Welcome to Is This Meal Reimbursable Breakfast Quick Train Module. This training module is designed to explain the basics of determining reimbursable breakfast meals.
Objectives

By the end of this quick train module, you will:

- Learn what must be included for a breakfast meal to be reimbursable for:
  - Serve Programs
  - Offer Programs
- Identify reimbursable meals in an offer program.

*Read from the slide.*
There are three component groups which make up the breakfast meal pattern:

- **Grains** (with optional meat/meat alternate allowed)
  - 1 oz eq minimum daily requirement
  - K-5: 7 oz eq per week minimum
  - 6-8: 8 oz eq per week minimum
  - 9-12: 9 oz eq per week minimum
- **Fruit** (with specific optional vegetable substitutes)
  - 1 cup minimum for all age groups
  - 50% of fruit choices each week may be juice
- **Milk**
  - 8 ounces day minimum with at least 2 choices

In order to meet the weekly minimums, you would expect to see 1-2 grain equivalents offered each day for all age groups.
Optional Meat/Meat Alternates (M/MA)

- There is no separate requirement to offer M/MA in the new SBP meal pattern.
- Sponsors that wish to offer a meat/meat alternate at breakfast have two options:
  - Offer meat/meat alternate in place of grains
  - Offer a meat/meat alternate as an additional food

There is no separate requirement to offer meat/meat alternate (M/MA) in the new SBP meal pattern.

Menu planners have discretion to offer M/MA either in place of some of the grains requirement (and credit toward the grains component) or as extras, and choose to not credit them toward the component requirements (but would still count toward dietary specifications). In the latter case, they would be extras, offered outside of the reimbursable meal.
Menus for serve programs must provide the three required components in serving sizes to meet the daily and weekly minimums for the breakfast meal pattern.
Serve Programs

- Serve programs require students to take all components in the amounts required by the breakfast meal pattern.
- Students are not required to eat all the food items served.
- Allowed for all grades (K-12) at breakfast.

Students in schools operating a “serve” program are required to take all components in the amounts required by the breakfast meal pattern.

While students must take all food items, they are not required to eat all of the food items served.

Serve programs at breakfast are allowed for all grades (K-12).

Even though serve programs are allowed, offer programs provide greater selection flexibility for students and limit food waste.
Menu Planning for Offer

- For offer programs, the daily/weekly required components are built into a minimum of 4 **food items**
  - Typical breakfast menus are 4-5 items.
- A **food item** is the daily required minimum amount of each food component that must be taken
  - 1 cup of milk
  - 1 oz eq of grains
  - ½ cup of fruit

Menu planning for offer programs build the daily and weekly required minimum components into a minimum of 4 food items. Typically, menu planners include 4-5 items in breakfast menus.

For purposes of implementing offer, an item is the daily required minimum amount of each food component that a child can take. Examples:
- 1 cup of milk
- 1 oz eq of grains
- ½ cup of fruit
Sponsors implementing “offer” programs must offer students at least 4 food items in amounts meeting the breakfast meal pattern. Students must select at least 3 of the offered food items, one of which must be ½ cup fruit.

Food service staff cannot require students to take food from any of the components (ex – students cannot be told they have to take the main dish or the milk as one of their minimum number of food items).

At breakfast, offer is optional at all grade levels, but all schools are encouraged to implement offer.
Students, servers, and cashiers must be able to identify what constitutes a reimbursable meal.

Sponsors must identify, near or at the beginning of serving lines, what foods constitute a reimbursable meal. Sponsors implementing offer must also identify what a student can select under offer for a reimbursable meal and to allow students to select a reimbursable meal under offer.

This is especially important since menu planners now have more flexibility to determine how menu items credit and what students must select.

Signage as well as menus should provide clear information about allowable choices. This will help students and is especially important to avoid problems at the point of service. Sponsors are encouraged to conduct training for cashiers as well as serving line staff to help students select the required servings and food components/food items needed for reimbursable lunches and breakfasts.
The staff person at the Point of Service is responsible for deciding if students selections can be counted and claimed as a reimbursable meal.

It is important for these staff members to clearly understand from each day’s menu what item combinations can be credited as a reimbursable meal in an offer program.

We will cover several meal examples in these slides.
Identification of Reimbursable Meal at POS

- When assessing if a student breakfast item selections meet reimbursable meal requirements:
  - Look for ½ cup fruit (approved vegetable substitute)
  - Look for at least 2 additional items

Read slide
Let's practice!

In our first menu example, the menu planner has planned a 5 item menu. The food items offered are:

- Cereal – 1 food item
- Whole grain toast – 1 food item
- Fruit cocktail – 1 food item
- Apple – 1 food item
- Milk – 1 food item

The menu planner has decided to count the apple (1 cup fruit) as 1 item. It is up to the menu planner to decide if they count it as 1 item or 2 items since an item is only $\frac{1}{2}$ cup fruit.
The Offer

Is This Meal Reimbursable-Breakfast? * Child Nutrition & Wellness, Kansas State Dept. of Education
Is this meal reimbursable?

*Answer Key:* Yes, ½ cup fruit plus 3 additional items selected (1 grain item, 2 fruit items, and 1 milk item)
Is this meal reimbursable?

**Answer Key:** Yes, ½ cup fruit plus 2 additional items have been selected (1 grain item, 1 fruit item, and 1 milk item)
For offer only, to count as a **food item**, there must be at least 1 oz eq of grains. A grains component that is offered in an amount larger than 1 oz eq MAY be credited as more than one food item (per the menu planner’s discretion)

- 1 oz eq = 1 item
- 2 oz eq = 2 items or 1 item
- 1.5 oz eq = 1 item

Menu planner may choose to credit a 2 oz eq muffin as 1 or 2 food items

Example – a muffin that credits as 2 oz eq of grains may credit as 1 or 2 food items at the discretion of the menu planner.
Sample Menu with 5 Items

<table>
<thead>
<tr>
<th>Menu</th>
<th>Crediting</th>
<th>Food items</th>
</tr>
</thead>
<tbody>
<tr>
<td>Whole Wheat Bagel</td>
<td>2 oz eq grain</td>
<td>2 grain items</td>
</tr>
<tr>
<td>Fresh Apple</td>
<td>1 cup fruit</td>
<td>1 fruit item</td>
</tr>
<tr>
<td>Orange Juice</td>
<td>½ cup fruit</td>
<td>1 fruit item</td>
</tr>
<tr>
<td>Variety of Low Fat / Fat Free Milk</td>
<td>1 cup</td>
<td>1 milk item</td>
</tr>
</tbody>
</table>

Our next sample menu is a 5 food item menu:

- Whole wheat bagel – 2 food items (per choice of menu planner) in this example
- Fresh Apple – 1 food item
- Orange Juice – 1 food item
- Milk – 1 food item
The Offer

Is This Meal Reimbursable-Breakfast? * Child Nutrition & Wellness, Kansas State Dept. of Education
Is this meal reimbursable?

Answer Key: No, ½ cup fruit has not been selected even though 3 items were selected (bagel, counted as 2 food items, and milk)
The next sample menu contains 5 food items:

- Blueberry muffin – 2 food items (per choice of menu planner) in this example
- Whole grain cereal – 1 food item
- Banana – 1 food item
- Milk – 1 food item
The Offer

Is This Meal Reimbursable-Breakfast? * Child Nutrition & Wellness, Kansas State Dept. of Education
Is this meal reimbursable?

*Answer Key:* Yes, \( \frac{1}{2} \) cup of fruit has been selected along with 3 additional items (2 grain items, 1 fruit item, and 1 milk item – note that if the menu planner could decide to count the muffin as 1 food item, which in this case would still make this meal reimbursable).
Is this meal reimbursable?

Answer Key: Yes, ½ cup fruit has been selected along with an additional 2 items (2 fruit items, and 1 milk item)
Is this meal reimbursable?

*Answer Key:* No, \( \frac{1}{2} \) cup of fruit was selected but only 1 item was selected. The student would need to take one more item.
Schools have flexibility to offer a meat/meat alternate in place of some grains in the SBP. This is intended to provide flexibility while promoting the consumption of whole grain-rich foods consistent with the recommendations of the Dietary Guidelines for Americans.

When a M/MA is being offered in place of grains in the SBP,
• 1 oz eq of grains must also be offered, however this does not need to be selected by the student to be a reimbursable meal.
• The M/MA must be counted toward the weekly grains amount and weekly dietary specifications.
• The M/MA does count as an item for offer.
Our next sample menu is a 5 food item menu with a M/MA credited as a grain item.

- Scrambled egg (1 food item – M/MA credited as a grain)
- Whole grain toast (1 food item)
- Granny Smith apple (1 food item)
- Orange Juice (1 food item)
- Milk (1 food item)
The Offer

Is This Meal Reimbursable-Breakfast? * Child Nutrition & Wellness, Kansas State Dept. of Education
Is this meal reimbursable?

Answer Key: No, \( \frac{1}{2} \) cup fruit has not been selected even though 3 items have been selected (1 milk item and 2 grain items – eggs are a M/MA crediting as a grain item)
Is this meal reimbursable?

*Answer Key:* Yes, ½ cup of fruit was selected and 2 items were selected since the egg is counting as an item and not an additional food. (1 milk item, 1 fruit item, and 1 grain item - the egg is a M/MA crediting as a grain food item)
When offering M/MA, menu planners have discretion to offer M/MA as extra foods, and choose to not credit them as a grains component. The M/MA item would be extra food that is offered outside of the reimbursable meal.

Sponsors must continue to offer students at least the minimum daily grain requirement as part of the meal. The M/MA would not count as a food item when implementing offer. However, the M/MA food would still count toward the weekly dietary specifications.

This is intended to give menu planners additional flexibility in building a menu that meets all the new meal requirements.
In this sample menu, we have a 4 food item menu. The M/MA is offered as an extra food and is not credited as a grain item.

- Large boiled egg – not being counted as a food item
- Whole grain toast – 1 food item
- Apple – 1 food item
- Orange juice – 1 food item
- Milk – 1 food item
The Offer
Is this meal reimbursable?

*Answer Key:* Yes, ½ cup fruit was selected plus and additional 2 items (1 grain item, 1 fruit item, and 1 milk item).
Is this item reimbursable?

Answer key: Yes, \( \frac{1}{2} \) cup fruit was selected as 1 item and an additional 2 items were selected (2 fruit items and 1 milk item).
Is this meal reimbursable?

*Answer key:* No, only 2 items have been selected, 1 fruit + 1 grain. The egg is offered as an extra food item and is not being credited.
Menu planners have a couple of options related to how to count a M/MA-grains combination. One option is to count the combination as two items for the purpose of offer.

For example, a menu planner may choose to credit the egg (M/MA) toward the grains component and count an egg sandwich as two grain items (a total of 2 oz eq of grains). This is just like the prior slide, when we talked about the 2 oz eq muffin counting as two items. The menu planner must also offer the full required amounts of fruits and milk. In this case, the student may not decline the combination sandwich under offer because this is a four item menu and they would not have the minimum number of food items without the sandwich.

The other option for the menu planner is to not count the M/MA as a grain component. In this scenario, the combination sandwich counts as only one item. Only the 1 oz eq of grain is creditable toward the meal. The combination item is only being credited as 1 food item, so three additional food items must be offered in order to implement offer. The student may decline the combination sandwich. Remember that this is because items served as extras DO NOT COUNT for purposes of offer.
In this example, we have a four food item menu. M/MA is offered as an extra item in the combination food.

- Egg sandwich on an English muffin (2 food items from the English muffin – the egg is extra and not counted as a food item)
- Apple (1 food item)
- Orange Juice (1 food item)
- Milk (1 food item)
Is This Meal Reimbursable-Breakfast? * Child Nutrition & Wellness, Kansas State Dept. of Education
Is this meal reimbursable?

*Answer key:* No, $\frac{1}{2}$ cup fruit has not been selected even though 3 items have been selected (2 grain items and 1 milk item)
Allowing students to take two of the same items is at the discretion of the menu planner.

For example, a menu may offer milk and fruit, in addition to two grains: cereal (1 oz eq) and toast (1 oz eq). The student could select the fruit and two pieces of toast. The 2nd piece of toast would be selected in place of the cereal, the other grain offered. Therefore, this would be 3 items under offer IF the menu planner allows duplicates.

While allowing duplicates is an acceptable practice, children should be encouraged to select a variety of foods in order to provide students with the most nutritious and balanced meals, and more readily stay within the weekly dietary specifications. Keep in mind that beginning in SY 2014-15, all students will have to take at least one fruit item (1/2 cup) plus two additional items.
In this example, we have a 4 food item menu with a M/MA credited as a grain item.

- Whole wheat toast (1 food item)
- Apple (1 food item)
- Orange Juice (1 food item)
- Milk (1 food item)
The Offer
Is this meal reimbursable?

*Answer key:* Yes, but ONLY if the menu planner allows more than 1 selection of each item (if so, this would count as 2 grain items and 1 fruit item).
Resources for informing parents and students about offer programs can be found at the KN-eat website. Also look at the resources on menu planning to meet the new USDA standards.

The following resources can be found on the website:

- Training classes for foodservice professionals for both breakfast and lunch.
Thank You

- Thank you for attending this class.
- Questions?

Read slide.