



Wake Up to a Healthy Start with
School Breakfast!

Only 20 percent of Americans eat an adequate breakfast. Poor breakfast habits are not confined to any particular area or economic group. Many children come to school without eating breakfast. Others arrive with only a candy bar or soft drink in their stomach. Some ride the bus for a long time and are hungry again when they get to school. Eating a nutritious breakfast is a good start for the day. A student who has eaten breakfast is more alert and better able to learn. Grades on tests often improve. There are often fewer discipline problems among students who eat a good breakfast. Students enjoy the time to socialize in the mornings, too!

Schools must follow a food-based menu-planning approach with portion sizes based on specific grade groups and meet USDA's nutrient standards. Breakfast menus do not need to be difficult to prepare and schools are not required to offer a hot breakfast. Students like many quick-to-fix and quick-to-eat foods!

The School Breakfast Program is administered nationally by the United States Department of Agriculture (USDA) and locally by the Nebraska Department of Education – Nutrition Services. All public and private schools may participate in the School Breakfast Program. Breakfast is available to any and all students attending a participating school.

Schools participating in the School Breakfast Program receive federal reimbursement for each meal served that meets USDA meal pattern requirements. A higher reimbursement is provided for students eligible for free and reduced-price breakfasts. The maximum amount that can be charged for a reduced-price breakfast is 30 cents. Schools may qualify for additional reimbursement if 40 percent or more of the lunches served in a school building are served to students who qualify for free or reduced price lunches during the 2013-14 school year.

Reimbursement rates for 2015-16 are:

	<u>Regular</u>	<u>Severe Need</u>
Paid	\$0.29	\$0.29
Reduced	\$1.36	\$1.69
Free	\$1.66	\$1.99

Public schools in Nebraska will earn \$0.05 in State reimbursement per breakfast served. The State reimbursement earned in 2015-16 will be paid in one lump sum in 2017-18.

Breakfast Meal Pattern

Food Components	Required Grade Groups Minimum Daily Requirement – Minimum Weekly Requirement		
	Grades K-5	Grades 6-8	Grades 9-12
Grains: All grains offered must be whole grain-rich. A one ounce equivalent (oz. eq.) = one serving* * Meat/Meat Alternate (M/MA) is not required to be served at breakfast. However, a one ounce portion can be substituted for one oz. eq. of grain once the daily grain requirement is met. When M/MA is served, it can count towards meeting the weekly grain requirement.	1 per day - 7 per week	1 per day - 8 per week	1 per day - 9 per week
Fruit/Juice/Vegetable:	1 cup daily	1 cup daily	1 cup daily
Milk: Must offer two choices daily – low-fat (1%) unflavored or fat-free (skim) flavored/unflavored	8 fl oz daily	8 fl oz daily	8 fl oz daily
Nutrient Standards	Grades K-5	Grades 6-8	Grades 9-12
Calories: (minimum – maximum range)	350-500	400-550	450-600
Saturated fat (percentage of total calories)	<10 %	<10 %	<10 %
Sodium (mg)	<540 mg	<600 mg	<640 mg
Trans Fat	Nutrition label or manufacturer specifications must indicate zero grams of trans fat per serving.		

Breakfast Terminology:

Food Component – one of three required food groups to be offered at breakfast:

- Grains (Meat/Meat Alternate is optional after the Grain requirement is met)
- Fruit/Juice/Vegetable
- Milk

Food Item – a specific food offered within the three components

At breakfast, a double portion of the same grain item or a grain item large enough can count for more than one item. For example, 2 slices of toast = 2 items OR a 2 ounce bagel = 2 items.

For schools implementing Offer Versus Serve (OVS), 4 food items must be offered; students may decline one item. For a reimbursable breakfast, the student must leave the serving line with at least 3 items and one of them must be 1/2 cup of fruit. For schools not implementing OVS, students must leave the serving line with all food items.

Examples of 5 Item Menus (G = Grains)

Offer a Choice

Assorted Cereal OR Oatmeal
Cinnamon Toast
Apple Wedges / Orange Juice
Milk

Blueberry Muffin (2 G) OR Bagel (2 G)
Sliced Peaches / Banana
Milk

Breakfast in the Classroom

Cinnamon Roll (2 G)
Grapes / Orange Juice
Milk

Breakfast in a Bag

Granola Bar (1 G)
Yogurt (1 M/MA = 1 G)
Apple / Assorted Juice
Milk

Serve an Occasional Hot Meal

Ham and Cheese Biscuit (2 G)
Orange Quarters / Assorted Juice
Milk

Waffles (2 G)
Strawberries / Assorted Juice
Milk

PROBLEMS: FACT OR FICTION?

Fiction: Bus schedules prevent our school from implementing a breakfast program.

Fact: Many schools have been able to implement a breakfast program into their existing schedule. However, when an adjustment is necessary, moving the bus schedule back as little as 10 minutes provides ample time for the children to eat breakfast. A breakfast program may help students adjust to early bus schedules or long bus rides. Some children are not hungry when they leave home, but are very hungry when they get to school!

Fiction: A breakfast program will require additional labor hours.

Fact: By changing the work schedule of one or two employees, a breakfast program may be implemented without the need for additional employees or labor hours. Work schedules, menus, preparation time and the number of children being served are factors that determine the personnel needed for the program.

Fiction: Our schools do not all have the facilities/equipment to prepare or serve breakfast.

Fact: The breakfast program can be implemented in almost any facility. While kitchen and cafeteria facilities are ideal for a breakfast operation, a kitchen or cafeteria is not required. Pre-packaged food items and the use of disposables enable schools to serve breakfast in classrooms, the gymnasium or a multi-purpose room, even on the bus! Most schools do not need additional equipment to prepare or serve breakfast. If a kitchen is not suitable to prepare meals, breakfasts can be delivered from another preparation kitchen in bulk or individual bags. The district is not required to have a breakfast program in every school.

Fiction: A breakfast program will be a financial "drain" on our lunch program.

Fact: A breakfast program is relatively easy to implement since equipment and trained staff generally exist. Breakfast meals that meet USDA meal pattern requirements are eligible for reimbursement. This money can be used to cover food costs, labor costs and administration of the program. In some schools the breakfast program helps support the lunch program.

BREAKFAST PROGRAM COSTS

The major costs involved in a School Breakfast Program are food, labor and supplies.

- The cost of food depends on whether the breakfasts are hot or cold, homemade or pre-packaged items. Using pre-packaged foods may increase initial costs, but save on labor costs. Other factors influencing food costs include the number of meals to be served, purchasing practices and the use of commodities.
- The cost of labor depends on the number of students participating in the program, the amount of preparation time required, the type of meal service implemented and the local wages.
- The cost of supplies includes items such as napkins, straws and in some cases, disposable plates and utensils.
- In an effort to reduce food waste, schools are advised to implement Offer Versus Serve (OVS). Schools may implement OVS in all grades or may restrict this provision to certain grade levels. The decision rests solely with the school district. In schools not implementing OVS, students must take full portions of all food items. In schools implementing OVS, at least 4 items must be offered daily; students must select at least 3 items with one of them being 1/2 cup of fruit. A student's decision to decline a food item does not change the price of the meal.

BREAKFAST PRICES

Keeping the price down often promotes maximum participation. The goal is to have meal programs be self-supporting. Districts may determine the full (paid) price of a student breakfast based on how much it costs to produce the meal. Or they may choose to look at the reimbursement rate for a free breakfast minus the reimbursement received for a paid breakfast. This value provides the same income for all breakfasts served. The maximum price that can be charged for a reduced price breakfast is \$0.30. In 2014-15, the average prices charged in Nebraska schools were:

Grade	Price Range	Average
Elementary School	\$0.85 - \$2.65	\$1.47
Middle School	\$1.00 - \$2.65	\$1.50
Junior High School	\$1.00 - \$2.60	\$1.51
Senior High School	\$1.00 - \$3.00	\$1.55

For 2015-16, we recommend the charge for an adult breakfast be set at \$2.05 unless general fund money is used to support the breakfast program. Breakfast items may also be sold a la carte, if the district chooses to do so.

RECORDKEEPING

Recordkeeping requirements are the same as for the National School Lunch Program. If a child qualifies for free or reduced price lunch, the same benefit would extend to the breakfast program. Documentation of menu items such as ingredient statements, nutrition fact labels, Child Nutrition (CN) labels (if applicable) and standardized recipes must be on file. Breakfast Production Records indicating the menu, portion sizes and quantities of food prepared must be completed daily. A Point of Service (POS) meal count must be taken at the end of the serving line to ensure that a reimbursable breakfast has been served.

GETTING STARTED

Conducting a survey with your households or students may be a good idea prior to making the decision to start a breakfast program.

A breakfast program may be started anytime during the school year by amending the district's online application. In the Sponsor Application (Question #50), add prices. In the Site Application(s) (Question #1), check the box next to School Breakfast Program. You will also answer questions regarding the breakfast program at that site. Again, if 40 percent or more of the lunches served in school year 2013-14 were free or reduced, the site qualifies for severe need breakfast reimbursement. This information is reported in Question #6 on the Site Application.

For more information or help in implementing a breakfast program contact:

Nebraska Department of Education, Nutrition Services
(800) 731-2233 or (402) 471-2488
301 Centennial Mall South, Lincoln, NE 68509

