

## **The SBP in SY 2013-2014**

### *General Questions*

#### **Are all SFAs required to follow a food-based meal pattern to plan breakfasts in SY 2013-2014?**

Yes. The new SBP food-based meal pattern, which requires the fruits/vegetables, grains and milk food components, is required for all schools beginning SY 2013-2014. The fruits requirement (1 cup) takes effect beginning SY 2014-2015.

### *Grains*

#### **How much of the grains component must a school offer at breakfast in SY 2013-2014?**

Under the new meal pattern, schools must offer at least 1 ounce equivalent (oz eq) of grains daily to children in all grades. The total amount of grains offered over the week must meet the minimum weekly requirement established for each age-grade group: 7 oz eq for grades K-5, 8 oz eq for grades 6-8, and 9 oz eq for grades 9-12.

#### **Can menu planners still offer traditional grits when the whole grain-rich requirement goes into effect for breakfast in SY 2013-2014?**

Yes. In SY 2013-2014, half of the grains offered must be whole grain-rich. During this transition period, while trying to encourage students to accept whole grain-rich foods, schools can continue to offer traditional grits occasionally, as long as other grains offered are whole grain-rich.

Schools may also offer whole grain-rich grits, which are currently commercially available and likely to become more widely utilized as usage of whole grain-rich products continues to increase.

#### **May schools offer a meat/meat alternate in the SBP in SY 2013-2014?**

Yes. Schools will continue to have the ability to offer a meat/meat alternate at breakfast, even though the new SBP meal pattern does not require a meat/meat alternate component. A meat/meat alternate can be offered at breakfast as long as a minimum of at least 1 oz eq of grains is also offered daily. Schools that wish to offer a meat/meat alternate have two options for incorporating meats/meat alternates into their menu. These options are as follows:

- Schools may offer a meat/meat alternate in place of grains, provided they offer at least 1 oz eq of grains daily. Under this flexible option, the meat/meat alternate offered in place of grains would count toward the weekly grains requirement and the dietary specifications. The operator receives credit for the meat/meat alternate under a required food component (grains).

- Alternately, schools may serve a meat/meat alternate as an additional food and not count it toward the weekly grains requirement. The added meat/meat alternate must fit within the weekly dietary specifications (calories, saturated and *trans* fats, and eventually sodium), and the operator must continue to offer a sufficient amount of grains daily to meet the weekly grains requirement. Under this option, the meat/meat alternate does not change the other required components in the SBP meal pattern.

The above options allow menu planning flexibility while promoting the consumption of whole grain-rich foods consistent with the recommendations of the Dietary Guidelines for Americans.

**Does a large grain food item (2 oz eq muffin) count as more than one item at breakfast?**

Yes, at the menu planner's discretion. Beginning in SY 2013-2014, 1 oz eq grain is the minimum required amount a child must be offered daily, for all age/grade groups, and counts as one item. Therefore, for purposes of OVS, when a school offers a 2 oz eq grain at breakfast, this large grain item may be counted as two food items. For example, it is acceptable to offer a large grains item (2 oz eq muffin), fruit and milk. A student that selects the 2 oz eq muffin and either the milk or the fruit would have a reimbursable meal.

However, the menu planner may also choose to count it as only one item and offer three additional food items. This decision is made by the menu planner. For example, the menu planner may offer a 2 oz eq muffin, a 1 oz eq piece of toast, fruit, and milk. A student that selects any three items such as the toast, fruit and milk would have a reimbursable meal.

**Does a combination food consisting of 1 oz eq grains and 1 oz eq meat/meat alternate (such as a breakfast sandwich) count as one or two items for purposes of OVS?**

Menu planners have a couple of options related to how to count a combination food consisting of meat/meat alternate and grains, such as an egg sandwich.

- One option is to count the combination food (e.g. breakfast sandwich) as two items under the grains component. It provides at least 1 oz eq of grains (the minimum daily requirement for the grains component) plus an additional 1 oz eq of meat/meat alternate which is counted in place of grains. As noted above, a 2 oz eq grain may be considered two items for purposes of OVS. Therefore, it is acceptable under OVS to offer a combination food that counts as two grain items, plus the full required amount of fruit and milk. In this scenario, the student would have to select at least one other item in addition to the combination food to have a reimbursable meal under OVS (at least three food items).
- The other option for the menu planner is to choose to not count the meat/meat alternate in the combination food toward the grains component. In this case, the meat/meat alternate is an additional food and does not count as an item for purposes of OVS. The 1 oz eq of grain in the combination food does count as one grains item. Therefore, the breakfast sandwich as a whole in this scenario counts as one grains item. Three

additional items (including fruit/vegetable and milk) must be offered to have OVS, and the student may select any three items.

**At breakfast, how does the 50% whole grain-rich requirement apply if a menu planner is crediting Meats/Meat Alternates toward the Grains component?**

The 50% whole grain-rich requirement applies only to grain-based foods, and *not* Meats/Meat Alternates crediting toward the Grains component. For example, if a menu planner offers 6 oz eq grains and 3 oz eq meats/meat alternates to meet the weekly minimum requirement of 9 oz eq grains in grades 9-12, only 50% of the 6 oz eq of grains must be whole grain-rich (3 oz eq).

*Fruits/Vegetables*

**How much fruit must a school offer at breakfast in SY 2013-2014?**

In SY 2013-2014 only, schools will continue to offer at least ½ cup of fruit daily to children in grades K-12. The 1 cup daily minimum fruit requirement takes effect in SY 2014-2015.

**Is a student required to take fruit at breakfast in SY 2013-2014?**

In SY 2013-2014, the existing fruit/vegetable component remains in place and is unchanged. As noted above, schools are required to offer at least ½ cup of fruit, vegetable, or juice to students in all grade levels. However, students are not required to select this component for OVS purposes since this OVS provision is not yet in effect. Under OVS in SY 2013-2014, students may decline the fruit/vegetable component and have a reimbursable meal, as long as three other food items are selected.

**Is there a limit on the amount of juice that can be offered for breakfast in SY 2013-2014?**

In SY 2013-2014, the existing fruit/vegetable component remains in place and is unchanged. Therefore, there are no limitations on how much juice can be offered to meet the fruit/vegetable component. However, it is recommended that if juice is offered, schools also offer whole fruit options during the week, to assist students in transitioning to the limit on juice offerings effective in SY 2014-2015.

*Offer vs. Serve (OVS)*

**How is Offer versus Serve (OVS) implemented in the SBP in SY 2013-2014?**

OVS remains optional for all age/grade groups in the SBP, and schools using OVS must continue to offer at least four breakfast items in the amounts specified in the meal pattern. In SY 2013-2014, students must continue to select at least three food items for a reimbursable meal and may decline a food item from *any* component at breakfast.

**May a school using OVS offer two different 1 oz eq grain items at breakfast, and allow students to take two of the same grain items and count them as two items for purposes of OVS?**

Yes, this is acceptable if the menu planner chooses to do so. For example, a menu may offer 1 cup milk and ½ cup fruit, plus two grains: cereal (1 oz eq) and toast (1 oz eq). The student could select the fruit and two pieces of toast and this would count as the three items required for a reimbursable meal under OVS. The menu planner has discretion whether or not to allow students to select duplicate items.

**Can pre-bagged meals be offered when breakfast is offered in the classroom and OVS is in place?**

Yes. If a school participates in OVS at breakfast and offers breakfasts where some or all of the components are bundled together, the operator should attempt to the extent possible to offer choices (such as a fruit basket) aside from the pre-bagged items. However, there is no requirement that all possible combinations of choices be made available to the student.