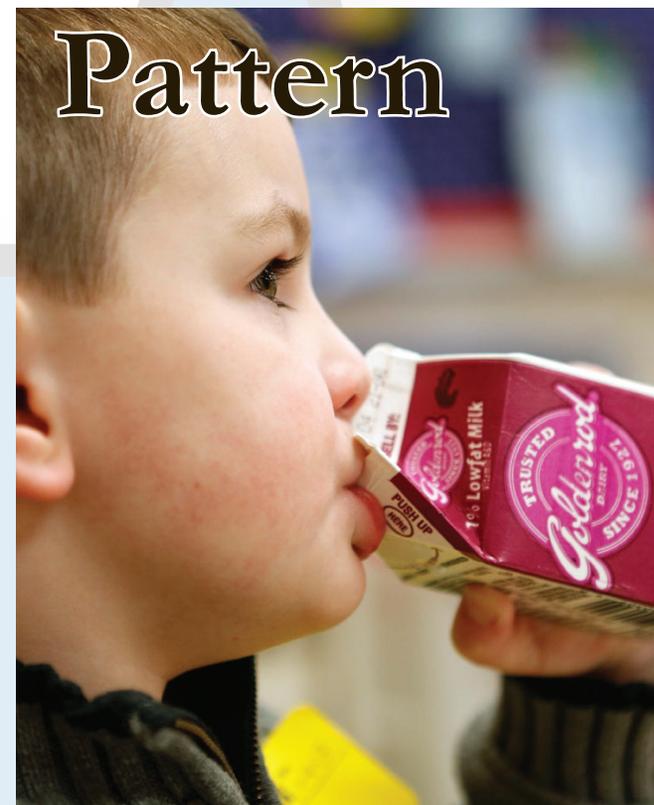


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New Breakfast Meal Pattern



New Breakfast Meal Pattern

	Grades K-5 Per Week (Min. Per Day)	Grades 6-8 Per Week (Min. Per Day)	Grades 9-12 Per Week (Min. Per Day)
Fruit* (Veg. Subst. Allowed)	5c (1)	5c (1)	5c (1)
100% Whole Grain	7 oz. (1)	8 oz. (1)	9 oz. (1)
Milk	5c(1)	5c(1)	5c(1)
Meat/ Meat Alt.	0	0	0

*≤ 50% juice

The new breakfast meal pattern requires that certain meal components are offered in the amounts charted above.

Once the daily 1 oz. minimum Grain has been met, Meat/Meat Alternate can be counted as a Grain and included in the weekly Grain total. It is also possible to count Meat/Meat Alternates as an Extra.

Breakfast is For Stars

For a meal to be reimbursable, three food items must be chosen with 1/2 cup fruit or vegetable. Any combination of three food items including fruit or vegetables, qualify as a complete meal. The specific combinations can be determined by Food Service Directors.

A complete reimbursable breakfast amounts to a nutritious meal that will benefit students in all they do.

In order to communicate what a reimbursable breakfast includes, each food item will be given credits as stars. Some menu items equal more than one star, so a star chart will illustrate how to choose a complete reimbursable breakfast.



A chart will be displayed in the cafeteria with the day's menu posted on it. Each menu item will be given the appropriate amount of stars correlating with the creditable portion size. The stars will be colored to relate to MyPlate food groups. Below is an example of a menu with the correct stars. Refer to the complete poster for the complete layout.

Choose 3 Stars	★ ★ ★
Skim Chocolate Milk	★
1% Milk	★
Apple Juice	★
Poptarts-Strawberry	★ ★
Fruit Loops Cereal	★
Sausage Biscuit	★ ★ ★