

# InTEAM updates to the Breakfast Menu

## K-8 Overlap

There is now a K-8 overlap option. Please only use the K-8 option if you have a building that serves students across this age range. You may duplicate menus from K-5 or 6-8 to use K-8 menus, and to check for compliance.

## Meat/Meat Alternate - Grains

InTEAM has added a new yellow box at the bottom of the menu used to calculate your minimum meat/meat alternate credited as grains used to count towards your Total Grains served. Much like the other yellow boxes, this must be calculated manually.

To calculate:

- Identify all breakfast entrees served on a given day that include meat/ meat alternates as grain (M/MA-Grain). Disregard any entrees that do not have any M/MA- grains.

For example, you have three entrees, a breakfast pizza, a chicken biscuit and cold cereal:

- You identify your breakfast pizza, as you are counting the sausage and cheese as a 1 oz eq. M/MA-Grain.
- You identify your chicken biscuit, as you are counting the chicken patty as a 2 oz. eq. M/MA-Grain.
- You disregard cereal, as it does not have any M/MA-Grains (only actual grains).

- Using only the identified entrees, decide which entrée is offering the *least* M/MA-Grain.

For example:

- Your breakfast pizza has 1 oz eq. M/MA-Grain
- Your chicken biscuit has 2 oz eq. M/MA-Grain

Therefore your **breakfast pizza** has the *least* or *minimum* M/MA-Grain.

- Enter the number of ounce equivalence associated with the entrée that has the *least/ minimum* M/MA-Grain in the yellow box titled "Meat/Meat Alternate – Grains" at the bottom of your menu.
- Complete these steps for every day in which you are counting one or more M/MA-Grain, so that InTEAM is able to correctly calculate your Total Grains.

Total Feeding Figure 500 [Edit](#) Projected Average Cost per Meal [Data Missing](#) [View Cost Data](#)

	Meal Component	Recipe Name or Combo Name	Menu Item	Actual Portion Size	Recipe # or Product Name and Code	Source	Planned # of Servings	Creditable Portion Size	Unit of Measure	Calories (1 serving)	Saturated Fat (1 serving)	Sodium (1 serving)	Actions
▶	Recipe - Entree	breakfast Pizza	Breakfast Pizza	2.5	tonys	Vendor	100	1	oz eq.	898	8	84	<a href="#">Edit</a> <a href="#">Delete</a>
▶	Meat/Meat Alternate - Grain	breakfast Pizza	cheese/sausage	1.5 oz	tonys	Local	100	1	oz eq.				<a href="#">Edit</a> <a href="#">Delete</a>
▶	Whole Grains	breakfast Pizza	crust	2 oz	tonys	Local	100	2	oz eq.				<a href="#">Edit</a> <a href="#">Delete</a>
▶	Recipe - Entree	cereal	cereal	1 each	kellog #1234	Vendor	150		oz eq.	110	0.5	320	<a href="#">Edit</a> <a href="#">Delete</a>
▶	Whole Grains	cereal	Lucky Charms	1 each	kellog #1234	Vendor	150	1	oz eq.				<a href="#">Edit</a> <a href="#">Delete</a>
▶	Recipe - Entree	chicken biscuit	chicken biscuit	4.6	Tony's 001	Vendor	250		oz eq.	350	6	752	<a href="#">Edit</a> <a href="#">Delete</a>
▶	Meat/Meat Alternate - Grain	chicken biscuit	chicken	2.4	Tony's 001	Vendor	250	2	oz eq.				<a href="#">Edit</a> <a href="#">Delete</a>
▶	Whole Grains	chicken biscuit	biscuit	2.2	Tony's 001	Vendor	250	2	oz eq.				<a href="#">Edit</a> <a href="#">Delete</a>
▶	Whole Grains		toast	28gm	Klosterman # 123	Local	500	1	oz eq.	90	0	150	<a href="#">Edit</a> <a href="#">Delete</a>
▶	Fruit		orange smiles	.5		Local	500	0.5	cup	80	0	0	<a href="#">Edit</a> <a href="#">Delete</a>
▶	Fruit Juice		grape juice	4 oz	Welch	Vendor	500	0.5	cup	60	0	0	<a href="#">Edit</a> <a href="#">Delete</a>
▶	Fruit Juice		apple juice	4 oz		Vendor	500	0.5	cup	46	0	4	<a href="#">Edit</a> <a href="#">Delete</a>
▶	Condiments		strawberry jelly	10 gm	Smucker	Vendor	500	0	oz eq.	150	0.5	25	<a href="#">Edit</a> <a href="#">Delete</a>
▶	Milk Skim/fat-free, flavored		chocolate	8 oz	flav o rich	Vendor	450	1	cup	120	0	220	<a href="#">Edit</a> <a href="#">Delete</a>
▶	Milk Low-fat (1%), unflavored		white	8 oz	flav o rich	Vendor	50	1	cup	90	1	80	<a href="#">Edit</a> <a href="#">Delete</a>
	Vegetable Incl. Juice		Vegetable Including Juice Minimum Offered						cup				<a href="#">Edit</a>
	Fruit Incl. Juice		Fruit Including Juice Minimum Offered					1.5					<a href="#">Edit</a>
	Meat/Meat Alternate - Grains		M/MA-Grains Minimum Offered in Place of Grains					1	oz eq.				<a href="#">Edit</a>

*Handwritten notes:*  
 - Red arrow pointing to 'Meat/Meat Alternate - Grain' row: *disregard*  
 - Blue arrow pointing to 'Meat/Meat Alternate - Grain' row: *which is less?*  
 - Yellow box at bottom: *put the oz. eq. of the one that is less down here*

## Enough Food to Go Around?

With the new meal pattern it may be difficult to tell if you are offering enough food items to meet Breakfast requirements. There is an easy way to verify you are offering enough food, based on whether you use Offer verses Serve or Serve.

### Offer verse Serve

In order for every child to take a reimbursable meal, there must be enough food items offered so that every child leaves the service line with at least 3 food items. The following formula can be used to check that you are offering enough food.

Total Number of Food Items

3

If Total Number of Food Items ÷ 3 is **equal to or greater than 3**, you are serving enough food items.

If Total Number of Food Items ÷ 3 is **less than 3**, you are NOT serving enough food items.