WISCONSIN SCHOOL NUTRITION

IN A NUTSHELL

School Breakfast Program (SBP)

Nutrition Standards & Meal Pattern Requirements

Age/Grade Groups

- K-5, 6-8, K-8, 9-12, K-12

Menu Planning

- Refer to the Breakfast Meal Pattern Table for daily and weekly requirements for the three required components (milk, fruit, combined grain and meats/meat alternates).
- Each serving line, independently, must meet the daily and weekly requirements.
- All foods and condiments that students have access to as part of a reimbursable meal must be included in the dietary specifications.
- Maintain Child Nutrition (CN) labels and/or Product Formulation Statements (PFS) to document compliance.

Components

Milk

- Milk credits by volume (fluid ounces).
- 1 cup milk must be offered daily for all age/grade groups.
  Offer at least two milk varieties, one must be unflavored. Allowable types are non-fat (skim) or low-fat (1 percent), reduced-fat (2 percent), whole; flavored or unflavored; lactose-reduced or lactose-free.

Fruits (or Vegetables)

- Fruits and vegetables credit by volume (cups).
  - A minimum of 1/8 cup fruit or vegetable per serving is needed to credit.
- 1 cup of fruit, vegetable, or combination of both must be offered to all grade groups daily.
- Creditable forms of fruit include fresh, frozen (with or without added sugar), canned in water, light syrup or juice, dried, and pasteurized, full-strength juice.
  - Dried fruit credits as twice the volume served (e.g. 1/4 cup of raisins credits as 1/2 cup of fruit).
- Creditable forms of vegetable include fresh, frozen, canned, and pasteurized, full-strength juice.
- No more than half of weekly fruit and vegetable offerings can be in the form of juice.

Substituting Vegetables for Fruit at Breakfast

- SFAs that choose to offer vegetables at breakfast once per week have the option to offer vegetables from any of the vegetable subgroups.
- SFAs that choose to offer vegetables for fruits at breakfast on two or more days per week are required to offer vegetables from at least two different subgroups.

Grains and Meat/Meat Alternates (M/MA) Combined

- Grains and M/MA credit by weight (ounce equivalents [oz eq]).
  - A minimum of 0.25 oz eq per serving is needed to credit
- Daily minimum of 1.0 oz eq of grains, M/MA, or combination must be offered for all age/grade groups.
- Weekly minimums vary based on age/grade group.

- 80 percent of all grains credited towards the meal pattern must be whole grain-rich. Schools that choose to offer a mix of grains and M/MA at breakfast will calculate the whole grain-rich offerings based on the total amount of grains offered at breakfast during the week.
- Determine grain crediting using USDA Exhibit A, by calculating the grams of creditable grains in a recipe, or using the USDA Food Buying Guide.
- Determine M/MA crediting using a Product Formulation Statement (PFS), a Child Nutrition (CN) label, or the USDA Food Buying Guide.

Dietary Specifications

The dietary specifications define limits for calories, saturated fat, and sodium. These are assessed as a daily average over the course of one five-day week. The calculated daily average must be within the range listed in the table (at least the minimum and no more than the maximum values). Fluid milk is excluded from the weekly limit for saturated fat.

Grade Groups	Calories (kcal)	Sodium Limits Target 1 (mg) In place through June 30, 2027	Saturated Fat (% of total calories)
K-5	350-500	≤540	<10
6-8	400-550	≤600	<10
K-8	400-500	≤540	<10
9-12	450-600	≤640	<10
K-12	450-500	≤540	<10

Additionally, there are product-based added sugar limits for the following products:

- Breakfast Cereals: No more than 6 grams of added sugar per dry ounce
- Yogurt: No more than 12 grams of added sugar per 6 ounces
- Flavored Milk: No more than 10 grams of added sugar per 8 fluid ounces (1 cup)

Offer versus Serve (OVS)

- OVS is optional, but encouraged, for all age/grade groups at breakfast.
- Using OVS, the SFA must offer at least four food items from the three required components (combined grains and M/MA, fruit, milk) and students must select at least three food items for a reimbursable meal.
    - Food items are defined as 1 cup milk, 1.0 oz eq grain, 1.0 oz eq M/MA, and 1/2 cup fruit.
    - The menu planner has the discretion to count large entree items (i.e. a 2.0 oz eq bagel, 2.0 oz eq omelet, 2.0 oz eq breakfast pizza) as either one food item or two food items.
- SFAs are encouraged to offer students choices within each component
    - Example: When offering fruit, consider providing a few different types of fruit, such as 1/2 cup orange juice, 1/2 cup peaches and 1/2 cup applesauce.
    - It is up to the menu planner to decide how many of the offered choices students can take based on the planned menu (i.e. 1 milk, 1 grain or M/MA and 2 fruits).
- There is no requirement for a student to select milk under OVS.
- To qualify as a reimbursable meal, students must select three items, one of which is at least 1/2 cup fruit, vegetable, or combination.

Resources

- DPI School Breakfast homepage
- Menu Planning