

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

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Objectives


1. Understand the meal pattern requirements for breakfast
2. Identify noncreditable Foods
3. Understand the four dietary specifications and identify resources to implement them
4. Understand how to implement Offer versus Serve (OVS) and identify reimbursable meals
5. Gain confidence in ability to provide staff training and communicate information about SBP requirements



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Learning Expectations


- G**ive feedback
- R**emain positive
- O**n task
- U**nplug
- P**articipate



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Test Your School Breakfast Meal Pattern IQ!

- Group 1: Milk and Noncreditable Foods
- Group 2: Grain
- Group 3: Fruits
- Group 4: Dietary Specifications (Nutrition Standards)



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OVERVIEW OF SBP MEAL PATTERN



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SBP Meal Pattern Overview


- Food-based menu planning approach
- Three age/grade groups (K-5, 6-8 and 9-12)
- Daily and weekly requirements
- Weekly dietary specifications (nutrition standards)



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SBP Meal Pattern Overview


- All grains must be whole grain-rich (WGR)
- Fruits component is at least 1 cup
- Vegetable substitution rules
- Limits on juice



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SBP Meal Pattern Overview

- Students must take at least ½ cup of fruit (or vegetable) for offer versus serve (OVS)
- Target 1 sodium restriction (through school year 2015-16)



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Minimum DAILY Requirements (All Grades)

Grains	Fruits	Milk *
1 ounce equivalent (oz eq)	1 cup	1 cup
		

* Low-fat unflavored or fat-free unflavored or flavored milk

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Minimum WEEKLY Requirements

Five-day Week			
Food Components	Grades K-5	Grades 6-8	Grades 9-12
Grains (oz eq) 	7-10*	8-10*	9-10*
Fruits (cups) 	5	5	5
Milk (cups) 	5	5	5

* No maximum weekly grain limit

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Minimum WEEKLY Requirements


Seven-day Week			
Food Components	Grades K-5	Grades 6-8	Grades 9-12
Grains (oz eq) 	10-14*	11-14*	12.5-14*
Fruits (cups) 	7	7	7
Milk (cups) 	7	7	7

* No maximum weekly grain limit

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Calculating Minimum WEEKLY Requirements for Grains

- Weekly total is calculated based on the **SMALLEST SERVING** offered each day
- When menus offer a variety of daily grain choices with **DIFFERENT SERVING SIZES** (ounce equivalents), must consider weekly minimums




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Example of Weekly Grain Calculation

Acceptable Breakfast Menu for Grains
GRAINS FOR ALL GRADES 6-8
DAILY REQUIREMENT: 1 ounce equivalent
WEEKLY REQUIREMENT: 8 ounce equivalents

Daily Choices	OUNCE EQUIVALENTS OFFERED						Meets Minimum Weekly Requirement?
	Monday	Tuesday	Wednesday	Thursday	Friday	TOTAL	
Choice 1	2	1.5	1.5	2	2	8	YES
Choice 2	1.5	1	1.75	2	2		
Choice 3	1.75	2	2	2	2.5		




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Example of Weekly Grain Calculation

Unacceptable Breakfast Menu for Grains
GRAINS FOR GRADES 9-12
DAILY REQUIREMENT: 1 ounce equivalent
WEEKLY REQUIREMENT: 9 ounce equivalents

Daily Choices	OUNCE EQUIVALENTS OFFERED						Meets Minimum Weekly Requirement?
	Monday	Tuesday	Wednesday	Thursday	Friday	TOTAL	
Choice 1	2	1.5	1.5	2	2	8	NO
Choice 2	1.5	1	1.75	2	2		
Choice 3	1.75	2	2	2	2.5		



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Dietary Specifications (Nutrition Standards) for Breakfast

School Years 2014-15 through 2016-17
Daily Amount Based on Weekly Average

NUTRIENTS	GRADES K-5	GRADES 6-8	GRADES 9-12
Calories	350-500	400-550	450-600
Saturated Fat	< 10 %	< 10 %	< 10 %
Sodium *	≤ 540 mg	≤ 600 mg	≤ 640 mg
Trans Fat	Nutrition label or manufacturer specifications must indicate zero grams of trans fat per serving		

* First sodium target through June 30, 2017

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MILK COMPONENT



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Milk Component

Milk 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

* At least two different varieties of low-fat (1%) unflavored or fat-free unflavored or flavored

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Allowable Milk Options

- Must offer **AT LEAST TWO** different choices
 - FAT-FREE (unflavored or flavored)
 - LOW-FAT (unflavored only)
 - Lactose-reduced or lactose-free FAT-FREE (unflavored or flavored)
 - Lactose-reduced or lactose-free LOW-FAT (unflavored only)



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Milk Substitutions

- **REQUIRED** for children with disabilities (medical statement from physician)
- **OPTIONAL** for children without disabilities (written parent request)
 - ▶ lactose-free or lactose-reduced milk (unflavored low-fat or unflavored/flavored fat-free)
 - ▶ nondairy milk substitutes that meet the USDA nutrition standards for fluid milk substitutes



www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/nsp/crediting/milk_sub.pdf
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Milk Substitutions

- Juice and water **CANNOT** be offered as milk substitutes for nondisabled children



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Fruits Component

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

* Includes vegetable substitutions that comply with requirements

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Allowable Fruits

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



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Serving Sizes of Fruits

- Menu planner determines **SERVING SIZES** and **NUMBER** of servings
- Minimum of $\frac{1}{8}$ CUP to count toward daily total



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Serving Sizes of Fruits

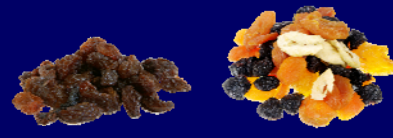
- Can offer **COMBINATION** of various fruits to meet daily total
- All servings based on **ACTUAL VOLUME SERVED**, except dried fruit



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Dried Fruit

- Credits at **TWICE** the volume served
 - ▶ $\frac{1}{4}$ cup of dried fruit equals $\frac{1}{2}$ cup of the fruits component
 - ▶ $\frac{1}{2}$ cup of dried fruit equals **1 cup** of the fruits component



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Serving Sizes of Fruits

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



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Crediting Considerations for Fruits



- Pureed Fruits
- Fruit Juice
- Fruit Smoothies



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Pureed Fruits

- Must be **RECOGNIZABLE**, e.g., pureed foods made from **ONE** fruit such as applesauce
- Do **NOT** credit when used to improve the **NUTRIENT PROFILE** of a food, e.g., applesauce used to replace oil in muffins



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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



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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

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Juice Limit Includes

- Fresh, frozen and made from concentrate
- Frozen juice pops made from 100 percent juice
- Pureed fruits/vegetables in fruit/vegetable smoothies
- Juice from canned fruit served in 100 percent juice, unless the canned fruit is drained



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Crediting Juice




www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/nslp/crediting/credit_juice.pdf

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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 fruits/vegetables credit only as **JUICE**, based on volume of pureed fruits/vegetables
 - Counts toward weekly juice limit



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School-made Fruit Smoothies


- Yogurt and soy yogurt credit as **MEAT ALTERNATE**
- Other ingredients **CANNOT** credit but must count toward weekly dietary specifications
 - Grains such as oatmeal
 - Other M/MA, e.g., peanut butter



Operational Memorandum 13-15: www.sde.ct.gov/sde/LIB/sde/pdf/DEPS/Nutrition/OPmemos/15/OM_13-15.pdf
 Questions and Answers Regarding Crediting of Smoothies in Child Nutrition Programs
www.sde.ct.gov/sde/LIB/sde/pdf/deps/nutrition/nslp/crediting/QASmoothies.pdf

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Smoothie Recipe Booklet



www.newenglanddairyCouncil.org/media/SmoothieRecipeBooklet2015.pdf


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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



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Vegetable Substitutions

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




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Vegetables at Breakfast Sample Menu

Monday	Tuesday	Wednesday	Thursday	Friday
CHOOSE 1 Hard-boiled egg with whole-wheat toast OR Whole-grain cereal and mini corn muffin	CHOOSE 1 WGR French toast Sticks with syrup OR Whole-grain cereal and graham Crackers	CHOOSE 1 Breakfast burrito OR Whole-grain pancakes with strawberry sauce	CHOOSE 1 Peach smoothie* with whole-grain muffin <i>*Try our new breakfast smoothie made with fruit, milk and yogurt!</i> OR Whole-grain cereal and whole-wheat toast	CHOOSE 1 Whole-wheat sesame bagel with cream cheese OR Apple cinnamon oatmeal
CHOOSE 1 OR 2 (Limit of 1 juice) Orange juice Assorted fruits Hash brown potatoes	CHOOSE 1 OR 2 (Limit of 1 juice) Fruit cup Orange wedges Carrot sticks	CHOOSE 1 OR 2 (Limit of 1 juice) Salsa Banana Apple juice	CHOOSE 1 OR 2 (Limit of 1 juice) Applesauce Raisins Celery sticks with hummus dip	CHOOSE 1 OR 2 (Limit of 1 juice) Cucumber slices Melon wedge Assorted fruit juice
Take at least one fruit or vegetable each day to make a meal!				
CHOOSE 1 Milk Choice *	CHOOSE 1 Milk Choice *	CHOOSE 1 Milk Choice *	CHOOSE 1 Milk Choice *	CHOOSE 1 Milk Choice *
* Low-fat (1%) unflavored or fat-free unflavored or flavored milk				

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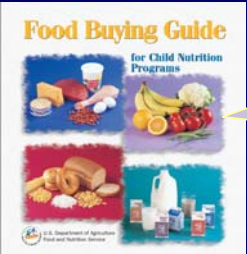
Vegetable Subgroups



www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/nsfp/crediting/vegetable_groups.pdf

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Crediting Information for Fruits




Revised online sections to separate fruits and vegetables

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

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Crediting Information for Vegetables





Revised online sections to separate vegetables and fruits

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

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Menu Planning Quiz for Fruits
Does each planned serving count as $\frac{1}{2}$ cup of the **FRUITS** component?

Product 1 Worksheet 1


 $\frac{1}{2}$ cup of fresh fruit

YES

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Menu Planning Quiz for Fruits
Does each planned serving count as $\frac{1}{2}$ cup of the **FRUITS** component?

Product 2 Worksheet 1


 $\frac{1}{2}$ cup of canned fruit in juice

YES

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Menu Planning Quiz for Fruits
Does each planned serving count as $\frac{1}{2}$ cup of the **FRUITS** component?

Product 3 Worksheet 1


 $\frac{1}{2}$ cup of canned fruit in light syrup

YES

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Menu Planning Quiz for Fruits
Does each planned serving count as $\frac{1}{2}$ cup of the **FRUITS** component?

Product 4 Worksheet 1

 $\frac{1}{2}$ cup of canned fruit in heavy syrup


No

Canned fruit must be in juice or light syrup

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Menu Planning Quiz for Fruits
Does each planned serving count as $\frac{1}{2}$ cup of the **FRUITS** component?

Product 5 Worksheet 1

 $\frac{1}{2}$ cup of dried fruit


No

Dried fruit counts as TWICE the volume served ($\frac{1}{2}$ cup equals 1 cup)

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Menu Planning Quiz for Fruits
Does each planned serving count as $\frac{1}{2}$ cup of the **FRUITS** component?

Product 6 Worksheet 1


 $\frac{1}{2}$ cup of frozen fruit without added sugar

YES

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Menu Planning Quiz for Fruits
Does each planned serving count as $\frac{1}{2}$ cup of the **FRUITS** component?

Product 7 Worksheet 1




$\frac{1}{2}$ cup of frozen fruit with added sugar

YES

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Menu Planning Quiz for Fruits
Does each planned serving count as $\frac{1}{2}$ cup of the **FRUITS** component?

Product 8 Worksheet 1



$\frac{1}{2}$ cup of fruit juice


YES

However, juice cannot count for more than **HALF** of the weekly fruits component

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Menu Planning Quiz for Fruits
Does each planned serving count as $\frac{1}{2}$ cup of the **FRUITS** component?

Product 9 Worksheet 1




$\frac{1}{2}$ cup of red/orange, dark green or "other" fresh, frozen or canned vegetables

YES

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Menu Planning Quiz for Fruits
Does each planned serving count as $\frac{1}{2}$ cup of the **FRUITS** component?

Product 10 Worksheet 1




$\frac{1}{2}$ cup of legumes, e.g., kidney beans, black beans

YES

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Menu Planning Quiz for Fruits
Does each planned serving count as $\frac{1}{2}$ cup of the **FRUITS** component?

Product 11 Worksheet 1



$\frac{1}{2}$ cup of potatoes, e.g., hash browns


YES

However, only if weekly menu includes **AT LEAST 2 CUPS** of **NONSTARCHY** vegetables

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Menu Planning Quiz for Fruits
Does each planned serving count as $\frac{1}{2}$ cup of the **FRUITS** component?

Product 12 Worksheet 1

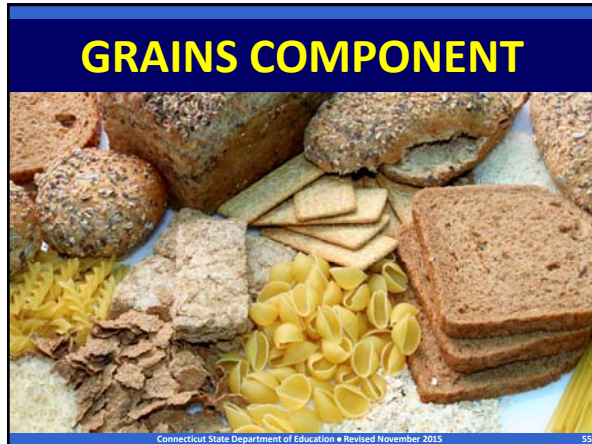


$\frac{1}{2}$ cup of vegetable juice

YES

However, the combined total of all juice (fruit and vegetable) cannot be more than **HALF** of the weekly fruits component

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Criteria for Whole Grain-rich Foods

www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/nsfp/crediting/wgrcriteria.pdf

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Whole Grain-rich Ounce Equivalents

www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/nsfp/crediting/grainsozeq.pdf

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Grains Component

Grains at Breakfast (Oz Eq)
All grains must be whole grain-rich

Grades	FIVE-DAY WEEK		SEVEN-DAY WEEK	
	Daily	Weekly*	Daily	Weekly*
K-5	1	7-10	1	10-14
6-8	1	8-10	1	11-14
9-12	1	9-10	1	12.5-14

* Must meet weekly minimum but not maximum

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Two Requirements for Grain Products

1. Must be **WHOLE GRAIN-RICH (WGR)**
 - ▶ 100% whole grain
 - ▶ At least 50% whole grain
2. Must meet **MINIMUM** serving size

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WGR Definition


1. **AT LEAST 50%** whole grains by weight
 - ▶ whole grain is **FIRST** ingredient
 - ▶ if **WATER** is first ingredient, whole grain is **SECOND** ingredient
2. Any other grain ingredients are **ENRICHED**
3. Any noncreditable grains are **LESS THAN 2%**

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WGR Definition Criterion 1

At least 50% WHOLE GRAINS


- **GRAIN-BASED PRODUCTS**, e.g., breads, cereals, waffles, muffins
 - ▶ Whole grain is **FIRST** ingredient listed
- **COMBINATION FOODS**, e.g., breakfast burrito and breakfast pizza
 - ▶ Whole grain is **FIRST GRAIN** ingredient listed



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Is it a Whole Grain?


- Look for the word **"WHOLE"** e.g., whole corn, whole rye, whole-wheat flour
- Grains without "whole" are usually not whole grains, e.g., corn, rye flour, wheat flour
 - ▶ Require manufacturer documentation (PFS)
 - ▶ **EXCEPTIONS:** Some grains do not state "whole" but are whole grains



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Examples of Exceptions*


- BERRIES or GROATS (e.g., wheat berries or oat groats)
- OATS or OATMEAL (old-fashioned, quick-cooking, instant)
- Amaranth
- Brown rice
- Brown rice flour
- Buckwheat
- Graham flour
- Millet
- Quinoa
- Triticale
- Teff
- Sorghum



* These grains do not state "whole" in their description but they are whole grains

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USDA Product Formulation Statement (PFS) for Grains



<http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=333796>


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Whole Grain or Not Whole Grain?

Worksheet 2

That is the question....

1. Amaranth	Yes
2. Brown rice	Yes
3. Buckwheat groats	Yes
4. Bulgur (cracked wheat)	Yes
5. Cornmeal	No
6. Couscous	No
7. Degerminated cornmeal	No
8. Graham flour	Yes
9. Grits	No
10. Instant oatmeal	Yes
11. Long-grain white rice	No




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Whole Grain or Not Whole Grain?

Worksheet 2

That is the question....

12. Millet flakes	Yes
13. Pearled (pearl) barley	No
11. Quinoa	Yes
12. Rolled oats	Yes
13. Rye berries	Yes
14. Semolina	No
15. Wheat flour	No
16. White whole-wheat flour	Yes
17. Whole-grain barley	Yes
18. Whole-wheat flour	Yes



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Examples of Whole-Grain Products and Ingredients *

BARLEY <ul style="list-style-type: none"> dehulled barley dehulled-barley flour whole barley whole-barley flakes whole-barley flour whole-grain barley whole-grain barley flour 	CORN <ul style="list-style-type: none"> masa (whole corn treated with lime) whole corn whole-corn flour whole cornmeal whole-grain corn flour whole-grain grits whole-ground corn 	RYE <ul style="list-style-type: none"> whole rye rye berries whole-rye flour whole-rye flakes
BROWN RICE <ul style="list-style-type: none"> brown rice brown rice flour 	OATS <ul style="list-style-type: none"> oat groats oatmeal, including old-fashioned, quick-cooking and instant rolled oats whole oats whole-oat flour 	

* This list is not all-inclusive

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Examples of Whole-Grain Products and Ingredients *

WHEAT (RED) <ul style="list-style-type: none"> bulgur (cracked wheat) bromated whole-wheat flour cracked wheat crushed wheat entire-wheat flour graham flour sprouted wheat sprouted wheat berries stone ground whole-wheat flour toasted crushed whole wheat wheat berries whole bulgur whole durum flour whole durum wheat flour 	WHEAT (RED), continued <ul style="list-style-type: none"> whole-grain bulgur whole-grain wheat whole wheat whole-wheat flour whole-wheat pastry flour whole-wheat flakes 	LESS COMMON GRAINS <ul style="list-style-type: none"> amaranth buckwheat, buckwheat groats einkorn emmer (farro) Kamut® millet quinoa sorghum (milo) spelt teff triticale
	WHEAT (WHITE) <ul style="list-style-type: none"> whole white wheat flour whole white wheat flour 	
	WILD RICE <ul style="list-style-type: none"> wild rice wild rice flour 	

* This list is not all-inclusive

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Identifying Whole Grains

www.sde.ct.gov/sde/pdf/deps/nutrition/nsfp/crediting/identifyingwg.pdf

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Products with Flour Blends

PFS must indicate that

- whole grain content is **AT LEAST 8 GRAMS** per ounce equivalent (groups A-G) **OR**
- weight of whole grain is **MORE THAN FIRST INGREDIENT** listed after flour blend

Water, **FLOUR BLEND** [whole-wheat flour, enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, enzyme, folic acid)], brown sugar....

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Products with Flour Blends

SAMPLE PRODUCT		
Ingredient	Percentage of Total Product Weight	
Flour Blend	40%	Whole wheat flour = 25% Enriched Flour = 15%
Brown sugar	30%	

Water, **FLOUR BLEND** [whole-wheat flour, enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, enzyme, folic acid)], brown sugar....

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WGR Definition Criterion 2


Any Other Grains are ENRICHED

Enriched grains contain **FIVE NUTRIENTS** added within limits specified by FDA

- THIAMIN** (vitamin B1, thiamin mononitrate, thiamin hydrochloride)
- RIBOFLAVIN** (vitamin B2)
- NIACIN** (vitamin B3, niacinamide)
- FOLIC ACID** (folate)
- IRON** (reduced iron, ferrous sulfate)

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Sample Label with Enriched Flour



Ingredients: Whole wheat flour, enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid)

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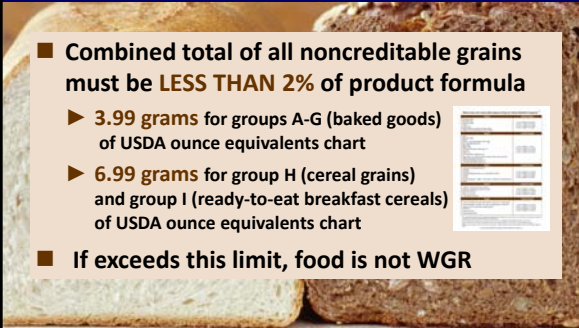
Crediting Enriched Grains



www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/nslp/crediting/enrichedgrains.pdf

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WGR Definition Criterion 3 Limit for NONCREDITABLE GRAINS



- Combined total of all noncreditable grains must be **LESS THAN 2%** of product formula
 - ▶ 3.99 grams for groups A-G (baked goods) of USDA ounce equivalents chart
 - ▶ 6.99 grams for group H (cereal grains) and group I (ready-to-eat breakfast cereals) of USDA ounce equivalents chart
- If exceeds this limit, food is not WGR

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Examples of Noncreditable Grain Ingredients *

<ul style="list-style-type: none"> ■ barley grits ■ bran ■ corn bran ■ corn fiber ■ corn flour (not enriched) ■ corn grits ■ corn starch ■ cultured wheat starch ■ durum grits ■ fava bean flour ■ fermented wheat ■ germ ■ hydrolyzed starch 	<ul style="list-style-type: none"> ■ malted barley flour (not enriched) ■ modified food starch (including potato, legume and other vegetable flours) ■ modified corn starch ■ modified rice starch ■ modified tapioca starch ■ modified wheat starch ■ oat fiber ■ potato flour ■ potato starch ■ rice flour (not enriched) 	<ul style="list-style-type: none"> ■ rice starch ■ soluble corn fiber ■ soy fiber ■ soy grits ■ soy flour ■ tapioca starch ■ wheat bran ■ wheat germ ■ wheat flour (not enriched) ■ wheat starch
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* This list is not all-inclusive

Criteria for Whole Grain-rich Foods: www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/nslp/crediting/WGRCriteria.pdf

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Nongrain Ingredients in Combination Foods

- If noncreditable grain ingredients are **NOT** part of combination food's **GRAIN COMPONENT**, they do **NOT** count toward the noncreditable grains limit
- If a product contains an ingredient that contains two or more ingredients itself, these ingredients will be **LISTED IN PARENTHESES** after the name of the ingredient




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Combination Food Example: Apple Breakfast Bun

Ingredients: 100% WHOLE-GRAIN WHITE WHEAT FLOUR, **APPLE FILLING** (corn syrup, **MODIFIED FOOD STARCH**, evaporated apples, cinnamon, lemon juice, locust bean gum, erythorbic acid and potassium sorbate [used as preservatives]), water, margarine (palm oil, soybean oil, whey [milk], mono and diglycerides, soybean lecithin [soy], natural butter flavor, colored with beta carotene, vitamin A palmitate added), sugar, contains 2% or less of: dough conditioner (**RYE FLOUR**, **MALTED BARLEY FLOUR**, ascorbic acid, enzymes, guar and/or arabic gums, **WHEAT FLOUR**), nonfat dry milk (nonfat dry milk, whey [milk]), natural orange emulsion (natural flavor, propylene glycol, gum), salt, eggs, egg replacer (**WHOLE SOY FLOUR**, wheat gluten, corn syrup solids, algin), yeast (leavening), mold inhibitor (cultured organic spelt flour, lactic acid).

- This product contains **APPLE FILLING** (nongrain ingredient) and **BUN** (grain component)
- The modified food starch in the apple filling does **NOT** count toward noncreditable grains limit
- The **FOUR NONCREDITABLE GRAINS** in the bun (rye flour, malted barley flour, wheat flour, whole soy flour) count toward noncreditable grains limit



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"Contains 2% or less"

- If product lists only **ONE** noncreditable grain after "contains 2% or less" **PFS NOT NEEDED**

WHOLE-WHEAT BAGEL
 Ingredients: **WHOLE WHEAT FLOUR**, sugar, wheat gluten.
 Contains 2% or less of each of the following: honey, salt, **YELLOW CORN FLOUR**, yeast, molasses, diacetyl tartaric acid esters of mono-diglycerides (datem), ascorbic acid, mono-and diglycerides, l-cysteine, enzymes




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"Contains 2% or less"

- If product lists **TWO OR MORE** noncreditable grains after "contains 2% or less," **PFS REQUIRED**
 - Must document combined weight of all noncreditable grains


WHOLE-GRAIN BAGEL
 Ingredients: **WHOLE WHEAT FLOUR**, enriched bromated wheat flour (niacin [a-B vitamin], thiamine mono nitrate [vitamin B-1], ferrous sulfate [iron], potassium bromate, riboflavin [vitamin B-2], and folic acid), water, brown sugar granulated sugar. Contains 2% or less of the following ingredients: salt, vital wheat gluten, mono & diglycerides, honey, **CORN MEAL**, calcium propionate, **MALTED BARLEY FLOUR**, molasses powder (molasses, **WHEAT STARCH**), ammonium chloride, ascorbic acid (vitamin C), l-cysteine hydrochloride, azodicarbonamide (ADA), calcium sulfate, enzymes



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Two Exemptions for Noncreditable Grains

- FORTIFIED BREAKFAST CEREALS** that contain a **WHOLE GRAIN** as the first ingredient
- CEREAL BARS** made from a fortified breakfast cereal that contains a whole grain as the first ingredient




Only **CEREAL PORTION** of ingredients is exempt

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Identifying Fortified Cereals

ENRICHED	FORTIFIED
1. Iron	1. Iron
2. Thiamin	2. Thiamin
3. Riboflavin	3. Riboflavin
4. Niacin	4. Niacin
5. Folic acid	5. Folic acid
	6. Additional vitamins and minerals *




* Manufacturers choose which ones and how much

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Ready-to-Eat Breakfast Cereals

- Cereals containing **ONLY ENRICHED GRAINS, BRAN OR GERM** are not WGR and do not credit
- Cereals that contain **MORE THAN 2 PERCENT** of these ingredients only credit if
 - whole grain is first ingredient **AND**
 - cereal is fortified



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Crediting Breakfast Cereals

U.S. Department of Agriculture (USDA) School Nutrition Programs

CREDITING BREAKFAST CEREALS

Beginning in 2015, the USDA's National School Nutrition Programs (NSLP) and Child Nutrition Programs (CNP) will use the whole-grain (WGR) and fortified (F) criteria to determine if a breakfast cereal is creditable. The USDA's National School Nutrition Programs (NSLP) and Child Nutrition Programs (CNP) will use the whole-grain (WGR) and fortified (F) criteria to determine if a breakfast cereal is creditable. The USDA's National School Nutrition Programs (NSLP) and Child Nutrition Programs (CNP) will use the whole-grain (WGR) and fortified (F) criteria to determine if a breakfast cereal is creditable.

SERVING SIZES FOR BREAKFAST CEREALS
 Serving sizes for creditable cereals are based on the USDA's 2015 Recommended Dietary Allowance (RDA) for iron, thiamin, riboflavin, and niacin. The USDA's National School Nutrition Programs (NSLP) and Child Nutrition Programs (CNP) will use the whole-grain (WGR) and fortified (F) criteria to determine if a breakfast cereal is creditable.

WGR REQUIREMENT FOR BREAKFAST CEREALS
 To be WGR, the cereal must contain at least 50 percent whole-grain grain by weight. The USDA's National School Nutrition Programs (NSLP) and Child Nutrition Programs (CNP) will use the whole-grain (WGR) and fortified (F) criteria to determine if a breakfast cereal is creditable.


FORTIFIED REQUIREMENT FOR BREAKFAST CEREALS
 To be fortified, the cereal must contain at least 100 percent of the RDA for iron, thiamin, riboflavin, and niacin. The USDA's National School Nutrition Programs (NSLP) and Child Nutrition Programs (CNP) will use the whole-grain (WGR) and fortified (F) criteria to determine if a breakfast cereal is creditable.

www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/nslp/crediting_credit_cereals.pdf

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Worksheet 3: Is it WGR?


Indicate if each food item meets the WGR requirements for school meals **OR** if you need to obtain a PFS from the manufacturer to provide more information



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Product 1 – WGR?

Whole Wheat Bagel
Ingredients: Whole wheat flour, sugar, wheat gluten. Contains 2% or less of each of the following: honey, salt, yellow corn flour, yeast, molasses, diacetyl tartaric acid esters of mono-diglycerides (datem), ascorbic acid, mono-and diglycerides, l-cysteine, enzymes




- Criterion 1 WHOLE GRAIN
- Criterion 2 ENRICHED
- Criterion 3 NONCREDITABLE

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Product 1 – WGR? YES

Whole Wheat Bagel
Ingredients: **WHOLE WHEAT FLOUR**, sugar, wheat gluten. **Contains 2% or less of each of the following:** honey, salt, **YELLOW CORN FLOUR**, yeast, molasses, diacetyl tartaric acid esters of mono-diglycerides (datem), ascorbic acid, mono-and diglycerides, l-cysteine, enzymes



- Criterion 1 WHOLE GRAIN
- Criterion 2 ENRICHED
- Criterion 3 NONCREDITABLE

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Product 2 – WGR?

BRAND A White Whole-Wheat Bread Sticks
Ingredients: Water, whole wheat flour, unbleached unbromated enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, enzymes, folic acid), honey, yeast, salt, dough conditioners (mono & diglycerides, datem, l-cysteine, ascorbic acid, enzymes), modified food starch, fava bean flour, flavor (natural flavor, modified vegetable gum, hydrolyzed starch, maltodextrin), malted barley flour, dextrose, rye flour.



- Criterion 1 WHOLE GRAIN
- Criterion 2 ENRICHED
- Criterion 3 NONCREDITABLE

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Product 2 – WGR? Need PFS*

BRAND A White Whole-Wheat Bread Sticks
Ingredients: Water, **WHOLE WHEAT FLOUR**, **UNBLEACHED UNBROMATED ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, ENZYMES, FOLIC ACID)**, honey, yeast, salt, dough conditioners (mono & diglycerides, datem, l-cysteine, ascorbic acid, enzymes), **MODIFIED FOOD STARCH, FAVA BEAN FLOUR**, flavor (natural flavor, modified vegetable gum, hydrolyzed starch, maltodextrin), **MALTED BARLEY FLOUR**, dextrose, **RYE FLOUR**.




- Criterion 1 WHOLE GRAIN
- Criterion 2 ENRICHED
- Criterion 3 NONCREDITABLE

* PFS must document that combined weight of modified food starch, fava bean flour, malted barley flour and rye flour is less than 3.99 grams

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Product 3 – WGR?

BRAND B White Whole-Wheat Bread Sticks
Ingredients: whole wheat flour, water, enriched unbleached wheat flour (wheat flour, malted barley flour, niacin, iron as ferrous sulfate, thiamine mononitrite, enzyme, riboflavin, folic acid), yeast, sugar, wheat gluten. **Contains less than 2%** of the following: soybean oil, salt, oat fiber, honey, sodium stearoyl lactylate, datem, ascorbic acid, enzyme. May contain milk, soy, egg and sesame.



- Criterion 1 WHOLE GRAIN
- Criterion 2 ENRICHED
- Criterion 3 NONCREDITABLE

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Product 3 – WGR? **YES**

BRAND B White Whole-Wheat Bread Sticks
 Ingredients: **WHOLE WHEAT FLOUR**, water, **ENRICHED UNBLEACHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON AS FERROUS SULFATE, THIAMINE MONONITRITE, ENZYME, RIBOFLAVIN, FOLIC ACID)**, yeast, sugar, wheat gluten. **Contains less than 2%** of the following: soybean oil, salt, **OAT FIBER**, honey, sodium stearoyl lactylate, datem, ascorbic acid, enzyme. May contain milk, soy, egg and sesame.




- Criterion 1 **WHOLE GRAIN**
- Criterion 2 **ENRICHED**
- Criterion 3 **NONCREDITABLE**

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Product 4 – WGR?

Whole-Grain Cereal Bar
 Ingredients: whole grain rolled oats, brown sugar, crisp brown rice, whole grain rolled wheat, soybean oil, whole wheat flour, almonds, water, freeze dried bananas, whole corn flour, sodium bicarbonate, malted barley extract, soy lecithin, natural flavor, caramel color, alpha tocopherol acetate, BHT.




- Criterion 1 **WHOLE GRAIN**
- Criterion 2 **ENRICHED**
- Criterion 3 **NONCREDITABLE**

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Product 4 – WGR? **YES**

Whole-Grain Cereal Bar
 Ingredients: **WHOLE GRAIN ROLLED OATS**, brown sugar, **CRISP BROWN RICE, WHOLE GRAIN ROLLED WHEAT**, soybean oil, **WHOLE WHEAT FLOUR**, almonds, water, freeze dried bananas, **WHOLE CORN FLOUR**, sodium bicarbonate, malted barley extract, soy lecithin, natural flavor, caramel color, alpha tocopherol acetate, BHT.




- Criterion 1 **WHOLE GRAIN**
- Criterion 2 **ENRICHED**
- Criterion 3 **NONCREDITABLE**

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Product 5 – WGR?

Reduced Carb Wheat Tortilla
 Ingredients: Water, modified food starch, whole-wheat flour, wheat gluten, powdered cellulose, hydrogenated soybean oil, caramel color, wheat protein isolate (wheat gluten, lactic acid, sulfite), sodium bicarbonate, **contains 1% or less of** salt, cellulose gum, cornstarch, distilled monoglycerides.




- Criterion 1 **WHOLE GRAIN**
- Criterion 2 **ENRICHED**
- Criterion 3 **NONCREDITABLE**

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Product 5 – WGR? **NO**

Reduced Carb Wheat Tortilla
 Ingredients: Water, **MODIFIED FOOD STARCH, WHOLE-WHEAT FLOUR**, wheat gluten, powdered cellulose, hydrogenated soybean oil, caramel color, wheat protein isolate (wheat gluten, lactic acid, sulfite), sodium bicarbonate, **contains 1% or less of** salt, cellulose gum, **CORNSTARCH**, distilled monoglycerides.




- Criterion 1 **WHOLE GRAIN**
- Criterion 2 **ENRICHED**
- Criterion 3 **NONCREDITABLE**

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Product 6 – WGR?

Whole-Grain Ready-to-Eat Cereal
 Ingredients: whole grain wheat, sugar, brown rice flour, whole grain oats, honey, canola oil, maltodextrin, salt, corn syrup, cinnamon, barley malt syrup, barley malt extract, color added, soy lecithin, artificial flavor, baking soda, trisodium phosphate, vitamin E (mixed tocopherols) and BHT added to preserve freshness.
Vitamins and Minerals: Calcium Carbonate, Vitamin E acetate, a B vitamin (niacinamide), Vitamin C (sodium ascorbate), Iron (a mineral nutrient), Vitamin B6 (pyridoxine hydrochloride), Vitamin B2 (riboflavin), Vitamin B1 (thiamin mononitrate), Vitamin A (palmitate), Vitamin B12, Vitamin D3.




- Criterion 1 **WHOLE GRAIN**
- Criterion 2 **ENRICHED**
- Criterion 3 **NONCREDITABLE**

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Product 6 – WGR? YES

Whole-Grain Ready-to-Eat Cereal
Ingredients: **WHOLE GRAIN WHEAT**, sugar, **BROWN RICE FLOUR**, **WHOLE GRAIN OATS**, honey, canola oil, maltodextrin, salt, corn syrup, cinnamon, barley malt syrup, barley malt extract, color added, soy lecithin, artificial flavor, baking soda, trisodium phosphate, vitamin E (mixed tocopherols) and BHT added to preserve freshness.

Vitamins and Minerals: Calcium Carbonate, Vitamin E acetate, a B vitamin (niacinamide), Vitamin C (sodium ascorbate), Iron (a mineral nutrient), Vitamin B6 (pyridoxine hydrochloride, Vitamin B2 (riboflavin), Vitamin B1 (thiamin mononitrate), Vitamin A (palmitate), Vitamin B12, Vitamin D3.




- Criterion 1 **WHOLE GRAIN**
- Criterion 2 **ENRICHED**
- Criterion 3 **NONCREDITABLE**

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Product 7 – WGR?

Whole-Grain Blueberry Muffin
Ingredients: whole wheat flour, sugar, eggs, water, blueberries, enriched flour (flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), invert sugar, soybean oil, contains 2% or less of: palm oil, canola oil, propylene glycol mono- and diesters of fats and fatty acids, oat fiber, leavening (baking soda, sodium aluminum phosphate, monocalcium phosphate), mono- and diglycerides, modified food starch, potassium sorbate (preservative), sodium alginate, salt, soy lecithin, natural and artificial flavor, sodium stearoyl lactylate, wheat starch, blackberry juice concentrate, blueberry juice concentrate, malic acid, enzymes.

Contains: wheat, egg, soy.



- Criterion 1 **WHOLE GRAIN**
- Criterion 2 **ENRICHED**
- Criterion 3 **NONCREDITABLE**

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Product 7 – WGR? Need PFS *

Whole-Grain Blueberry Muffin
Ingredients: **WHOLE WHEAT FLOUR**, sugar, eggs, water, blueberries, **ENRICHED FLOUR (FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID)**, invert sugar, soybean oil, contains 2% or less of: palm oil, canola oil, propylene glycol mono- and diesters of fats and fatty acids, **OAT FIBER**, leavening (baking soda, sodium aluminum phosphate, monocalcium phosphate), mono- and diglycerides, **MODIFIED FOOD STARCH**, potassium sorbate (preservative), sodium alginate, salt, soy lecithin, natural and artificial flavor, sodium stearoyl lactylate, **WHEAT STARCH**, blackberry juice concentrate, blueberry juice concentrate, malic acid, enzymes. Contains: wheat, egg, soy.




- Criterion 1 **WHOLE GRAIN**
- Criterion 2 **ENRICHED**
- Criterion 3 **NONCREDITABLE**

* PFS must document that combined weight of oat fiber, modified food starch and wheat flour is less than 3.99 grams

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Product 8 – WGR?

Whole-Grain Waffles
Ingredients: whole wheat flour, unbleached, enriched wheat flour (wheat flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, lecithin, eggs, sugar, baking powder, whey, soy flour, salt, natural flavor.




- Criterion 1 **WHOLE GRAIN**
- Criterion 2 **ENRICHED**
- Criterion 3 **NONCREDITABLE**

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Product 8 – WGR? Need PFS *

Whole-Grain Waffles
Ingredients: **WHOLE WHEAT FLOUR**, **UNBLEACHED, ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID)**, water, lecithin, eggs, sugar, baking powder, whey, **SOY FLOUR**, salt, natural flavor.



- Criterion 1 **WHOLE GRAIN**
- Criterion 2 **ENRICHED**
- Criterion 3 **NONCREDITABLE**

* PFS must document that soy flour weighs less than 3.99 grams

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Purchasing specifications are critical to ensure compliance with WGR requirements



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Serving Sizes for Grains

- Menu planner determines **SERVING SIZES** and **NUMBER** of servings
- Minimum of **¼ OUNCE EQUIVALENT** to count toward daily total
 - Amounts less than ¼ ounce equivalent **NOT** included in daily and weekly grains
- Can offer **COMBINATION** of various grains to meet daily total



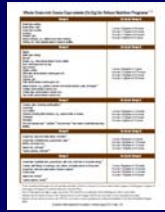
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Two Methods to Determine Serving Sizes for Baked Goods (Groups A-G)

METHOD 1

Use **WEIGHT OR VOLUME** in USDA ounce equivalents chart

- To use this method
 - all grains must be **CREDITABLE** (whole grain or enriched)
 - combined total of any noncreditable grains must be **no more than 3.99 grams**




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Two Methods to Determine Serving Sizes for Baked Goods (Groups A-G)

METHOD 2

Determine **WEIGHT** of **CREDITABLE** grains


- Requires **MANUFACTURER DOCUMENTATION (PFS)** for commercial products
- Requires **STANDARDIZED RECIPE** for school-made products



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For both methods, round **DOWN** all calculations to nearest ¼ ounce equivalent

Whole-wheat Roll, 1.49 ounces




Group B: 1 ounce equivalent = 28 grams (1 ounce)
Credits as **1.25 ounce equivalents** of grains

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For both methods, round **DOWN** all calculations to nearest ¼ ounce equivalent

WGR Waffles, 2.6 ounces

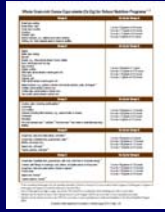



Group C:
1 ounce equivalent = 34 grams (1.2 ounces)
 $2.6 \text{ ounces} \div 1.2 \text{ ounces} = 2.2 \text{ ounce equivalents}$
Credits as **2 ounce equivalents** of grains

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Method 1 – Ounce Equivalents Chart

- Use serving sizes (**WEIGHTS**) in USDA ounce equivalents chart
- Nine groups based on amount that provides **1 OUNCE EQUIVALENT** of grains

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Weight Required for 1 Ounce Equivalent

 Cereal 1 ounce (1 cup for flakes and rounds, 1 ¼ cups for puffed cereal and ¼ cup for granola)	 Toast 1 ounce	 Graham Crackers 1 ounce	 Corn muffin 1.2 ounces
 Waffles 1.2 ounces	 Blueberry Muffin 2 ounces	 French Toast 2.4 ounces	 Frosted Sweet Roll 2.4 ounces

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How much equals 1 ounce equivalent?

Whole-wheat Bagel



GROUP B
1 ounce equivalent equals **28 grams (1 ounce)**

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How much equals 1 ounce equivalent?

Granola Bars, Plain




GROUP D
1 ounce equivalent = **55 grams (2 ounces)**

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How much equals 1 ounce equivalent?

Oatmeal




GROUP H
1 ounce equivalent =
**½ cup cooked or
28 grams (1 ounce) dry**

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Method 2 – Creditable Grains

- Calculate **GRAMS OF CREDITABLE GRAINS** per serving
- Requires documentation from
 1. an original **CN LABEL** from the product carton if the grains are part of a meat/meat alternate product
OR
 2. a **PFS** signed by an official of the manufacturer



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Calculation Methods for Crediting Grains



www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/nslp/crediting/graincalc.pdf

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MEAT/MEAT ALTERNATE (M/MA) SUBSTITUTIONS

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M/MA 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** item

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M/MA Serving Sizes

- Products **WITHOUT** binders and extenders credit based on **SERVING WEIGHT**
- Products **WITH** binders and extenders credit based only on **ACTUAL AMOUNT OF MEAT**
 - ▶ Require PFS from manufacturer

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1 Ounce Equivalent of M/MA

- 1 ounce of cooked lean meat, poultry or fish
- 1 ounce of natural or process cheese *
- 2 ounces of cottage or ricotta cheese, 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)

* Low-fat recommended

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M/MA at Breakfast

EXAMPLE OF OPTION 1
Offer M/MA **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 <i>(M/MA substitution)</i>	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

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M/MA at Breakfast

EXAMPLE OF OPTION 2
Offer M/MA 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
Strawberries (½ cup)	Fruits, ½ cup	1
Milk choice (1 cup)	Milk, 1 cup	1
TOTAL		4

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NONCREDITABLE FOODS



www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/nslp/crediting/noncrednsnp.pdf
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Noncreditable Foods

- **CANNOT CREDIT** toward meal pattern
- **LIMIT** frequency and amount
 - ▶ Often contain little nutritional value
- **Must count** toward weekly **DIETARY SPECIFICATIONS** (nutriton standards)



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Noncreditable Fruits *

- **Snack-type foods made from fruits**
 - ▶ dried banana chips
 - ▶ fruit snacks, e.g., fruit drops, roll-ups, wrinkles, twists and yogurt-covered fruit snacks
 - ▶ 100% fruit strips
- Jam or jelly
- Home-canned products (for food safety reasons)
- Juice drinks that are not 100 percent juice, e.g., grape juice drink, orange juice drink, cranberry juice cocktail, lemonade



* This list is not all-inclusive

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Noncreditable Vegetables*

- **Snack-type foods made from vegetables,** such as potato chips or popcorn
- Pickle relish
- Tomato catsup and chili sauce
- Home-canned products (for food safety reasons)
- Dehydrated vegetables used for seasoning



* This list is not all-inclusive

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Noncreditable M/MA *

- **Shelf-stable, DRY OR SEMI-DRY** meat snacks
 - ▶ Smoked snack sticks made with beef and chicken
 - ▶ Summer sausage
 - ▶ Pepperoni sticks
 - ▶ Meat, poultry or seafood jerky
 - ▶ Meat or poultry nuggets (similar to jerky)
- Bacon
- Cream Cheese




* This list is not all-inclusive

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Noncreditable Grains *

- Products that are not WGR
- Products that are only enriched
- Products that contain more than 3.99 grams of noncreditable grains for groups A-G or 6.99 grams for groups H and I



* This list is not all-inclusive

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Dietary Specifications (Nutrition Standards)



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Dietary Specifications (Nutrition Standards) for Breakfast

School Years 2014-15 through 2016-17

Daily Amount Based on Weekly Average			
NUTRIENTS	GRADES K-5	GRADES 6-8	GRADES 9-12
Calories	350-500	400-550	450-600
Saturated Fat	< 10 %	< 10 %	< 10 %
Sodium *	≤ 540 mg	≤ 600 mg	≤ 640 mg
Trans Fat	Nutrition label or manufacturer specifications must indicate zero grams of trans fat per serving		

* First sodium target through June 30, 2017

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Four Dietary Specifications (Nutrition Standards)


- WEEKLY average requirements for calories, saturated fat and sodium
- DAILY requirement for trans fat (all foods)



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Calorie Ranges


- MINIMUM and MAXIMUM calorie levels averaged over the week
- NUTRIENT-DENSE menus (more fruits, vegetables and whole grains)
 - ▶ Avoiding foods high in fats and added sugars



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Saturated Fat


- Limit saturated fat to **LESS THAN 10 PERCENT** of total calories



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Sodium

Sodium Reduction Timeline for Lunch			
Grade Group	Target 1 (mg)	Target 2 (mg)	Final Target (mg)
	Meet by July 1, 2014 (SY 2014-15)	Meet by July 1, 2017 (SY 2017-18)	Meet by July 1, 2022 (SY 2022-23)
K-5	≤ 1,230	≤ 935	≤ 640
6-8	≤ 1,360	≤ 1,035	≤ 710
9-12	≤ 1,420	≤ 1,080	≤ 740



http://www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/nsfp/sodium_timeline.pdf

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Sodium Intake

- 75% from processed and prepared foods
- 12% naturally occurring in foods
- 13% added during cooking and at the table

Get the Facts: Sources of Sodium in Your Diet (CDC, 2012). www.cdc.gov/salt/pdfs/sources_of_sodium.pdf
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Children's Average Daily Sodium Intake

* Special populations include children who are African American and children who have hypertension, diabetes or chronic kidney disease

Source: U.S. Department of Agriculture, Agricultural Research Service and U.S. Department of Health and Human Services, Centers for Disease Control and Prevention. What We Eat in America, NHANES 2009-2010. http://sepr.ars.usda.gov/SP2UserFiles/Place/12355000/pdf/0910/Table_1_NIN_GEN_09.pdf
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Sodium Content of Typical Breakfast Menus

SODIUM LIMITS
(through June 30, 2017)

K-5 540
6-8 600
9-12 640

Food	Portion Size	Sodium (milligrams) *
Honey Oat Cereal	1 ounce (1 cup)	160
Graham crackers	3 pack	100
Orange juice	½ cup	1
Fresh banana	1 medium	1
Fat-free milk	8 fluid ounces	130
TOTAL		392

* Sodium values represent typical sodium content of these foods but are not valid for all varieties or brands
* When evaluating school menus, use sodium content of actual foods purchased and prepared

Source: Product labels and USDA National Nutrient database (<http://ndb.nal.usda.gov/>)
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Sodium Content of Typical Breakfast Menus

SODIUM LIMITS
(through June 30, 2017)

K-5 540
6-8 600
9-12 640

Food	Portion Size	Sodium (milligrams) *
Whole-wheat toast	2 slices	300
Peanut butter	2 tablespoons	150
Fresh orange, wedges	One 138-count	1
Apple juice	½ cup (4 fluid ounces)	5
Fat-free milk	8 fluid ounces	130
TOTAL		586

* Sodium values represent typical sodium content of these foods but are not valid for all varieties or brands
* When evaluating school menus, use sodium content of actual foods purchased and prepared

Source: Product labels and USDA National Nutrient database (<http://ndb.nal.usda.gov/>)
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Trans Fat

- Restriction for **ARTIFICIAL** trans fat only
 - Excludes naturally occurring trans fat, e.g., beef, lamb, dairy products
- Nutrition label or manufacturer's specifications must indicate **ZERO GRAMS** of trans fat per serving (less than 0.5 gram)

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Guidance on Dietary Specifications

Menu Planning Guide for School Meals (Section 5)

www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/mpg/mpg5.pdf
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Guidance on Dietary Specifications

Menu Planning Resources for School Meals



www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/nslp/MPResources.pdf

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Offer versus Serve (OVS) at Breakfast




www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/sbp/OVS_SBP.pdf

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OVS at Breakfast


- OPTIONAL for all grades
- Meals must include at least **4 ITEMS** from the 3 required food components (milk, fruits, grains)
- Students must select at least **3 FOOD ITEMS** including $\frac{1}{2}$ CUP OF FRUIT (or vegetable substitution)
- Same meal price if student declines any items



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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)



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Components versus Items


FOOD COMPONENT	FOOD ITEM
One of the THREE food groups that make up the reimbursable breakfast	A SERVING of food offered within the three food components
<ol style="list-style-type: none"> GRAINS (with optional M/MA as grains substitution) FRUITS (with optional vegetable substitutions) MILK 	



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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)

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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)

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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)

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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 M/MA (yogurt) as grain substitution


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Menu Planning Decisions



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Menu Planning for OVS at Breakfast

Without OVS (Minimum of 3 Food Items)	With OVS (Minimum of 4 Food Items)
<ol style="list-style-type: none"> Milk Fruits (or vegetable substitutions) Grains 	<ol style="list-style-type: none"> Milk Fruits (or vegetable substitutions) Grains Additional item from fruits (including vegetable substitutions) or grains (including M/MA substitutions)
<p>Student CANNOT decline any food items</p>	<p>Student must take AT LEAST 3 FOOD items including AT LEAST ½ CUP OF FRUIT</p>

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Menu Planning for OVS at Breakfast


Acceptable Menus
(Plan a **MINIMUM OF 4** Food Items) *

<ol style="list-style-type: none"> Grains Grains (or M/MA substitutions) Fruits Milk 	<ol style="list-style-type: none"> Grains Fruits (or vegetable substitutions) Fruits (or vegetable substitutions) Milk 
---	--

*The four food items cannot include two servings of milk

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Menu Planning at Breakfast



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

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Menu Planning at Breakfast



Menu planner determines **HOW TO OFFER** food items

- Be consistent
- Communicate with staff and students

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Foods with More than 1 Oz Eq Grains



2 oz eq muffin = 2 food items (grains)
3 oz eq muffin = 3 food items (grains)

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Foods with More than 1 Oz Eq Grains



2 oz eq omelet = 2 food items (M/MA as grain substitution)

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Menu Planning at Breakfast




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

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Counting One Fruit as TWO Items

PLANNED BREAKFAST MENU



2 oz eq (2 Grains) 1 cup (2 Fruits) 1 cup (1 Milk)

STUDENT SELECTS




2 Fruits 1 Milk

REIMBURSABLE MEAL

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Counting One Fruit as ONE Item

PLANNED BREAKFAST MENU



2 oz eq (2 Grains) 1 cup (1 Fruit) 1 cup (1 Milk)

STUDENT SELECTS



1 Fruit 1 Milk

NOT REIMBURSABLE MEAL

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Best Practice for Fruits with OVS


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



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Meeting Juice Limits with OVS

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



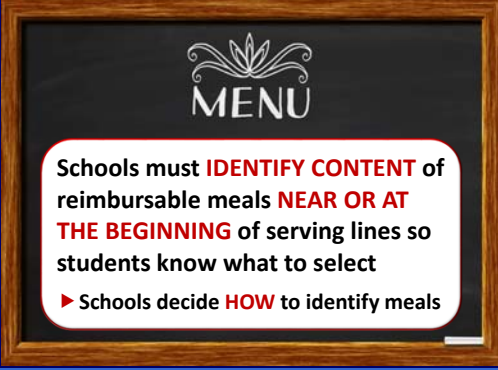
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Sample Language for Assorted Fruit and Juice Choices with OVS

FRUITS *	FRUITS *
Choose 2 fruits OR Choose 1 fruit and 1 juice	Choose up to 2 fruits (no more than 1 juice)
<ul style="list-style-type: none"> Fresh fruit Canned fruit Fruit or vegetable juice Fresh vegetables 	<ul style="list-style-type: none"> Fresh fruit Canned fruit Fruit or vegetable juice Fresh vegetables
* ½-cup servings	* ½-cup servings

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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

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Identify Reimbursable Breakfasts

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

Choose 3 or more items including fruit

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



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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**

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Menu Planning at Breakfast

MENU

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

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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		
<ul style="list-style-type: none"> Low-fat (1%) Fat-free Fat-free chocolate Fat-free strawberry 	<ul style="list-style-type: none"> Fresh cut-up fruit Canned fruit Whole fruit 100 percent fruit juice Fresh veggies <p>* Choose 2 fruits OR 1 fruit and 1 juice</p>	<table border="0"> <tr> <td> <ul style="list-style-type: none"> Whole-grain cereals, assorted Oatmeal Whole-grain toast Whole-grain muffins, assorted Whole-grain mini bagel Whole-grain mini pancakes </td> <td> <ul style="list-style-type: none"> Yogurt, assorted flavors Peanut butter Low-fat cheese stick </td> </tr> </table>	<ul style="list-style-type: none"> Whole-grain cereals, assorted Oatmeal Whole-grain toast Whole-grain muffins, assorted Whole-grain mini bagel Whole-grain mini pancakes 	<ul style="list-style-type: none"> Yogurt, assorted flavors Peanut butter Low-fat cheese stick
<ul style="list-style-type: none"> Whole-grain cereals, assorted Oatmeal Whole-grain toast Whole-grain muffins, assorted Whole-grain mini bagel Whole-grain mini pancakes 	<ul style="list-style-type: none"> Yogurt, assorted flavors Peanut butter Low-fat cheese stick 			

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Student Selects

Reimbursable Meal

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Student Selects

Reimbursable Meal

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Student Selects

Reimbursable Meal

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Student Selects

NOT Reimbursable Meal

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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
<ul style="list-style-type: none"> Low-fat (1%) Fat-free Fat-free chocolate Fat-free strawberry 	<ul style="list-style-type: none"> Fresh cut-up fruit Canned fruit Whole fruit 100 percent fruit juice Fresh veggies <p><i>* Choose 2 fruits OR 1 fruit and 1 juice</i></p>	<ul style="list-style-type: none"> Whole-grain cereals, assorted Oatmeal Whole-grain toast Whole-grain muffins, assorted Whole-grain mini bagel Whole-grain mini pancakes 	<ul style="list-style-type: none"> Yogurt, assorted flavors Peanut butter Low-fat cheese stick

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Student Selects

NOT Reimbursable Meal

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Student Selects

NOT Reimbursable Meal

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Student Selects

Reimbursable Meal

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Worksheet 4


MEAL or NO MEAL

Breakfast Edition

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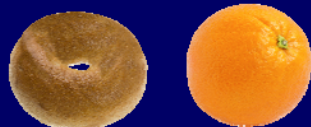
Planned Breakfast

BREAKFAST MENU	
Food and Amount	Food Items
Whole-grain 2-ounce bagel (2 oz eq)	2 grains
Fresh orange (½ cup)	1 fruit
Banana (½ cup)	1 fruit
Milk choice (1 cup)	1 milk
TOTAL FOOD ITEMS 5	



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Student Selects




Reimbursable Meal? YES

Contains **3 food items**
(2 grains and 1 fruit)

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Student Selects




Reimbursable Meal? NO

Contains **3 food items** (2 grains and 1 milk)
but **MISSING** at least ½ cup of fruit

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Student Selects




Reimbursable Meal? YES

Contains **4 food items**
(2 grains, 1 fruit and 1 milk)

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Student Selects




Reimbursable Meal? NO

Contains only **2 food items**
(1 fruit and 1 milk)

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Student Selects



Reimbursable Meal? YES

Contains **3 food items**
(2 fruits and 1 milk)

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Planned Breakfast

BREAKFAST MENU	
Food and Amount	Food Items
Whole-grain waffles, 2.4 ounces (2 oz eq)	2 grains
Orange juice (½ cup)	1 fruit
Green grapes (½ cup)	1 fruit
Milk choice (1 cup)	1 milk
TOTAL FOOD ITEMS	5

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Student Selects

Reimbursable Meal? YES

Contains **3 food items**
(2 grains and 1 fruit)

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Student Selects

Reimbursable Meal? NO

Contains **3 food items** (2 grains and 1 milk)
but **MISSING** at least ½ cup of fruit

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Student Selects

Reimbursable Meal? NO

Contains only **2 food items**
(1 fruit and 1 milk)

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Student Selects

Reimbursable Meal? YES

Contains **3 food items**
(2 fruits and 1 milk)


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Planned Breakfast

BREAKFAST MENU	
Food and Amount	Food Items
Strawberry smoothie with ½ cup of low-fat milk	
■ ½ cup of pureed strawberries	1 fruit
■ ½ cup of yogurt <i>M/MA substitution (1 oz eq)</i>	1 grain
Corn muffin, 1.2 ounces (1 oz eq)	1 grain
Orange wedges (½ cup)	1 fruit
Milk choice (1 cup)	1 milk
TOTAL FOOD ITEMS	5

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Student Selects




Reimbursable Meal? YES

Contains **3 food items** (2 grains including 1 M/MA substitution and 1 fruit)

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Student Selects




Reimbursable Meal? YES

Contains **3 food items** (1 grain as M/MA substitution and 2 fruits)

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Student Selects




Reimbursable Meal? NO

Contains only **2 food items** (1 grain and 1 fruit)

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Student Selects



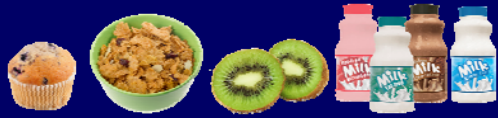
Reimbursable Meal? YES

Contains **3 food items** (1 grain as M/MA substitution, 1 fruit and 1 milk)

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Planned Breakfast

BREAKFAST MENU	
Food and Amount	Food Items
Whole-grain 2-ounce blueberry muffin (1 oz eq)	1 grain
Whole-grain cereal flakes (1 cup)	1 grain
Kiwi slices (1 cup)	1 fruit
Milk choice (1 cup)	1 milk
TOTAL FOOD ITEMS	4



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Student Selects




Reimbursable Meal? YES

Contains **3 food items** (1 grain, 1 fruit and 1 milk)

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Student Selects




Reimbursable Meal? **NO**

Contains **3 food items** (2 grains and 1 milk) but **MISSING** at least ½ cup of fruit

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Student Selects




Reimbursable Meal? **NO**

Contains only **2 food items** (1 grain and 1 fruit)

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Student Selects




Reimbursable Meal? **NO**

Contains only **2 food items** (2 grains) and **MISSING** at least ½ cup of fruit

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Student Selects




Reimbursable Meal? **NO**

Contains only **2 food items** (1 grain and 1 milk) and **MISSING** at least ½ cup of fruit

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Planned Breakfast

BREAKFAST MENU	
Food and Amount	Food Items
Blueberry yogurt (½ cup) * <small>* M/MA substitution (1 oz eq)</small>	1 grain
Whole-grain granola cereal (¼ cup)	1 grain
Strawberries (1 cup)	1 fruit
Milk choice (1 cup)	1 milk
TOTAL FOOD ITEMS	4



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Student Selects




Reimbursable Meal? **YES**

Contains **3 food items** (1 grain, 1 fruit and 1 milk)

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Student Selects




Reimbursable Meal? YES

Contains **3 food items**
(1 grain from M/MA substitution,
1 fruit and 1 milk)

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Student Selects




Reimbursable Meal? YES

Contains **3 food items**
(2 grains including 1 from M/MA
substitution and 1 fruit)

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Student Selects




Reimbursable Meal? NO

Contains only **2 food items** (2 grains
including 1 M/MA as grain substitution)
and **MISSING** ½ cup of fruit)

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Planned Breakfast

BREAKFAST MENU	
Food and Amount	Food Items
Sunflower butter (1 tablespoon) * <small>* M/MA substitution (½ oz eq)</small>	0
Whole-wheat toast (1 oz eq)	1 grain
Crunchy red apple slices (½ cup)	1 fruit
Red grapes (½ cup)	1 fruit
Milk choice (1 cup)	1 milk
TOTAL FOOD ITEMS	4



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Student Selects




Reimbursable Meal? NO

Contains only **2 food items**
(1 grain and 1 fruit)

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Student Selects




Reimbursable Meal? NO

Contains only **2 food items** (1 grain and
1 milk) and **MISSING** at least ½ cup of fruit

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Student Selects




Reimbursable Meal? NO

Contains only **2 food items**
(1 grain and 1 fruit)

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Student Selects




Reimbursable Meal? YES

Contains **3 food items**
(2 fruits and 1 milk)

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Planned Breakfast

BREAKFAST MENU	
Food and Amount	Food Items
Egg, Cheese and Ham * on 2-ounce WGR English muffin (2 oz eq) * <small>* ½ egg, ½ ounce cheese and ½ ounce ham as M/MA substitution</small>	4 grains
Fruit cup (1 cup)	2 fruits
Milk choice (1 cup)	1 milk
TOTAL FOOD ITEMS	7



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Student Selects




Reimbursable Meal? NO

Contains **5 food items** (4 grains including 2 M/MA substitutions and 1 milk) but **MISSING** at least ½ cup of fruit

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Student Selects




Reimbursable Meal? YES

Contains **6 food items** (4 grains including 2 M/MA substitutions and 2 fruits)

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Student Selects



Reimbursable Meal? YES

Contains **3 food items**
(2 fruits and 1 milk)

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Planned Breakfast

BREAKFAST MENU	
Food and Amount	Food Items
Whole-wheat 2-ounce bagel (2 oz eq)	2 grains
Whole-grain cereal flakes (1 cup)	1 grain
Raisins (½ cup) * <i>* Dried fruit credits at twice the volume served</i>	2 fruits
Milk choice (1 cup)	1 milk
TOTAL FOOD ITEMS	6

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Student Selects

Reimbursable Meal? NO

Contains only **2 food items** (1 grain and 1 milk) and **MISSING** at least ½ cup of fruit

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Student Selects

Reimbursable Meal? YES

Contains **4 food items**
(2 grains and 2 fruits)

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Student Selects

Reimbursable Meal? YES

Contains **3 food items**
(1 grain and 2 fruits)

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Student Selects

Reimbursable Meal? YES

Contains **3 food items**
(2 fruits and 1 milk)

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Student Selects

Reimbursable Meal? YES

Contains **5 food items**
(3 grains and 2 fruits)

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Student Selects




Reimbursable Meal? YES

Contains **4 food items**
(1 grain, 2 fruits and 1 milk)

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Planned Breakfast

BREAKFAST MENU	
Food and Amount	Food Items
Whole-grain bread (2 oz eq)	2 grains
Scrambled egg (1 egg) *	2 grains
<i>* M/MA substitution (1 egg = 2 oz eq)</i>	
Tomato salsa (½ cup)** **vegetable substitution	1 fruit
Fresh peaches (½ cup)	1 fruit
Milk choice (1 cup)	1 milk
TOTAL FOOD ITEMS	7



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Student Selects




Reimbursable Meal? YES

Contains **4 food items**
(2 grains as M/MA substitution,
1 fruit and 1 milk)

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Student Selects




Reimbursable Meal? YES

Contains **3 food items** (2 grains from
M/MA substitution and 1 fruit from
vegetable substitution)

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Student Selects




Reimbursable Meal? NO

Contains **5 food items** (1 milk and 4 grains
including 2 M/MA as grain substitution)
but **MISSING** at least ½ cup of fruit

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Student Selects




Reimbursable Meal? YES

Contains **3 food items** (2 fruits including
1 vegetable substitution and 1 milk)

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Student Selects




Reimbursable Meal? **YES**

Contains **4 food items**
(2 grains, 1 fruit and 1 milk)

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Student Selects




Reimbursable Meal? **YES**

Contains **3 food items**
(2 grains and 1 fruit)

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Student Selects




Reimbursable Meal? **NO**

Contains **4 food items** (4 grains including 2 M/MA as grain substitution) but **MISSING** at least ½ cup of fruit

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Planned Breakfast

BREAKFAST MENU	
Food and Amount	Food Items
Oatmeal (½ cup)	1 grain
Blueberry muffin, 4 ounces (2 oz eq)	2 grains
Cantaloupe (1 cup)	2 fruits
Milk choice (1 cup)	1 milk
TOTAL FOOD ITEMS	6



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Student Selects




Reimbursable Meal? **YES**

Contains **5 food items**
(3 grains and 2 fruits)

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Student Selects




Reimbursable Meal? **YES**

Contains **4 food items**
(2 grains and 2 fruits)

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Student Selects




Reimbursable Meal? YES

Contains 3 food items
(1 grain and 2 fruits)

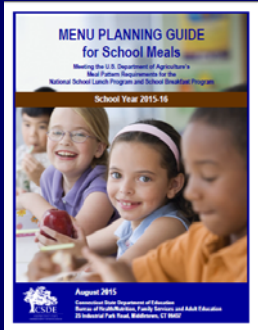
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Wrap-Up: Menu Planning Strategies for the SBP



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Menu Planning Guide for School Meals



www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=334320

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Connecticut Breakfast Expansion Team (CBET)




CBET can provide assistance with your
School Breakfast Program


Contact Jackie Schipke at
860-807-2123 • jackie.schipke@ct.gov

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CSDE School Nutrition Programs Staff

COUNTY	CONSULTANT
Fairfield County	Fionnuala Brown fionnuala.brown@ct.gov • 860-807-2129
Hartford County	Teri Dandeneau teri.dandeneau@ct.gov • 860-807-2079
Middlesex County	Susan Alston susan.alston@ct.gov • 860-807-2081
Windham County	Allison Calhoun-White allison.calhoun-white@ct.gov • 860-807-2008
Litchfield County	Jackie Schipke jackie.schipke@ct.gov • 860-807-2123
New Haven County	Monica Pacheco monica.pacheco@ct.gov • 860-807-2073
New London County	
Tolland County	
Nutrition Education Coordinator	
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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THANK YOU!

Please return evaluations

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