

Breakfast Meal Pattern

	Preschool	Grades K-5	Grades 6-8	Grades 9-12
Food Components	Amount of Food per Week (minimum per day)			
Fruits (cups)	2½ (½)	5 (1)	5 (1)	5 (1)
Vegetables (cups)	May count toward Fruits requirement.	May credit toward Fruits requirement. ¹		
Grains (oz. eq. unless otherwise indicated)	1 ¼ slices/servings (½ slice/serving) or 1¼ cup (¼ cup)	7-10 (1)	8-10 (1)	9-10 (1)
Meats/Meat Alternates (oz. eq.)	May substitute for Grains up to 3 times per week.	May credit toward Grains requirement if at least 1 oz. eq. of Grains is offered.		
Fluid milk (cups)	3 ¾ (¾)	5 (1)	5 (1)	5 (1)
Other Specifications: Daily Amount Based on the Average for a 5-Day Week				
Min-Max Calories (kcal)	N/A	350-500	400-550	450-600
Saturated Fat (% of total calories)	N/A	<10	<10	<10
Other Specifications: Daily Amount Based on the Average for a 5-Day Week				
Sodium Target 1 (mg) (through SY 2023-24)	N/A	≤540	≤600	≤640
Sodium Target 2 (mg) (effective July 1, 2024)	N/A	≤485	≤535	≤570
<i>Trans</i> fat	N/A	Nutrition label or manufacturer specifications must indicate zero grams of <i>trans</i> fat per serving. (This does not apply to naturally occurring <i>trans</i> fats, present in some meat and dairy products.)		

¹ Vegetables are not required in the SBP, but schools may choose to offer vegetables in place of fruits. To offer starchy vegetables in place of fruits, at least 2 cups of red/orange, dark green, legumes, **or** “other” vegetable subgroups must also be offered on a menu within the week. Effective February 15, 2019, through September 30, 2019, Federal funds may not be used to enforce this provision. This means that, through September 30, 2019, schools may offer any vegetable in place of fruits at breakfast, including potatoes and other starchy vegetables, without including vegetables from other subgroups in the weekly menus (Consolidated Appropriations Act, 2019, Section 768).

Breakfast OVS Overview

Is OVS required at Breakfast?

NO. It's optional at all levels

How many **COMPONENTS** are required at Breakfast?

3

How many **ITEMS** are required at Breakfast?

4

What makes a reimbursable meal for Breakfast?

3 Food Items

1 **MUST** be $\frac{1}{2}$ cup of fruit/vegetable in some form

Fruit Component

1 cup MUST be offered.

BUT

Only ½ cup has to be taken.

Grain Component

1oz must be offered and taken daily.

BUT

You may need to offer more to meet the weekly requirement.

Milk Component

At least 2 milk choices MUST be offered daily.



Tips

Post signage (with pictures or graphics) near the beginning of each serving line to help students identify how to build a reimbursable meal and wherever student choices are made.

Ask cashiers to review the reimbursable meal signage before each meal service.

Keep fruit near the cashier stand so students can easily complete their reimbursable meal.

Encourage teachers to review the day's menu with students and explain how students can select a reimbursable meal.

Post menus that highlight required meal component on your school's website and/or on flyers that children can take home to discuss with their parents and caregivers.



National School Lunch Program Meal Pattern for Afterschool Snacks Service

Select two of the four components for a reimbursable meal.

Meal Components ¹		Pre-K	K-12
Milk	Fluid milk	4 fl oz (1/2 cup)	8 fl oz (1 cup)
Vegetables or Fruit ^{2,9}	Juice ^{2,9} , fruit, and/or vegetable	1/2 cup	3/4 cup
Grains/Breads ^{3,4} (Select one)	Bread	1/2 slice	1 slice
	Cornbread/biscuit/roll/muffin	1/2 serving	1 serving
	Cold dry cereal ⁴	1/3 cup or 1/2 oz	3/4 cup or 1 oz
	Cooked cereal grains	1/4 cup	1/2 cup
	Pasta/noodles	1/4 cup	1/2 cup
Meats/Meat Alternates ^{5, 6, 7} (Select one)	Meat/poultry/fish ⁵	1/2 oz	1 oz
	Alternate protein products ⁶	1/2 oz	1 oz
	Cheese	1/2 oz	1 oz
	Egg (large)	1/2 large egg	1/2 large egg
	Cooked dry beans/peas	1/8 cup	1/4 cup
	Peanut/other nut/seed butters	1 Tbsp	2 Tbsp
	Nuts and/or seeds ⁷	1/2 oz ⁷	1 oz
	Yogurt ⁸	2 oz (1/4 cup)	4 oz (1/2 cup)

- ¹ Children age 12 and older may be served larger portions based on their greater food needs. They may not be served less than the minimum quantities listed in this column.
- ² Full-strength vegetable or fruit juice may count towards the entire vegetables or fruit component.
- ³ Grains/Breads must be whole grain or enriched, or made from whole grain or enriched flour or meal that may include bran and/or germ. Cereal must be whole grain, enriched, or fortified.
- ⁴ Either volume (cup) or weight (oz), whichever is less.
- ⁵ A serving consists of the edible portion of cooked lean meat or poultry or fish.
- ⁶ Alternate protein products must meet requirements in Appendix A of 7 CFR Part 210.
- ⁷ Nuts and seeds are generally not recommended to be served to children ages 1-3 since they present a choking hazard. If served, nuts and seeds should be finely minced.
- ⁸ Yogurt may be plain or flavored, unsweetened or sweetened – commercially prepared.
- ⁹ Juice may not be served at snack when milk is served as the only other component.

Snack Overview

How many different **COMPONENTS** are allowed at Snack?

4

How many **COMPONENTS** are required to be given/taken at Snack?

2

Milk Component

Grain Component

Fruit/Vegetable Component

Meats/Meat Alternates Component

Juice may not be served at snack when milk is served as the **ONLY** other component.

What makes a reimbursable meal for Snack?

2 Food Components

REQUIREMENTS FOR AFTERSCHOOL SNACK PROGRAM (ASP)

- Must be approved to offer National School Lunch Program (NSLP)
- Have a **Schedule B** on file with your agreement
- Snack must be given **30 minutes AFTER** the school day ends
 - Exception to this is Extended Learning (a school in which school hours are at least ONE hour longer than the minimum number of required hours) **MOST LIKELY 4 day school weeks**
- One snack per child per day
- Snack must be given and eaten **on-site**
- Follow Afterschool Snack **Meal Pattern**
- Record snacks served showing use of meal pattern (correct food components and qualities) on a **Production Record**
- Complete **TWO (2)** Afterschool Snack Program **On-site review** forms
 - 1st review **within the first 4 weeks** of operation for current school year
- Keep production records and on-site reviews on file for **5 years**
- Must conduct regularly scheduled activities in structured environment that includes **educational instruction** or **enrichment**

Examples

- -Tutoring
- -Assistance with homework
- -Some type of mentoring for enrolled students

Afterschool Snack is NOT for:

- Afterschool care with out enrichment of instruction
- Weekends or school breaks

Area Eligibility

(This year (21-22) everyone is Area Eligible):

- If your **school** is area eligible (50% of free or reduced) than you will enter into claim as “free” each month.
- Non-area eligible schools can serve, charge, and claim snacks as “paid” or according to each student’s meal status.

Staff Serving Afterschool Snack MUST be:

- Trained on Meal Pattern Requirements
- Obtain accurate meal counts
- Have Civil Rights Training Annually
 - Free Civil Rights training on Child Nutrition Unit website --> Training for managers and Employees
OR Civil Rights digital learning
 - Free on Institute of Child Nutrition (ICN) website

7 CFR 210.10
CNU-20-21

After School Snack Program - Production Record

Week of _____ School _____ Mgr. Signature _____

(1) Menu: Date:		(2) Food item	(3) Actual Portion Size	(4) Temp for TCS food	(5) Number of portions prepared for students	(6) Number of portions served to students	(7) Number of portions Leftover	(8) Total reimbursable snacks served to students
Monday	*Meat/Mt/alt.							<input style="width: 100px; height: 100px;" type="text"/>
	*Fruit/Veg.							
	*Grain							
	*Milk							
(1) Menu: Date:		Food item	Actual Portion Size	Temp for TCS food	Number of portions prepared for students	Number of portions served to students	Number of portions Leftover	Total reimbursable snacks served to students
Tuesday	Meat/Mt/alt							<input style="width: 100px; height: 100px;" type="text"/>
	Fruit/Veg.							
	Grain							
	Milk							
(1) Menu: Date:		Food item	Actual Portion Size	Temp for TCS food	Number of portions prepared for students	Number of portions served to students	Number of portions Leftover	Total reimbursable snacks served to students
Wednesday	Meat/Mt/alt							<input style="width: 100px; height: 100px;" type="text"/>
	Fruit/Veg.							
	Grain							
	Milk							
(1) Menu: Date:		Food item	Actual Portion Size	Temp for TCS food	Number of portions prepared for students	Number of portions served to students	Number of portions Leftover	Total reimbursable snacks served to students
Thursday	Meat/Mt/alt							<input style="width: 100px; height: 100px;" type="text"/>
	Fruit/ Veg.							
	Grain							
	Milk							
(1) Menu: Date:		Food item	Actual Portion Size	Temp for TCS food	Number of portions prepared for students	Number of portions served to students	Number of portions Leftover	Total reimbursable snacks served to students
Friday	Meat/Mt/alt							<input style="width: 100px; height: 100px;" type="text"/>
	Fruit/Veg.							
	Grain							
	Milk							

*Please refer to page I-15 of the USDA Food Buying Guide for Reimbursable Snack Menu Requirements.

After School Snack Program

Production Record Instructions

Column 1 – [MENU: and DATE]

Enter menu items. Please refer to page 1-15 of the USDA Food Buying Guide for Reimbursable Snack Menu Requirements. Enter the date of snack service.

Column 2 – [FOOD ITEM]

From the menu written in column 1, list by meal component, the food to be prepared and served.

Column 3 – [ACTUAL PORTION SIZE]

Record the actual serving/portion size offered. Refer to the appropriate age group from the ASSP meal pattern requirements, USDA Food Buying Guide, and Exhibit A attached to *USDA Memorandum SP30-2012: Grain Requirements in the National School Lunch Program and School Breakfast Program* for more information. Please note that the portion size and component contribution are not always the same -- for example, the portion size of hard pretzels may be .8 oz by weight and the component contribution may be 1 oz eq of Grain.

Column 4 – [TEMP FOR TCS foods]

When applicable, check and record the actual temperature of any time-temperature controlled for safety (TCS) food with a properly calibrated, clean and sanitized thermometer. Hot foods must be cooked to the appropriate safe minimum temperature. Check and record the actual temperature of any TCS foods when removed from cold or hot holding before placement on the serving line or delivery for service. Cold foods must register 41 degrees F. or lower and hot foods 135 degrees F. or higher.

TCS foods support the rapid growth of bacteria and require time or temperature control to be served safely. TCS foods must be kept hot (135 degrees F or hotter) or cold (41 degrees F or colder). The Food Code (2013) identifies TCS foods as an animal FOOD that is raw or heat-treated; a plant FOOD that is heat-treated or consists of raw seed sprouts, cut melons, cut leafy greens, cut tomatoes or mixtures of cut tomatoes that are not modified in a way so that they are unable to support pathogenic microorganism growth or toxin formation, or garlic-in-oil mixtures that are not modified in a way so that they are unable to support pathogenic microorganism growth or toxin formation.

Column 5 – [NUMBER OF PORTIONS PREPARED FOR STUDENTS]

Record the total number of complete portions/servings that you prepared for students to take for this snack meal. Enter the total beside each of the components to correspond with the menu for the day.

Column 6 – [NUMBER OF PORTIONS SERVED TO STUDENTS]

Enter the number of portions of each food item provided to students in the appropriate block.

Column 7 – [NUMBER OF PORTIONS LEFTOVER]

Record total number of individual servings prepared (made available) but not served. Include all leftover prepared servings that are to be used as leftovers, that are to be discarded, or that were spoiled or damaged. **Date to Use** – Date marking of TCS foods that are prepared in the operation is required. TCS cannot be saved for future use unless they are under direct and constant supervision of the School Nutrition Manager, temperatures below 41 degrees or above 135 degrees are monitored and recorded on the ASSP production record at the end of service, and the foods were not offered on a self-service line. If all of these conditions are not met, the TCS food must be discarded. All TCS foods that meet these conditions must be used within three days from the date of production. The leftover TCS food must also be date marked with as use by date no longer than 72 hours from the time of original service. Remember to discard the food if it is not used by the date marked.

The three-day rule applies to all foods that were prepared in-house, such as meat/cheese sandwiches and to opened packages of non-TCS commercially processed food, such as a 24-pack of muffins.

Some types of food do not have to be used within three days after placement on a serving line. Commercially processed foods that are in unopened packages that have been on a serving line or that have been displayed in a refrigerated case, such as a milk box, do not have to be used within three days if kept at appropriate temperatures. Commercially processed, non-TCS foods that are in unopened packages, such as packages of crackers or cookies, do not have to be used within three days. This type of food is shelf-stable and protected from external contaminants so food quality and safety is a minimal concern; however, these items must be used by the date that is stamped on the package.

It is important to note that if a package is damaged in any way, the food cannot be salvaged -- it must be discarded. Also, if the item is a TCS food and it has been at unsafe temperatures it must be thrown out.

Unopened cartons of milk that have not been served to students do not need to be used within three days; However, milk must be used by the date stamped on the carton AND must be kept refrigerated or on ice during the entire snack service period. Once any food item, including milk, is served to a student as part of the snack, it is SERVED, and cannot be returned under any circumstances.

Time as a Public Health Control Procedures (TPHC) may be used for TCS foods offered in the ASSP. Refer to the Commercial Kitchen HACCP plan for additional information for these written procedures.

Column 8 – [TOTAL REIMBURSABLE SNACKS SERVED TO STUDENTS]

After the snack service has ended, record the total number of reimbursable snacks taken by students. In order to be a reimbursable snack, each student must take two or more different components. Only one reimbursable snack is allowed for each student.