese stick

Student Selects

NOT Reimbursable Meal

Student Selects



NOT Reimbursable Meal

Student Selects

Reimbursable Meal

School Nutrition Programs Staff

County Assignments	Consultant	E-mail and Phone
■ Fairfield County	Fionnuala Brown	fionnuala.brown@ct.gov 860-807-2129
■ Hartford County (towns/cities beginning with A-R)	Teri Dandeneau	teri.dandeneau@ct.gov 860-807-2079
■ Hartford County (towns/cities beginning with S-W) ■ Windham County	Susan Alston	susan.alston@ct.gov 860-807-2081
■ Litchfield County	Allison Calhoun-White	allison.calhoun-white@ct.gov 860-807-2008
■ Middlesex County ■ Tolland County	Andy Paul	andrew.paul@ct.gov 860-807-2048
■ New Haven County	Jackie Schipke	jackie.schipke@ct.gov 860-807-2123
■ New London County	Monica Pacheco	monica.pacheco@ct.gov 860-807-2073

Nutrition Education
Susan Fiore susan.fiore@ct.gov • 860-807-2075

Connecticut State Department of Education • Bureau of Health/Nutrition, Family Services and Adult Education
25 Industrial Park Road • Middletown, CT 06457

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Photograph Acknowledgments

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  Slides 4-9, 11-25, 29-32, 34-36
- **National Dairy Council**
  slides 4-6, 12-13, 19-20, 31 and 36 (low-fat milk)
  slide 10 (yogurt parfait)
  slides 29, 32 and 34 (yogurt)

Offer versus Serve is the seventh 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