

Chapter HFS 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
<ul style="list-style-type: none"> 🍎 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

Scrambled Eggs, Fresh Fruit
Cinnamon Toast, Milk

Eye Opener

Dry Cereal, Fresh Fruit
Milk

**APPENDIX C (continued)
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	

**APPENDIX C (continued)
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	<p>Two or more servings of vegetable or fruit or both to total:</p>	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>