

Chapter DCF 52

APPENDIX C

PER MEAL MINIMUM REQUIREMENTS OF NATIONAL SCHOOL LUNCH PROGRAM

PLANNING BREAKFASTS

BACKGROUND

School breakfasts provide a good start toward meeting a child's daily nutritional needs of food energy, protein, vitamins, and minerals. The breakfast meal pattern is a simple, easy-to-follow guide in three components.

Breakfast Meal Requirements

| Components | Minimum Required Quantities |
|--|-----------------------------|
| Fruit or Vegetable | |
| Fruit or Vegetable or Fruit Juice or Vegetable Juice | 1/2 cup |
| Bread or Bread Alternate | |
| One of the following combination to give an equivalent quantity | 1 serving |
| 🍞 A serving (1 slice) of whole grain or enriched bread | |
| 🍞 A serving of biscuits, rolls, muffins, etc., whole-grain or enriched | |
| 🍞 A serving (3/4 cup or 1 ounce, whichever is less) of whole-grain or enriched or fortified cereal | |
| Fluid Milk | |
| As a beverage or on cereal or both | 1/2 pint |

Recommendations

To help meet children's nutritional needs, breakfast should also contain as often as possible:

Meat or meat alternate – a 1 ounce serving (edible portion as served) of meat, poultry, or fish; or 1 ounce of cheese; or 1 egg; or 2 tablespoons of peanut butter; or an equivalent amount of any combination of these foods.

Also, plan to include:

- 🍌 Vitamin C foods frequently.
- 🍌 Foods for iron each day.

PLANNING GUIDELINES

Planning appetizing breakfast menus that students will enjoy requires originality and imagination. Try to plan breakfasts that consider students' regional, cultural, and personal food preferences. Be sure to include well-liked and familiar foods. Offer "new" and less popular ones as choices at first until they have higher acceptability. Plan for contrast in texture, flavor, size, and shape of foods applying the principles of good menu planning. For example:

Fruits and Vegetables

Fresh, canned, frozen, and dried fruits can be used interchangeably. Try combining fruits with cereal for variety.

Bread and Bread Alternates

Bread offers many different menu ideas. Use a variety of hot breads, such as cornbread, and different kinds of muffins and biscuits. Or try breakfast rolls made with bulgur, rolled wheat or oats. Sandwiches (open-faced or closed), pancakes, waffles and french toast are often well accepted.

Cereals can give you a light or hearty breakfast and require little labor. You can serve cereals hot or use prepackaged preportioned dry cereals, including wheat, corn, rice and oats.

Meat and Meat Alternates

Use a variety of meat or meat alternates – eggs, sausage, canned meat, ground beef, ham, cheese, peanut butter, fish or poultry. Alternate egg dishes with other main dishes. Serve the egg alone or in combination with different meats or cheese. Look for variety in preparing eggs – scrambled, hard-cooked, soft-cooked, poached or in omelets or french toast.

Keep in mind the age groups you are serving. The way food is served to young children will affect whether or not it is eaten. For instance, it may be necessary to serve hard-cooked eggs peeled and cut in halves, whereas with older residents hard-cooked eggs can be served in the shell. With younger residents, serve finger sandwiches, apple wedges, sectioned oranges and grapefruits, and meat cut into bite-sized pieces. Serve small portions or additional foods. Untraditional foods at breakfast may make breakfast more appealing. Since appetites may vary greatly among residents, you may wish to consider two different breakfast menus – a “Hearty Breakfast” and a lighter “Eye Opener”. For example:

| Hearty Breakfast | Eye Opener |
|-----------------------------|-------------------------|
| Scrambled Eggs, Fresh Fruit | Dry Cereal, Fresh Fruit |
| Cinnamon Toast, Milk | Milk |

BREAKFAST SAMPLE MENUS

| Breakfast Pattern | Monday | Portion | Tuesday | Portion | Wednesday | Portion | Thursday | Portion | Friday | Portion |
|--|--------------------------------|----------------|--------------------|---------|-----------------------------|---------|-------------------|---------|---------------------------------------|---------|
| Fruit or Vegetable or Fruit Juice or Vegetable Juice | Pineapple Juice | 1/2 cup | Orange Quarters | 1/2 cup | Grapefruit Juice | 1/2 cup | Orange Juice | 1/2 cup | Fruit Cup (banana, orange, pineapple) | 1/2 cup |
| Bread or Bread alternate | Choice of Ready-to-Eat Cereals | 3/4 cup (1 oz) | Raisin Bread Toast | 1 slice | Blueberry Waffle with Syrup | 1 | Cheese Pizza | 1 slice | Toast | 1 slice |
| Milk | Milk | 1/2 pt | Milk | 1/2 pt | Milk | 1/2 pt | Milk | 1/2 pt | Milk | 1/2 pt |
| Other | | | Cheese cubes | 1 oz | | | Cheese on Pizza | 1 oz | Deviled Egg | 1 egg |
| Fruit or Vegetable or Fruit Juice or Vegetable Juice | Sliced Pears | 1/2 cup | Banana | 1 sm | Orange Juice | 1/2 cup | Baked Apple | 1 med | Orange Juice | 1 cup |
| Bread or Bread alternate | Hot Bagel | 1 | Cornflakes | 3/4 cup | French Toast with Honey | 1 slice | Cheese Toast | 1 slice | Toast | 1 slice |
| Milk | Milk | 1/2 pt | Milk | 1/2 pt | Milk | 1/2 pt | Milk | 1/2 pt | Milk | 1/2 pt |
| Other | Cream Cheese | 1 oz | | | | | Cheese for Toast | 1 oz | Creamed Chipped Beef | 1/4 cup |
| Fruit or Vegetable or Fruit Juice or Vegetable Juice | Purple Plums | 1/2 cup | Orange Juice | 1/2 cup | School-made Vegetable Soup | 1 cup | Orange Sections | 1/2 cup | Orange & Grapefruit Sections | 1/2 cup |
| Bread or Bread alternate | English Muffin with Jam | 1 | Whole wheat toast | 1 slice | Cinnamon Toast | 1 slice | Biscuit | 1 | Date Muffin | 1 |
| Milk | Milk | 1/2 pt | Milk | 1/2 pt | Milk | 1/2 pt | Milk | 1/2 pt | Milk | 1/2 pt |
| Other | | | Hard-Cooked Egg | 1 egg | | | Grilled Ham Slice | 1 oz | | |
| | | | Crisp Bacon | 1 sl | | | | | | |
| Fruit or Vegetable or Fruit Juice or Vegetable Juice | Raw or Cooked Apple Wedges | 1/2 cup | Fruit Cocktail | 1/2 | Apple Juice | 1/2 cup | Pineapple Juice | 1/2 cup | Tomato Juice | 1/2 cup |
| Bread or Bread alternate | Bread | 1 slice | Hot Oatmeal | 3/4 cup | Corn Grits | 3/4 cup | Whole wheat toast | 1 slice | Pancakes with syrup | 1-2 |
| Milk | Milk | 1/2 pint | Milk | 1/2 pt | Milk | 1/2 pt | Milk | 1/2 pt | Milk | 1/2 pt |
| Other | Egg for Salad on Sandwich | 1/2 egg | | | Beef Pattie | 1 oz | Scrambled egg | 1/2 cup | Hash Brown Potatoes | |

SCHOOL LUNCH PATTERNS
FOR VARIOUS AGE/GRADE GROUPS

| USDA recommends, but does not require, that you adjust portions by age/grade group to better meet the food and nutritional needs of children according to their ages if you adjust portions. Groups I–IV are minimum requirements for the age/grade groups specified. If you do not adjust portions, the Group IV portions are the portions to serve all children. | | Grades 4–12 age 9 & over (Group IV) | Grades 7–12 age 12 & over (Group V) | SPECIFIC REQUIREMENTS |
|--|--|---|---|--|
| Meat or Meat Alternate | <p>A serving of one of the following or a combination to give an equivalent quantity:</p> <p>Lean meat, poultry, or fish (edible portion as served)</p> <p>Cheese</p> <p>Large eggs(s)</p> <p>Cooked dry beans or peas</p> <p>Peanut butter</p> | <p>2 oz</p> <p>2 oz</p> <p>1</p> <p>1/2 cup</p> <p>4 Tbsp</p> | <p>3 oz</p> <p>3 oz</p> <p>1 1/2</p> <p>3/4</p> <p>6 Tbsp</p> | <p>🍏 Must be served in the main dish or the main dish and one other menu item.</p> <p>🍏 Vegetable protein products, cheese alternate products, and enriched macaroni with fortified protein may be used to meet part of the meat/meat alternate requirement. Fact sheets on each of these alternate foods give detailed instructions for use</p> |
| Vegetable And/Or Fruit | Two or more servings of vegetable or fruit or both to total: | 3/4 cup | 3/4 cup | <p>🍏 No more than one half of the total requirement may be met with full–strength fruit or vegetable juice</p> <p>🍏 Cooked dry beans or peas may be used as a meal alternate or as a vegetable but not as both in the same meal.</p> |
| Bread or Bread Alternate | <p>Servings of bread alternate:</p> <p>A serving is</p> <p>1 slice of whole–grain or enriched bread</p> <p>A whole–grain or enriched biscuit, roll, muffin, etc.</p> <p>1/2 cup of cooked whole–grain or enriched rice, macaroni, noodles, whole–grain or enriched pasta products, or other cereal grains such as bulgur or corn grits</p> <p>A combination of any of the above</p> | 8 per week | 10 per week | <p>🍏 At least 1/2 serving of bread or an equivalent quantity of bread alternate for Group I, and 1 serving for Groups II–V, must be served daily.</p> <p>🍏 Enriched macaroni with fortified protein may be used as a meal alternate but not as both in the same meal.</p> <p>NOTE: Food Buying Guide for Child Nutrition Programs (PA–1331 (1983) provides the information for the minimum weight of a serving.)</p> |
| Milk | A serving of fluid milk | 1/2 pint (8 fl oz) | 1/2 pint (8 fl oz) | <p>At least one of the following forms of milk must be offered:</p> <p>🍏 Unflavored lowfat milk</p> <p>🍏 Unflavored skim milk</p> <p>🍏 Unflavored buttermilk</p> <p>NOTE: This requirement does not prohibit offering other milks, such as whole milk or flavored milk, along with one or more of the above.</p> |