

FRAC Breakfast Matters “How to” Webinar Series

Healthy Menus for Breakfast in the Classroom



Jessie Hewins
Food Research and Action Center



Today's Agenda

- **Welcome and Introduction** (Jessie Hewins, FRAC)
- **Overview of the New Breakfast Standards** (Judy Dzimiera, Maryland State Dept. of Education)
- **Best Practices in Menu Planning for Breakfast in the Classroom and Grab n' Go** (Amy Korth, University of Wisconsin-Extension, Cooperative Extension)
- **School District Implementation** (Andrea Wright, Jefferson County Public Schools)
- **Q & A**



Role of the School Breakfast Program in Improving Dietary Intake

School breakfast participants are more likely to consume diets that are adequate or exceed standards for important vitamins and minerals.

Source: Bhattacharya et al., 2009; Clark and Fox, 2009

Children who participate in school breakfast are more likely to consume fruit and milk at breakfast.

Source: Condon et al., 2009

Low-income children who eat school breakfast have better overall diet quality than those who eat breakfast elsewhere or skip breakfast

Source: Basiotis et al., 1999



FRAC is the only national center of research on the role of breakfast in children's health. We are a 501(c)(3) nonprofit organization. All proceeds from our publications, events, and other activities support our research and educational programs.

FRAC Breakfast for Health

FRAC is the only national center of research on the role of breakfast in children's health. We are a 501(c)(3) nonprofit organization. All proceeds from our publications, events, and other activities support our research and educational programs.

Breakfast is a key factor in improving the eating habits of children and adolescents.

- School breakfast participants are more likely to consume diets that are adequate or exceed standards for important vitamins and minerals.
- Children who participate in school breakfast are more likely to consume fruit and milk at breakfast.
- Low-income children who eat school breakfast have better overall diet quality than those who eat breakfast elsewhere or skip breakfast.



Expanding Participation

- Increase access to the School Breakfast Program
 - Offer Breakfast in the Classroom at no charge and other models that make breakfast part of the school day
- Improve nutrition quality by implementing the new USDA Meal Standards for School Breakfast
 - FRAC's issue brief "How Improving Federal Nutrition Program Access and Quality Work Together to Reduce Hunger and Promote Healthy Eating"



Healthy Menus for Breakfast in the Classroom

- Menu items should be easy to prepare, serve, and eat
- Breakfast in the classroom menus can and should be healthy and appealing
- Many schools offer both hot and cold menu items



Breakfast in the Classroom Tools & Resources

- Visit the school breakfast program page on our website at www.frac.org
- Contact the FRAC Breakfast Team:
 - Eyang Garrison egarrison@frac.org
 - Madeleine Levin mlevin@frac.org
 - Jessie Hewins jhewins@frac.org



Breakfast Matters – How to Webinar: Healthy Menus for Breakfast in the Classroom

School Breakfast Program Meal Patterns

Judy Dzimiera, RD, LDN, MEd.
MD State Department of Education



Session Objectives

- ▶ Describe the USDA breakfast meal pattern requirements for each age/grade group
- ▶ Apply the OVS requirements to describe a variety of reimbursable breakfast meals
- ▶ Identify 3 challenges for implementation of the breakfast meal pattern requirements



SBP Changes Effective SY 2012–2013

- ▶ Offer *only* fat-free (flavored or unflavored) and lowfat (unflavored) milk
- Saturated fat limit <10% calories



SBP Changes Effective SY 2013-2014

- ▶ A single Food-Based Menu Planning approach
- ▶ Establish age/grade groups: K-5, 6-8 and 9-12
- ▶ Half of weekly grains must be whole grain-rich
- ▶ Minimum weekly grain requirement*
 - *Maximum not assessed for SY 2013-14, per memo SP 26-2013
- ▶ Calorie ranges
- ▶ Zero grams of *trans* fat per portion

SBP Changes Effective SY 2014-2015

- Fruit quantity to increase to 5 cups/week (minimum 1 cup/day)
- All grains must be whole grain-rich
- Target 1 for average weekly sodium limit
- Under OVS, meals selected by students must contain a fruit (or vegetable if using substitution)

Review of the Basics

What is a reimbursable breakfast meal?

- ▶ Grain(s)
- ▶ Fruit
- ▶ Milk
- ▶ Meat/meat alternate (M/MA) is optional



Fruit Component

- ▶ Temporary allowance for frozen fruit with added sugar
 - SY 2012–13 and SY 2013–14
- ▶ Schools may offer a:
 - Single fruit type
 - Single vegetable
 - Combination of fruits
 - Combination of vegetables
 - Combination of fruits and vegetables

Grains Component

- Flexibility in menu planning and weekly ranges for grains in SY 2013–14
 - SFAs compliant if meeting weekly minimum; maximum will *not* be assessed
- Flexibility allows:
 - More time for development of food products
 - More menu options
 - More time for students to adjust to changes

Whole Grain-Rich Foods

- ▶ In SY 2013–14, half of the grains offered must be whole grain-rich (WGR)
- ▶ All grains must be WGR by SY 2014–15
- ▶ Increasing availability commercially
 - USDA Foods offers WGR flour, oats, pancakes, tortillas, and rice
 - Traditional grits ok in SY 2013–14 as long as other grains offered are whole grain-rich

Grain-based Desserts

- ▶ No grain-based dessert limit at breakfast (Lunch only)
- ▶ Sugar in grain items is allowed
 - Some grain products can *only* be served as desserts in lunch/not allowable in breakfast (brownies, cookies)



Optional Meat/Meat Alternates

- ▶ SBP meal pattern does not require a M/MA
- ▶ SFAs that wish to offer a M/MA at breakfast have two options
 1. Offer M/MA in place of grains
 2. Offer a M/MA as an extra item



Meat/Meat Alternate In Place of Grains

- ▶ When offering a M/MA in place of grains in SBP:
 - Must also offer at least 1 ounce equivalent of grain daily
 - Must count the M/MA toward the weekly grains range and the weekly dietary specifications



Meat/Meat Alternates as Extras

- ▶ Offering M/MA as an extra:
 - Must also offer at least 1 oz equivalent of grains daily
 - The M/MA does not count toward the grains weekly minimum
 - The M/MA does not count for OVS
 - M/MA must fit within the weekly nutrient specifications

OVS: Components vs. Items

- Must offer all three components in at least the required amounts
- For OVS, must offer at least four food items at breakfast
- Students may decline one food item(a specific food offered within the food components)
- For purposes of OVS, a food item is the daily required minimum amount of each food component that a child can **take**
 - 1 cup of milk
 - 1 oz eq of grains
 - ½ cup of fruit (or veg)*

*NOT required in SY 2013-14

OVS- Grains (part 1)

- Some grains may count as more than one food item for purposes of OVS in breakfast
 - e.g. 2 oz muffin = 2 food items
- In addition to the 2 oz grain, at least 2 other food items must also be offered (w/OVS)
 - Student cannot decline the 2oz grain item
- Examples:
 - School offers 2 oz eq muffin, ½ cup apples, and milk (decline milk or apples)
 - School offers 2 oz eq muffin, ½ cup apples, ½ cup juice, and milk (decline milk or a fruit choice)

OVS- Grains (part 2)

- ▶ Grains – M/MA combination items
 - When counting the M/MA toward grains, the combo may count as two food items
 - Example: egg sandwich w/ 1 oz eq of grains and 1 oz eq of m/ma counting toward grains = 2 food items
 - If not counting the M/MA toward the grains component, the combo is one food item
 - Three additional items must be offered to have OVS
 - Student may decline the combination
 - Example: egg sandwich w/ 1 oz eq of grains and 1 oz eq of M/MA not counting as grains (extra) = 1 food item

OVS- Grains (part 3)

- ▶ Allowing students to take two of the same grain item
 - If two different 1 oz eq grain items at breakfast, a student *may* be allowed to take two of the same grain and count as two items
 - At the discretion of the menu planner
 - Example: milk and fruit, plus two grains: cereal (1 oz eq) and toast (1 oz eq)
 - Student could select fruit and two toasts
 - 2nd toast selected in place of other grain offered (cereal)
 - Only one item (milk) declined

Pre-plating/Bundling

- ▶ **Remember** – OVS is not required at breakfast
- ▶ Pre-plating/bundling is allowed
- ▶ Encouraged to offer choices to the extent possible

Challenges for implementation

- ▶ Decisions regarding OVS
- ▶ Staff Training
- ▶ Breakfast in the Classroom



Technical Assistance Resources

- ▶ FNS New Meal Pattern website
<http://www.fns.usda.gov/cnd/Governance/Legislation/nutritionstandards.htm>
 - Timeline
 - Power point presentations for training
 - Recently released Q&As, other policy memos
- ▶ Best Practices Sharing Center
 - SFAs and States can share resources and tools they use to serve healthy menus that meet the new school meal regulations by uploading information to this site
 - <http://healthymeals.nal.usda.gov/bestpractices>



Judy Dzimiera, RD, LDN, MEd.
 MD State Department of Education
 School and Community Nutrition Programs
 200 W. Baltimore Street
 Baltimore, MD 21201

jdzimiera@msde.state.md.us
 410-807-1351





Best Practices in Menu Planning for Breakfast in the Classroom (BIC) and Grab n' Go

Amy Korth, MS, RD

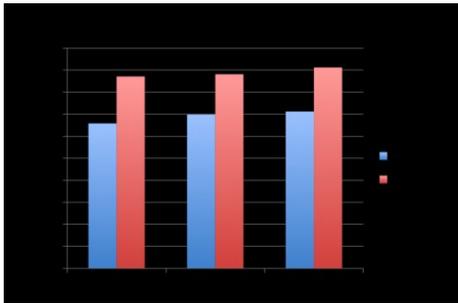
Nutrition Education and School Breakfast Specialist
University of Wisconsin Extension-Cooperative Extension



31



Wisconsin School Breakfast Data

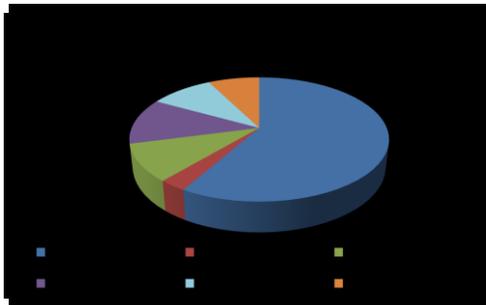


FRAC 2011-2012 School Breakfast Scorecard, Jan 2013

32



Wisconsin School Breakfast Data



WI Department of Public Instruction, Oct 2013

33

Grab n' Go

VS.

BIC

How Does it Work?

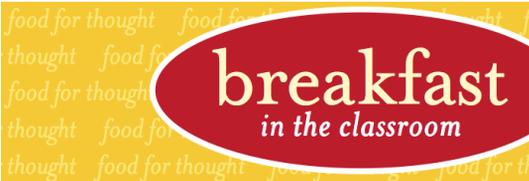
- **Pre-packaged** breakfast in paper bags, boxes or trays.
- Breakfasts are usually cold.
- Very **flexible** method of serving breakfast.
- Students **pick-up their breakfast** and follow school guidelines as to where and when they can eat and how to throw out their trash.



How Does it Work?

- Students **eat during the school day**, not before.
- It takes 10 to 15 minutes for the student to **eat in the classroom**.
- Teachers use the time to do announcements, collect homework, etc.
- Students clear their own trash.
- Different service **options are available**.





The highest participation rates are found in BIC Schools.



-FRAC, School Breakfast in America's Big Cities, Jan 2012



what about the menu?

Menu planning is an important step in a successful school nutrition program. The menus will affect participation, food costs, and preparation time.

When menu planning, think about these things:

- ▶ Taste, appeal
- ▶ Food cost
- ▶ Budget
- ▶ Seasonal availability of food, including from local farms or school gardens
- ▶ Nutrition content
- ▶ Ease of preparation and convenience
- ▶ Severe-need eligibility
- ▶ USDA meal pattern requirements and nutrition specifications for breakfast



10 menu planning tips

- 1 Make a list of breakfast entrees that will work with the BIC service option selected and that meet the USDA meal requirements.
- 2 Offer easy-to-transport items ideal for BIC.
- 3 Determine how you will maintain the menu items at a safe temperature and serve food in a sanitary manner.
- 4 Collect sample menus from other schools.
- 5 Prepare a 4- to 5-week cycle menu.
- 6 Offer whole grain-rich cold cereals and a variety of hot and cold breakfast items.
- 7 Seek input on the proposed menu from school staff, students, and teachers.
- 8 Publish and promote the menu.
- 9 Evaluate the menu using participation data, student surveys and/or student taste tests. Change the menu in the middle of the school year to avoid menu fatigue.
- 10 Serve fresh fruits that are easy for students to peel.

37

ideas for healthy, easy-to-transport, easy-to-open, hot and cold breakfast foods

All selections should be whole grain-rich, low-sugar, and low-fat.

- | | |
|--|--|
| <ul style="list-style-type: none"> ▶ Cereals (hot or cold) ▶ Granola or cereal bars ▶ Yogurt ▶ Raisins ▶ Carrot sticks/baby carrots ▶ Smoothies (Note: Carefully review USDA guidelines if served) ▶ Whole or cut-up fresh fruit ▶ Trail mix* with whole grain-rich cereals ▶ Cheese sticks ▶ Pretzels | <ul style="list-style-type: none"> ▶ Bagels ▶ Pancakes or French toast ▶ Waffles ▶ Burritos, tacos, or breakfast sandwiches with egg, beans, rice, and/or low-fat cheese ▶ Muffins ▶ Omelets or scrambles with low-fat cheese and vegetables ▶ Apple slices with cheese or peanut butter* ▶ Applesauce |
|--|--|

*Check about peanut allergies at your school before serving



Wisconsin School Breakfast Grants

- Available with an appropriation from Congress in 2003
 - WI Senator Herb Kohl spearheaded
- Grants help schools start, expand or improve breakfast programs
- School Breakfast Challenge
- Pilot grants for proposed USDA guidance in 2011



39

Wisconsin School Breakfast Grants: Menu Advice



- Pre-portion fruits to be served. (examples: grapes, cut melons, orange slices, pineapple chunks)
- Kids like variety; don't be afraid to try new things.
- Be patient; some things won't work.
- Serve free breakfast to parents and students on a promotional day

40

Wisconsin School Breakfast Grants: Challenges



- The most pushback came from staff that believed the new guidance was not nutritious
- It is sometimes hard to get kids to try the unfamiliar
- Difficulty finding products that qualified for guidance (especially whole-grains)

41

Wisconsin School Breakfast Grants: Successes



- Nutrition education has spread around the school in the classroom and over the announcements
 - Improved relationships with their SNAP-ed provider
- Everyone has become more familiar with school breakfast and asking questions (teachers, parents, other staff). Including everyone in the updates was so important.

42

BREAKFAST IN THE CLASSROOM

Wal-Mart Foundation Grant

- 19 schools- all elementary
- 2012-13 school year
- Provision 2

Additional Schools added later in the year

- 2 more elementary and 1 middle
- Non-pricing

MENU FOR B.I.C

Multi Grain Cheerios (18) Graham Crackers (18) Apple Juice Milk, White 1% Milk, White Fat Free	Maple Waffle (2B) Sliced Apples Milk, Chocolate Fat-Free Milk, White 1%	Cinnamon Bun (2B) Orange Juice Milk, White 1% Milk, White Fat Free	Sausage Biscuit (2M/2B) Sectioned Orange Milk, White 1% Milk, White Fat Free	Blueberry Muffin (1B) String Cheese (1M) Apple Juice Milk, Chocolate Fat-Free Milk, White 1%
Golden Grahams Cereal (1B) Graham Crackers (18) Apple Juice Milk, White 1%	Breakfast Quesadilla (1.25M/2B) Sliced Apples Milk, Chocolate Fat-Free	Cinnamon Bun (2B) Orange Juice Milk, White 1%	Bfst. Chicken Biscuit Sectioned Orange Milk, White 1%	Blue Ribbon Muffin (1B) Apple Juice String Cheese (1M) Milk, Chocolate Fat-Free

Things to Consider

- Pre-packaged items
- No syrup!
- Cereal in a bag vs. bowl
- No spoons sent out
- Milk & juice cartons with straw hole
- Beef or turkey sausage items
- Applesauce cups hard to open
- Food Allergies & Special Diets- separate bag with student's name inside class bag
- Hot plates & cold packs should be used
- Analyze storage space (dry and cold)
- Sunkist sectionizer and Ekon-o-pac bagging system.

In the classroom



RESULTS

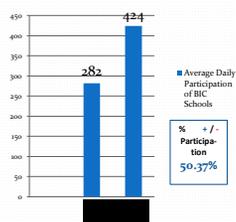
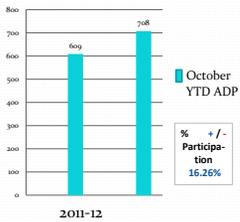
	2010-2011	2011-2012
Breakfast ADP (avg)	282	424
% Change	-	50%
Free participation	62%	84%
Reduced participation	46%	84%
Paid participation	50%	60%



Comparison of Average Daily Participation

District-Wide

BIC schools only



Breakfast in the classroom (BIC) – Year 1 preliminary data*

	2011	2012	DIFF
BIC TARDINESS RATE	6.2%	6.2%	0
ELEM TARDINESS RATE	5.4%	5.3%	-.1%
BIC ATTENDANCE RATE	95.6%	95.6%	0
ELEM ATTENDANCE RATE	95.9%	95.8%	-.1%
BIC BEHAVIOR REFERRALS**	1001	795	-206 (20.6%)
ELEM BEHAVIOR REFERRALS**	2906	2409	-497 (17.1%)
BIC SCHOOL NURSE OFFICE VISITS	7810	7896	+86 (1.1%)
ELEM SCHOOL NURSE OFFICE VISITS	26,914	28,746	+1832 (6.8%)

*As of 4th Pupil Month
 **As reported in Infinite Campus

Questions