

School Breakfast Program (SBP)

Seven-day Breakfast Menu Planning Form for Ages 3-4

The U.S. Department of Agriculture (USDA) final rule, *Child and Adult Care Food Program: Meal Pattern Revisions Related to the Healthy, Hunger-Free Kids Act of 2010*, updates the NSLP preschool meal pattern, effective October 1, 2017. The current [preschool breakfast meal pattern](#) requirements under 7 CFR 226 remain in effect until that time. For more information, see the USDA's [Nutrition Standards for CACFP Meals and Snacks](#) Web page.

School:

Week of:

Food Components ¹	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Milk ($\frac{3}{4}$ cup) ² Low-fat (1% or less, unflavored only) or fat-free (unflavored or flavored)							
Vegetables/Fruits ($\frac{1}{2}$ cup) ³ Fruit and/or vegetable or full-strength fruit juice or vegetable juice							
Select one serving from the grains/breads and meat/meat alternates components, two from one component, or an equivalent combination ⁴							
Grains/Breads ⁵ Whole-grain or enriched bread ($\frac{1}{2}$ serving) Whole-grain or enriched biscuit, roll, muffin or other breads ($\frac{1}{2}$ serving) Whole-grain, enriched or fortified cereal ⁶ ($\frac{1}{3}$ cup or $\frac{1}{2}$ ounce)							
Meat/Meat Alternates Lean meat, poultry or fish ⁷ ($\frac{1}{2}$ ounce) or Alternate protein products ⁸ ($\frac{1}{2}$ ounce) or Cheese ($\frac{1}{2}$ ounce) or egg ($\frac{1}{2}$ large) or Peanut butter (1 tablespoon) or Cooked dry beans and peas (2 tablespoons) or Nuts and seeds ⁹ ($\frac{1}{2}$ ounce) or Yogurt ($\frac{1}{4}$ cup)							
Other foods ¹⁰ <i>Do not credit toward the meal pattern</i>							

◀ See page 2 for important menu planning notes ▶

SBP Seven-day Breakfast Menu Planning Form for Ages 3-4

- 1 Children may be served larger portions but not less than the minimum quantities specified. Use the U.S. Department of Agriculture's (USDA) [Food Buying Guide for Child Nutrition Programs](#) to determine the amount of purchased food that meets the minimum requirements. For processed foods, review [Child Nutrition \(CN\) labels](#) or [product formulation statements](#).
- 2 Schools must offer at least two different varieties (fat content and/or flavor) of unflavored low-fat (1%) milk or fat-free milk (unflavored or flavored). Whole milk, reduced-fat (2%) milk, and flavored low-fat milk cannot be served. The milk variety requirement can be met over the week rather than daily for RCCIs that are juvenile detention or correctional facilities, or have legitimate safety concerns about offering different types of milk to students. For example, a RCCI may offer all students flavored nonfat milk on some days of the week and unflavored low-fat milk on other days. To implement this provision, eligible RCCIs must submit a [Meal Pattern Exception Request Form](#) to the CSDE.
- 3 Serve a fruit or vegetable, combination of fruit and vegetable, or pasteurized 100 percent full-strength juice (fruit, vegetable, or combination). Full-strength juice cannot count for more than half of the total requirement.
- 4 Serve one of the following four options: 1) one serving of grains/breads and one serving of meat/meat alternates; 2) two servings of grains/breads; 3) two servings of meats/meat alternates; or 4) an equivalent combination that totals two servings, e.g., 1 ½ servings of grains/breads and ½ serving of meat/meat alternate.
- 5 All grains/breads must be whole grain or enriched, and must meet the minimum serving sizes specified in [Serving Sizes for Grains/Breads for Preschool Meals in the National School Lunch Program \(NSLP\) and School Breakfast Program \(SBP\)](#). Alternatively, schools can choose to use the minimum ounce equivalents specified in [Whole Grain-rich Ounce Equivalents for School Nutrition Programs](#). **Note:** The "grains/breads" component of the preschool meal pattern applies only to children ages 1-4. For children ages 5 and older, the NSLP meal pattern applies and the whole grain-rich "grains" component replaces the "grains/breads" component. For more information, see [Criteria for Whole Grain-rich Foods](#).
- 6 Breakfast cereals must be whole grain, enriched, or fortified. One serving must meet the requirements for either measure (cups) or weight (ounces), whichever is less.
- 7 The serving size refers to the edible portion of cooked lean meat, poultry, or fish as served, e.g., cooked lean meat without bone.
- 8 Alternate protein products must meet the USDA requirements specified in appendix A to Part 210 of the [NSLP regulations](#). For more information, see the [Crediting Foods](#) Web page.
- 9 One ounce of nuts or seeds equals one ounce of cooked lean meat, poultry, or fish. Tree nuts and seeds that credit as meat alternates include almonds, Brazil nuts, cashews, filberts, macadamia nuts, peanuts, pecans, walnuts, pine nuts, pistachios, and soynuts. No more than one ounce of nuts or seeds may be served in any one breakfast. Children younger than 4 are at the highest risk of choking. The USDA recommends that any nuts or seeds served to young children are in a prepared food and are ground or finely chopped.
- 10 Other foods do not contribute to the meal pattern, e.g., condiments such as butter and syrup. For more information, see [Noncreditable Foods in School Nutrition Programs](#).

For more information, see the Connecticut State Department of Education's (CSDE) [Menu Planning Guide for School Meals](#), and the CSDE's [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, 450 Columbus Boulevard, Suite 504, Hartford, CT 06103. *This form is available in PDF at www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/sbp/mf7bkfst3-4.pdf and Word at www.sde.ct.gov/sde/lib/sde/word_docs/deps/nutrition/sbp/mf7bkfst3-4.doc.*

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](#), (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

- (1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
- (2) fax: (202) 690-7442; or
- (3) email: program.intake@usda.gov.

This institution is an equal opportunity provider.



The Connecticut State Department of Education is committed to a policy of equal opportunity/affirmative action for all qualified persons. The Connecticut State Department of Education does not discriminate in any employment practice, education program, or educational activity on the basis of race, color, religious creed, sex, age, national origin, ancestry, marital status, sexual orientation, gender identity or expression, disability (including, but not limited to, intellectual disability, past or present history of mental disorder, physical disability or learning disability), genetic information, or any other basis prohibited by Connecticut state and/or federal nondiscrimination laws. The Connecticut State Department of Education does not unlawfully discriminate in employment and licensing against qualified persons with a prior criminal conviction. Inquiries regarding the Department of Education's nondiscrimination policies should be directed to: Levy Gillespie, Equal Employment Opportunity Director/Americans with Disabilities Act Coordinator, Connecticut State Department of Education, 25 Industrial Park Road, Middletown, CT 06457, 860-807-2071, Levy.Gillespie@ct.gov.