

# fresh start for school breakfast

*a school nutrition breakfast resource*



**Carol Chong, MA;RD;LD/N**  
National Nutrition Advisor  
Alliance for a Healthier Generation

and

**Lynne Duda**  
Food Service Director  
North Marion School District, 015  
Aurora, OR



**July 16<sup>th</sup> – 8:45 am**

**fresh start**  
**for school**  
**breakfast**  
*a school nutrition breakfast resource*

- **Introductions**
- **Breakfast Tools: Why Now?**
- **Alliance and SNA: What was the process?**
- **Let's walk through the menus!**



# fresh start for school breakfast

*a school nutrition breakfast resource*



*Brought to you by School Nutrition Association & Alliance for a Healthier Generation*



# A fresh start for school breakfast

- New meal pattern requirements:
  - 2 year phase in period
  - Food-based menu planning approach
  - meet caloric ranges
  - zero trans fat
  - Grain products must be 50% whole grain-rich

# A fresh start for school breakfast

- 2 week menu cycle:
  - Traditional breakfast service
  - Grab and Go
  - Breakfast in the Classroom
  - Nutrient analysis meets 2013 -14 and 2014
    - 15 requirements
  - Spans age-grade groups K-5, 6-8, 9 - 12

# A Day in the Breakfast in the Classroom Menu

Week 1

sample menu

2 Week Menu Breakfast in the Classroom

Week 1				
WG Breakfast Bar (1Gr) String Cheese 1oz (1MA) Chilled Cupped Pears (1/2c) Oranges (1 ea) MILK - Variety1%,FF & FF Flavored	WW Banana/Zucchini Bread (2Gr) Fresh Apple Slices (2oz) Chilled 100%Fruit Juice (4oz) MILK - Variety1%,FF & FF Flavored	Egg Sandwich on WG Muffin (2Gr & 1.5 Gr/MA) Bananas (1ea) Sweet Potato Waffle "Fries" (1/2c) MILK - Variety1%,FF & FF Flavored	Mini WG Honey Biscuit (1Gr) W/Turkey Sausage (1Gr/MA) Oranges (1ea) Chilled Cupped Pears MILK - Variety1%,FF & FF Flavored	WG Cereal (1Gr) With FF Yogurt (1Gr/MA) Fresh Blueberries (1/2c) Bananas (1ea) MILK - Variety1%,FF & FF Flavored
Nutrients Cals... 459 Sodium. 470 mg S.Fat 5.1g 9.9%Cal	Nutrients Cals... 522 Sodium. 371 mg S.Fat 2.6g 4.5%Cal	Nutrients Cals... 501 Sodium. 841 mg S.Fat 2.5g 4.5%Cal	Nutrients Cals... 423 Sodium. 463 mg S.Fat 5.6g 12.0%Cal	Nutrients Cals... 477 Sodium. 355 mg S.Fat 0.7g 1.4%Cal
Week 2				
WG Muffin (1Gr) LF Mild Cheddar Cheese (1oz) Chilled 100% Fruit Juice (4oz) Fresh Apples (1ea) MILK - Variety1%,FF & FF Flavored	WG Mini Pancakes (2Gr) Bananas (1 ea) Applesauce (1/2c) MILK - Variety1%,FF & FF Flavored	WG Bagel with Cream Cheese (2Gr) Fresh Strawberries (1/2c) Chilled Cupped Peaches (1/2c) MILK - Variety1%,FF & FF Flavored	WG Slider Roll (1Gr) With Breakfast Chicken Patty (1Gr/MA & 5Gr) Baked Sweet Potato Wedges (1/2c) Oranges (1 ea) MILK - Variety1%,FF & FF Flavored	WG Cereal Bar (1Gr) With FF Yogurt 4oz (1Gr/MA) Fresh Blueberries (1/2c) Chilled 100% Fruit Juice (4oz) MILK - Variety1%,FF & FF Flavored
Nutrients Cals... 482 Sodium. 521 mg S.Fat 6.1g 11.4%Cal	Nutrients Cals... 524 Sodium. 419 mg S.Fat 1.7g 2.9%Cal	Nutrients Cals... 372 Sodium. 477 mg S.Fat 4.6g 11.0%Cal	Nutrients Cals... 483 Sodium. 770 mg S.Fat 2.6g 4.8%Cal	Nutrients Cals... 485 Sodium. 308 mg S.Fat 1.1g 2.1%Cal

WG Breakfast Bar (1Gr)  
String Cheese 1oz (1MA)  
Chilled Cupped Pears (1/2c)  
Oranges (1 ea)  
MILK - Variety1%,FF & FF Flavored

Nutrients  
Cals... 459  
Sodium. 470 mg  
S.Fat 5.1g 9.9%Cal

Week 1 Menu Average								Week 2 Menu Average									
Nutrient	Menu Average	%of Calories	Target	% of Target	Grain	Meat/ Meat Alt.	Fruit Cups	Vegetable Cups	Nutrient	Menu Average	%of Calories	Target	% of Target	Grain	Meat/ Meat Alt.	Fruit Cups	Vegetable Cups
Calories	476		400 - 500	100%	7	4.5	4.5	.5	Calories	469		400 - 500	100%	7.5	3	4.5	.5
Sodium (mg)	460		540						Sodium (mg)	499		540					
Fiber (g)	7.19								Fiber (g)	6.15	14.07%						
Protein (g)	17.53	14.72%							Protein (g)	16.49	88.21%						
Carbohydrate (g)	82.46	89.25%							Carbohydrate (g)	79.99	88.21%						
Total Fat (g)	9.54	18.03%							Total Fat (g)	9.89	18.97%						
Saturated Fat (g)	3.30	6.24%	<10.00%						Saturated Fat (g)	3.21	6.16%	<10.00%					
Trans Fat* (g)	0.00	0.00%							Trans Fat* (g)	0.00	0.00%						



ABBREVIATION KEY:  
Ea=Each; FF=Fat Free; Gr=Grain; LF=Low Fat; MA=Meat Alternate;  
WG=Whole Grain; WW=Whole Wheat

# A Day in the Grab N Go Menu

## sample menu

### 2 Week Menu Grab N Go

Week 1				
WG Bagel with Cream Cheese (2Gr) Fresh Strawberries (1/2c) Fresh Apple Slices (2oz) MILK - Variety1%,FF & FF Flavored	WW Banana/Zucchini Bread (2 Gr) Oranges (1 ea) Chilled 100% Fruit Juice (4oz) MILK - Variety1%,FF & FF Flavored	WG Mini Waffles (2Gr) Bananas (1ea) Chilled Cupped Pears (1/2c) MILK - Variety1%,FF & FF Flavored	Mini WG Honey Biscuit (1Gr) W/Turkey Sausage (1Gr/MA) Chilled 100% Fruit Juice (4oz) Chilled Cupped Peaches (1/2c) MILK - Variety1%,FF & FF Flavored	WC Yo Fre Ba Mil FF
Nutrients Cals... 391 Sodium. 472 mg S.Fat 4.6g 10.6%Cal	Nutrients Cals... 512 Sodium. 370 mg S.Fat 2.8g 4.8%Cal	Nutrients Cals... 463 Sodium. 351 mg S.Fat 1.7g 3.3%Cal	Nutrients Cals... 417 Sodium. 409 mg S.Fat 5.6g 12.1%Cal	Nut Cal So S.F
Week 2				
WG Muffin (1Gr) LF Mild Cheddar Cheese (1oz) Chilled 100% Fruit Juice (4oz) Fresh Apples (1ea) MILK - Variety1%,FF & FF Flavored	WG Mini Pancakes (2Gr) Bananas (1ea) Applesauce (1/2c) MILK - Variety1%,FF & FF Flavored	WG Egg n Cheese Breakfast Burrito (1Gr & 1Gr/MA) Salsa (1oz) Fresh Strawberries (1/2c) Chilled Cupped Peaches (1/2c) MILK - Variety1%,FF & FF Flavored	WG Slider Roll (1Gr) With Breakfast Chicken Patty (1Gr/MA&.5Gr) Oranges (1ea) Chilled 100% Fruit Juice (4oz) MILK - Variety1%,FF & FF Flavored	FF WC Fre Ba Mil FF
Nutrients Cals... 462 Sodium. 521 mg S.Fat 6.1g 11.4%Cal	Nutrients Cals... 524 Sodium. 419 mg S.Fat 1.7g 2.9%Cal	Nutrients Cals... 402 Sodium. 614 mg S.Fat 4.1g 9.1%Cal	Nutrients Cals... 452 Sodium. 570 mg S.Fat 2.6g 5.2%Cal	Nut Cal So S.F

## Week 1

WG Bagel with Cream Cheese (2Gr)  
Fresh Strawberries (1/2c)  
Fresh Apple Slices (2oz)  
MILK - Variety1%,FF & FF Flavored

Nutrients  
Cals... 391  
Sodium. 472 mg  
S.Fat 4.6g 10.6%Cal

Week 1 Menu Average									Week 2 Menu Average								
Nutrient	Menu Average	%of Calories	Target	% of Target	Grain	Meat/ Meat Alt.	Fruit Cups	Vegetable Cups	Nutrient	Menu Average	%of Calories	Target	% of Target	Grain	Meat/ Meat Alt.	Fruit Cups	Vegetable Cups
Calories	443		400 - 500	100%	8	2	5	0	Calories	469		400 - 500	100%	6.5	4	5	0
Sodium (mg)	403		540						Sodium (mg)	485		540					
Fiber (g)	5.95								Fiber (g)	6.51							
Protein (g)	14.92	13.48%							Protein (g)	17.54	14.97%						
Carbohydrate (g)	80.28	72.44%							Carbohydrate (g)	80.99	69.12%						
Total Fat (g)	8.05	16.34%							Total Fat (g)	9.06	17.41%						
Saturated Fat (g)	3.03	6.16%	<10.00%						Saturated Fat (g)	3.13	6.02%	<10.00%					
Trans Fat* (g)	0.00	0.00%							Trans Fat* (g)	0.00	0.00%						

ABBREVIATION KEY:  
Ea=Each; FF=Fat Free; Gr=Grain; LF=Low Fat; MA=Meat Alternate;  
WG=Whole Grain; WW=Whole Wheat

# A Day in the Cafeteria Breakfast Menu

sample menu

## 2 Week Menu Cafeteria Breakfast

Week 1					
WG Cereal (1Gr) or WG Bagel with Cream Cheese (2Gr) or LF Cdt. Cheese(1MA)/WG Cereal (1Gr & 1 Gr/MA)  Assorted Fresh Fruit (1ea) Chilled Cupped Pears (1/2c) Chilled 100% Fruit Juice (4oz) MLK - Variety1%,FF & FF Flavored	WG Cereal (1Gr) or WW Banana/Zucchini Bread (2Gr) or String Cheese W/ WG Cereal (1Gr & 1Gr/MA)  Assorted Fresh Fruit (1ea) Chilled Cupped Peaches (1/2c) MLK - Variety1%,FF & FF Flavored	WG Cereal (1Gr) or WG Cereal With WW Toast (2Gr) or Scrambled Eggs with WW Toast (1Gr & 1 Gr/MA)  Assorted Fresh Fruit (1ea) Chilled Cupped Pears (1/2c) Chilled 100% Fruit Juice (4oz) MLK - Variety1%,FF & FF Flavored	WG Cereal (1Gr) or WG Cereal With WG Muffin (2Gr) or Mini WG Honey Biscuit (1Gr)/W/ Turkey Sausage (1Gr/MA)  Assorted Fresh Fruit (1ea) Chilled Cupped Mandarin Oranges (1/2c) Baked Sweet Potato Wedges (1/2c) Ketchup (6g) MLK - Variety1%,FF & FF Flavored	WG Cereal (1Gr) or WG Cereal With FF Yogurt (1Gr&1Gr/MA) or WG Mini French Toast (2Gr)  Assorted Fresh Fruit (1ea) Chilled Cupped Pears (1/2c) Chilled 100%Fruit Juice (4oz) MLK - Variety1%,FF & FF Flavored	Avg Nutrients Cals. 468 Sodium 451 mg S.Fat 1.9g 3.7%Cal
Nutrients Cals. 455 Sodium 430 mg S.Fat 2.1g 4.2%Cal	Nutrients Cals. 423 Sodium 385 mg S.Fat 2.4g 5.2%Cal	Nutrients Cals. 454 Sodium 378 mg S.Fat 1.6g 3.1%Cal	Nutrients Cals. 539 Sodium 615 mg S.Fat 2.6g 4.4%Cal	Nutrients Cals. 462 Sodium 381 mg S.Fat 0.9g 1.8%Cal	
Week 2					
WG Cereal With WG Muffin (2Gr) or WG Cereal With LF Mild Cheddar Cheese (1Gr & 1Gr/MA) or LF Mild Cheddar Cheese with WG Muffin (1Gr/MA & Gr)  Assorted Fresh Fruit (1ea) Chilled Cupped Pears (1/2c) Chilled 100% Fruit Juice (4oz) MLK - Variety1%,FF & FF Flavored	WG Cereal (1Gr) or WG Mini Pancakes (2Gr) or LF Cdt. Cheese with WG Cereal (1Gr/MA & 1Gr)  Assorted Fresh Fruit (1ea) Chilled Cupped Peaches (1/2c) Chilled 100% Fruit Juice (4oz) MLK - Variety1%,FF & FF Flavored	WG Cereal (1Gr) or WG Cereal With WW Toast (2Gr) or Egg White Omelet With WW Toast (1Gr/MA & 1Gr)  Assorted Fresh Fruit (1ea) Chilled Cupped fruit Cocktail (1/2c) Chilled 100% Fruit Juice (4 oz) MLK - Variety1%,FF & FF Flavored	WG Waffle (1.5G) or WG Slider Roll (1Gr) With Breakfast Chicken Patty (1Gr/MA & .5Gr)  Assorted Fresh Fruit (1ea) Chilled Cupped Mandarin Oranges (1/2c) Baked Sweet Potato Wedges (1/2c) Ketchup (6g) Syrup (2Tbsp) MLK - Variety1%,FF & FF Flavored	WG Cereal (1Gr) or WG Cereal Bar (1Gr) or WG Cereal With FF Yogurt (1Gr & 1Gr/MA)  Assorted Fresh Fruit (1ea) Chilled Cupped Peaches (1/2c) Chilled 100% Fruit Juice (4oz) MLK - Variety1%,FF & FF Flavored	Avg Nutrients Cals. 498 Sodium 485 mg S.Fat 2.9g 5.7%Cal
Nutrients Cals. 547 Sodium 492 mg S.Fat 4.5g 7.4%Cal	Nutrients Cals. 490 Sodium 413 mg S.Fat 1.1g 2.2%Cal	Nutrients Cals. 476 Sodium 480 mg S.Fat 1.7g 3.2%Cal	Nutrients Cals. 592 Sodium 760 mg S.Fat 2.1g 3.3%Cal	Nutrients Cals. 445 Sodium 301 mg S.Fat 0.8g 1.6%Cal	

Week 1 Menu Average					Week 2 Menu Average												
Nutrient	Menu Average	%of Calories	Target	% of Target	Grain	Meat/ Meat Alt	Fruit Cups	Vegetable Cups	Nutrient	Menu Average	%of Calories	Target	% of Target	Grain	Meat/ Meat Alt	Fruit Cups	V. C
Calories	468		400 - 500	100%	Min. 5	5	5	5 RO	Calories	498		400 - 500	100%	Min 6.5	5	5	5
Sodium (mg)	451		540		(must choose to include MMA)				Sodium (mg)	485		540		(must Choose to include MMA)			
Fiber (g)	8.02								Fiber (g)	7.87							
Protein (g)	15.51	13.28%							Protein (g)	16.61	13.34%						
Carbohydrate (g)	89.24	76.29%							Carbohydrate (g)	92.92	74.67%						
Total Fat (g)	7.01	13.48%							Total Fat (g)	8.02	14.51%						
Saturated Fat (g)	1.95	3.74%	<10.00%		Max:10				Saturated Fat (g)	2.04	3.89%	<10.00%		Max: 10			
Trans Fat* (g)	0.02	0.03%							Trans Fat* (g)	0.03	0.06%						

WG Cereal (1Gr)  
or  
WG Cereal With WG Muffin (2Gr)  
or  
Mini WG Honey Biscuit (1Gr)/W/  
Turkey Sausage (1Gr/MA)

Assorted Fresh Fruit (1ea)  
Chilled Cupped Mandarin  
Oranges (1/2c)  
Baked Sweet Potato Wedges (1/2c)  
Ketchup (6g)  
MILK - Variety1%,FF &  
FF Flavored

Nutrients  
Cals... 539  
Sodium. 615 mg  
S.Fat 2.6g 4.4%Cal

3

ABBREVIATION KEY:  
Ea=Each; FF=Fat Free; G=Grain; LF=Low Fat; MA=Meat Alternate;  
WG=Whole Grain; WW=Whole Wheat



# A fresh start for school breakfast

## Resources:

- **USDA FNS School Breakfast Program**
  - <http://www.fns.usda.gov/sbp>
- **USDA Memo: Questions and Answers on the School Breakfast Program**
  - <http://www.fns.usda.gov/cnd/governance/Policy-Memos/2013/SP28-2013os.pdf>
- **School Nutrition Association:** [www.schoolnutrition.org](http://www.schoolnutrition.org)
- **Alliance for a Healthier Generation:** [www.healthiergeneration.org](http://www.healthiergeneration.org)

# fresh start for school breakfast

a school nutrition breakfast resource

## Thank You!

- **Breakfast Menus** are available to SNA members online **NOW** at:
- [www.schoolnutrition.org](http://www.schoolnutrition.org) *in the highlights section*
- [www.healthiergeneration.org/schoolmeals](http://www.healthiergeneration.org/schoolmeals)