

Breakfast

is in the



School Breakfast Program (SBP) is a federally assisted meal program operating in public schools, nonprofit private schools, and residential child care institutions. It provides nutritionally balanced, low-cost or free breakfasts to children each school day. The program ensures that all children have access to a healthy breakfast at school to promote academic achievement and healthy eating behaviors.

SBP operates in the same manner as the National School Lunch Program. School districts that take part in SBP receive reimbursement for each meal served. In order to participate, all breakfasts served follow Federal guidelines, and free or reduced price breakfasts must be offered to eligible children.

Breakfast Meal Service Models

	<u>Traditional Breakfast</u>	<u>Breakfast in the Classroom</u>	<u>Grab 'N' Go Breakfast</u>	<u>2nd Chance Breakfast</u>
When it's served	Before school day begins	After school day begins, following opening bell	Before the school day begins	After 1st period
Where it's served	Cafeteria	Classroom	Cafeteria, hallways, common areas	Cafeteria, hallways
How it's served	In cafeteria, with a serving line, similar to lunch program	Transported to & from classroom by staff or student volunteers	Stations at varying locations: students grab a bagged breakfast	Can be served same manner as traditional breakfast or Grab 'N' Go


SBP Meal Pattern


Required Meal Components	Grades K-5		Grades 6-8		Grades K-8		Grades 9-12	
	Daily	Weekly	Daily	Weekly	Daily	Weekly	Daily	Weekly
Fruit (Cups)	1	5	1	5	1	5	1	5
Grains (oz. eq.)	1	7-10	1	8-10	1	8-10	1	9-10
Milk (Cups)	1	5	1	5	1	5	1	5


Offer Vs. Serve (OVS) You must offer a minimum of 4 food items from the 3 food components:

1. **Component 1:** Fruit (and optional vegetables)
2. **Component 2:** Milk
3. **Component 3:** Grains (and optional meat/meat alternate)

Must offer at least 4 food items and must select at least 3 credited food items in applicable serving sizes

 1 cup (minimum of 1/2 cup) fruit and/or vegetable or full strength (fruit or vegetable) juice = ① food item

 One half pint of fluid milk (1% unflavored or fat free flavored & unflavored) = ① food item

 2 servings of whole grain-rich grains = ② food items

 1 serving of grains + 1 serving of meat/meat alternate = ② food items

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