Breakfast Meal Pattern – School Year 2014-2015
FACT SHEET

Food-Based Menu Planning Approach

- Three required components
  - Fruit (vegetable/juice)
  - Grains
  - Milk

Changes Effective SY 2014-2015

- All grains must be whole grain-rich. (SP 30-2012)
- Fruit quantity increased to 5 cups per week. (Meal pattern)
  - Minimum 1 cup per day offering.
  - Juice cannot exceed 50% of total weekly offering.
  - If substituting vegetable for fruit, must offer 2 cups of non-starchy vegetable before offering starchy vegetable.
- Target One for average weekly sodium limit. (Sodium targets)
- Under Offer Versus Serve (OVS), meal selected must contain minimum of ½ cup fruit.
- Under OVS, four food items must be offered in required amounts; one item can be declined.

Food Components

**Fruit**

- May offer the following types of fruits:
  - Fresh
  - Frozen – with or without added sugar
  - Canned – in light syrup, water or fruit juice
  - Dried – credits as twice the volume served
  - Juice – pasteurized, 100% full-strength
- One cup must be offered daily – may offer combination of two ½ cup servings to equal the one cup.
- No more than half the weekly offerings may be in the form of juice.
  - 100% fruit and vegetable juice blends are allowed – if first ingredient is fruit juice, then credits towards the fruit requirement; if first ingredient is vegetable juice, then credits towards the “other” or “additional” vegetable requirement.
- Vegetables may be offered in place of fruit, or a combination of fruit and vegetables may be offered to meet one cup requirement.
  - If substituting vegetables for fruit, at least 2 cups of non-starchy vegetables from the dark green, red/orange, beans/peas or “other” vegetable subgroups must be planned during the week before a starchy vegetable can be counted towards the meal pattern.

**Grains**

- At least 1 ounce equivalent (oz eq) must be offered each day.
- Minimum daily and weekly offering must be met. Upper limit is still in effect; may exceed limit to allow flexibility as long as dietary specifications are met over the course of a week.
- All grains must be whole grain-rich; each item must contain at least 50% whole grains and the remainder of grains must be enriched.
- Minimum of 0.25 oz eq per serving is needed to credit towards overall grains.
- Optional meat/meat alternate may count towards a daily grain, provided that 1 oz eq minimum grain is offered for that day.

**Milk**

- Must offer one cup daily.
- Must offer at least two choices – fat-free (flavored or unflavored) and low-fat (unflavored).

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**Meat/Meat Alternate (m/ma) – OPTIONAL**

- No requirement to offer m/ma; therefore no daily/weekly minimums or maximums.
- May credit m/ma as “grain” or an “extra” food item.
- If offering m/ma, must still offer 1 oz eq grain at same meal.
- Offering m/ma as “grain”:
  - Counts towards weekly grain requirements.
  - Counts as an item under OVS.
  - Included in dietary specifications (calories, sodium, saturated fat, trans fat).
- Offering m/ma as “extra”:
  - Does not count towards weekly grain requirements.
  - Does not count as an item under OVS.
  - Included in dietary specifications (calories, sodium, saturated fat, trans fat).

**Menu Planning**  
(SP 28-2013v2a, SP 28-2013v2os, SP 43-2014s)

All offerings must meet the daily minimum requirements for all 3 components.

- **Component**: One of the 3 food groups that comprise a reimbursable breakfast and that must be offered:
  - Fruit (or veg or juice)
  - Grains (meat/meat alternate optional)
  - Milk
- **Item**: Specific food offered within the 3 components:
  - If no OVS, must offer at least 3 food items.
  - If operating OVS, must offer at least 4 food items.

**Age/Grade Groups**

- Three age/grade groups:
  - K-5
  - 6-8
  - 9-12

**Flexibility in menu planning – all 3 age/grade group requirements overlap:**

- A single menu can be used:
  - 1 cup fruit
  - 9 oz eq weekly grains
  - 1 cup milk

**Offer Versus Serve (OVS)**

- Optional for all age/grade groups.
- All offerings must meet the daily minimum requirements for all 3 components.
  - Must offer 4 food items.
  - Student must select 3 items.
  - Minimum of ½ cup fruit must be selected as one component in a reimbursable meal.

**Items vs. Choices**

- **Items**: Specific foods offered within food components in the daily required minimum amount that a student can take (1 cup milk, 1 oz eq grain, ½ cup fruit).
  - Menu planner has the discretion to count large grain items (e.g. 2 oz eq muffin) as either 1 or 2 food items.
- **Choices**: Offer variety by giving students options to choose from different items.
  - Examples of grain items: toast, bagel, cereal
  - Menu planner decides how many of the offered choices a student may select, based on the planned menu (1 cup milk, 1 oz eq grain, 2 fruit items).

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