

# New Meal Pattern- School Breakfast Updates for SY 2014-2015

Arizona Department of Education

*Released April 2014*

“New Meal Pattern-School Breakfast Updates SY 2014-2015” is intended for the School Food Authorities in the state of Arizona. All regulations are specific to operating the National School Lunch Program under the direction of the Arizona Department of Education.



# School Breakfast

- o As part of the Healthy, Hunger-Free Kids Act of 2010, changes to school breakfast continue to be phased in.
- o The goal is to ensure children have access to nutritious breakfasts at school.
- o This presentation will review School Breakfast Meal Pattern and highlight the new requirements for School Year 2014-2015.

# Breakfast Meal Pattern

- o **Daily Requirements (components)**
  - o Milk
  - o Fruit
  - o Grain
  - o OPTIONAL Meat/Meat Alternate
- o **Weekly Requirements**
  - o Grain Minimum
  - o Whole Grain Rich products
- o **Nutrients**
  - o Calories (weekly average)
  - o Sodium (weekly average)
  - o Saturated fat (weekly average)
  - o Trans fat (daily)

# Components

- o **Serve Only-** daily you must plan 3 items.
- o **Offer vs. Serve-** daily you must plan 4 items.
  - o Students can refuse 1 item.
  - o All breakfasts must include  $\frac{1}{2}$  cup fruit or vegetable to count as a component toward a reimbursable meal.
- o 1 item = minimum required amount of a food to count as a component

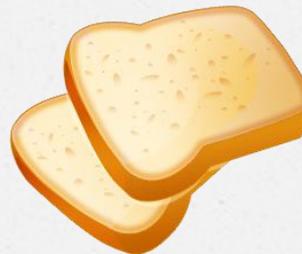
1 item:



Fruit



Milk



Grain



Meat/Meat  
Alternate

# Milk

Must offer 2 varieties in fat content and/or flavor

- o Fat-free flavored, fat-free plain, 1% plain

**No changes for 2014-2015**

Grade Level	SY 2013-2014	SY 2014-2015
K-5	1 cup daily	1 cup daily
6-8	1 cup daily	1 cup daily
K-8	1 cup daily	1 cup daily
9-12	1 cup daily	1 cup daily
K-12	1 cup daily	1 cup daily

# Fruit/Juice/Vegetable

- o Juice must be 100% full strength.
- o **New for 2014-2015**
  - o No more than half the fruit offering may be juice.
  - o If OVS, schools must offer 1 cup of fruit. Students must take ½ cup of fruit to count as a component toward a reimbursable meal.
  - o Vegetables can be offered in place of fruit.
  - o Starchy vegetables can only be offered after 2 cups of non-starchy vegetable subgroups have been offered.

Grade Level	SY 2013-2014	SY 2014-2015
K-5	Offer ½ cup daily	Offer 1 cup daily
6-8	Offer ½ cup daily	Offer 1 cup daily
K-8	Offer ½ cup daily	Offer 1 cup daily
9-12	Offer ½ cup daily	Offer 1 cup daily
K-12	Offer ½ cup daily	Offer 1 cup daily

# Grains

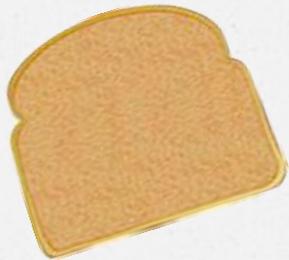
- o Daily and weekly minimums must be met.
- o No maximums
- o **New for 2014-2015**
  - o All grains offered must be whole-grain rich.

Grade Level	SY 2013-2014	SY 2014-2015
K-5	1 oz eq daily 7-10 oz/eq weekly	1 oz eq daily 7-10 oz/eq weekly
6-8	1 oz/eq daily 8-10 oz/eq weekly	1 oz/eq daily 8-10 oz/eq weekly
K-8	1 oz/eq daily 8-10 oz/eq weekly	1 oz/eq daily 8-10 oz/eq weekly
9-12	1 oz/eq daily 9-10 oz/eq weekly	1 oz/eq daily 9-10 oz/eq weekly
K-12	1 oz/eq daily 9-10 oz/eq weekly	1 oz/eq daily 9-10 oz/eq weekly

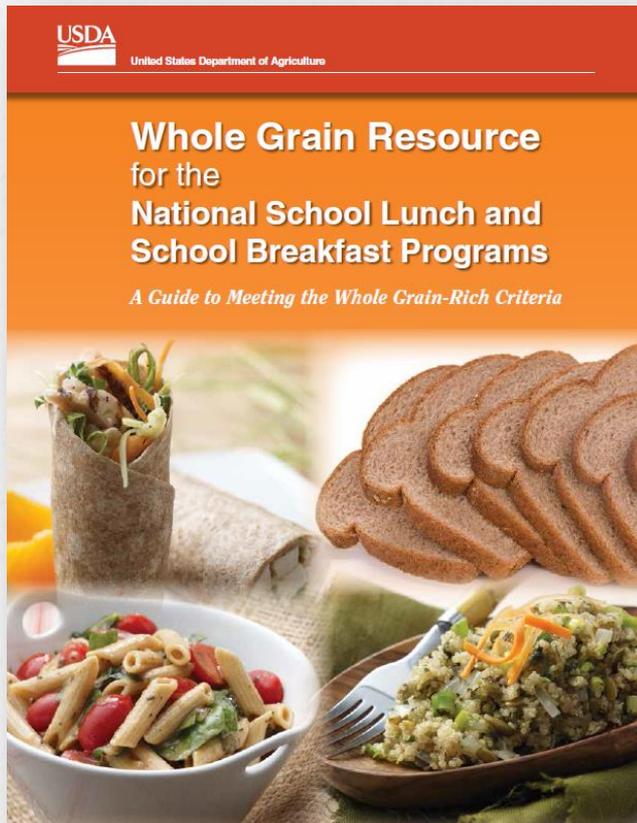
# What is “whole-grain rich?”

## Whole-Grain Rich:

Whole grain-rich products are 50 percent or more whole grains by weight and all other grain ingredients are enriched.



# Whole Grain Resource



- o USDA has released a Whole Grain Resource to help with meeting the new whole grain-rich requirement.

<http://www.fns.usda.gov/sites/default/files/WholeGrainResource.pdf>

# Grain Alternates and Additional Grains

- o Additional grain products can be served each day.
  - o This will be needed to meet the weekly minimum requirements for grains.
- o Meat/Meat Alternates can be served after the daily grain requirement is met.
- o Meat/Meat Alternates will continue to credit as grain alternates.

**1 oz/eq Meat/Meat Alternate = 1 oz/eq grain alternate**

# Nutrients

The calorie, saturated fat and trans fat requirements for Breakfast meals will not change for 2014-2015.

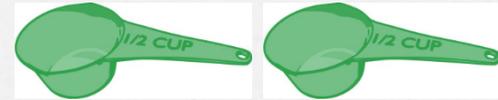
SY 14-15 marks the implementation of a sodium reduction to **Target 1.**

Grade Level	Calories Weekly Average	Sodium (mg) Weekly Average	Saturated Fat (g) Weekly Average	Trans Fat Daily
K-5	350-500	≤ 540 mg	≤ 10	0
6-8	400-550	≤600 mg	≤ 10	0
K-8	400-500	≤540 mg	≤ 10	0
9-12	450-600	≤640 mg	≤ 10	0
K-12	450-500	≤ 540 mg	≤ 10	0

# Summary of Changes for Breakfast for 2014-2015

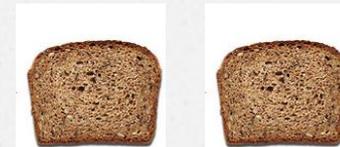
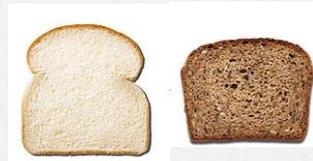
## Component Changes

Fruit  
Offering



Fruit offered increases  
to 1 cup

Grain  
Offering



All grains must be  
**whole grain rich.**

## Other Changes:

- Vegetables can be offered in place of fruit.
- Starchy vegetables can be offered after 2 cups of non-starchy vegetables are offered.
- No more than half the fruit offering can be juice.
- Sodium is reduced to Target 1.

All LEAs are required to comply with these changes beginning **July 1, 2014.**

Please contact your ADE School Nutrition Specialist if you have questions, or email [ADESchoolNutrition@azed.gov](mailto:ADESchoolNutrition@azed.gov)

