fresh start for school breakfast

a school nutrition breakfast resource

Brought to you by School Nutrition Association & Alliance for a Healthier Generation
A Fresh Start with School Breakfast

As new nutrition standards for school breakfast take effect this fall, the School Nutrition Association (SNA) and Alliance for a Healthier Generation have teamed up to help school nutrition professionals give their students a “Fresh Start” with sample school breakfast menus that meet the new regulations.

The new meal pattern requirements for school breakfast are being phased in over the course of two school years. Schools must follow a food-based menu planning approach, meet calorie ranges, eliminate trans-fat and ensure half of all grains offered with breakfast are whole grain rich.

“A Fresh Start for School Breakfast” helps ease the transition for school menu planners by providing student-friendly two-week cycle menus that can fit into any style of breakfast operation (Grab and Go, Hot line, and Breakfast in the Classroom) while meeting the new standards. These menus, which include nutrient analysis, meet the upcoming school year goals (phase-in year 1), in addition to the 2014-15 school year goals. The nutrient analysis is based on typical foods and may change based on brands used. Also note, the sample menus span across all age groups. The analysis was completed for K-5, 6-8 and 9-12.

The School Nutrition Association’s Nutrition Committee and the Alliance for a Healthier Generation’s Nutrition Advisors served as reviewers of these materials. Please refer to USDA memos for the most up-to-date information on breakfast requirements.

Resources:
USDA FNS School Breakfast Program
http://www.fns.usda.gov/sbp

USDA Memo: Questions and Answers on the School Breakfast Program

School Nutrition Association: www.schoolnutrition.org
Alliance for a Healthier Generation: www.healthiergeneration.org
### 2 Week Menu Breakfast in the Classroom

#### Week 1

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Menu Average</th>
<th>% of Target</th>
<th>Target</th>
<th>% of Calories</th>
<th>Grain</th>
<th>Meat/Meat Alt.</th>
<th>Fruit Cups</th>
<th>Vegetable Cups</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories (mg)</td>
<td>460</td>
<td>100%</td>
<td>400 - 500</td>
<td>16.49</td>
<td>7</td>
<td>4.5</td>
<td>.5</td>
<td></td>
</tr>
<tr>
<td>Sodium (mg)</td>
<td>7.19</td>
<td>100%</td>
<td>400 - 500</td>
<td>16.49</td>
<td>7</td>
<td>4.5</td>
<td>.5</td>
<td></td>
</tr>
<tr>
<td>Fiber (g)</td>
<td>17.53</td>
<td>69.25%</td>
<td>400 - 500</td>
<td>16.49</td>
<td>7</td>
<td>4.5</td>
<td>.5</td>
<td></td>
</tr>
<tr>
<td>Protein (g)</td>
<td>82.46</td>
<td>18.03%</td>
<td>400 - 500</td>
<td>16.49</td>
<td>7</td>
<td>4.5</td>
<td>.5</td>
<td></td>
</tr>
<tr>
<td>Carbohydrate (g)</td>
<td>3.21</td>
<td>0%</td>
<td>400 - 500</td>
<td>16.49</td>
<td>7</td>
<td>4.5</td>
<td>.5</td>
<td></td>
</tr>
<tr>
<td>Total Fat (g)</td>
<td>0.00</td>
<td>&lt;10.00%</td>
<td>400 - 500</td>
<td>16.49</td>
<td>7</td>
<td>4.5</td>
<td>.5</td>
<td></td>
</tr>
<tr>
<td>Trans Fat* (g)</td>
<td></td>
<td></td>
<td></td>
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#### Week 2

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Menu Average</th>
<th>% of Target</th>
<th>Target</th>
<th>% of Calories</th>
<th>Grain</th>
<th>Meat/Meat Alt.</th>
<th>Fruit Cups</th>
<th>Vegetable Cups</th>
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</thead>
<tbody>
<tr>
<td>Calories (mg)</td>
<td>489</td>
<td>100%</td>
<td>400 - 500</td>
<td>14.07%</td>
<td>7.5</td>
<td>4.5</td>
<td>.5</td>
<td></td>
</tr>
<tr>
<td>Sodium (mg)</td>
<td>6.15</td>
<td>68.21%</td>
<td>400 - 500</td>
<td>14.07%</td>
<td>7.5</td>
<td>4.5</td>
<td>.5</td>
<td></td>
</tr>
<tr>
<td>Fiber (g)</td>
<td>16.49</td>
<td>18.97%</td>
<td>400 - 500</td>
<td>14.07%</td>
<td>7.5</td>
<td>4.5</td>
<td>.5</td>
<td></td>
</tr>
<tr>
<td>Protein (g)</td>
<td>79.99</td>
<td>68.21%</td>
<td>400 - 500</td>
<td>14.07%</td>
<td>7.5</td>
<td>4.5</td>
<td>.5</td>
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<tr>
<td>Carbohydrate (g)</td>
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<td>18.97%</td>
<td>400 - 500</td>
<td>14.07%</td>
<td>7.5</td>
<td>4.5</td>
<td>.5</td>
<td></td>
</tr>
<tr>
<td>Total Fat (g)</td>
<td>3.21</td>
<td>6.2%</td>
<td>400 - 500</td>
<td>14.07%</td>
<td>7.5</td>
<td>4.5</td>
<td>.5</td>
<td></td>
</tr>
<tr>
<td>Trans Fat* (g)</td>
<td>0.00</td>
<td>&lt;10.00%</td>
<td>400 - 500</td>
<td>14.07%</td>
<td>7.5</td>
<td>4.5</td>
<td>.5</td>
<td></td>
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</tbody>
</table>

#### Nutrients

- **WG Breakfast Bar (1Gr)**
- **WW Banana/Zucchini Bread (2Gr)**
- **Egg Sandwich on WG Muffin (2Gr & 1.5 Gr/MA)**
- **Mini WG Honey Biscuit (1Gr)**
- **WG Cereal Bar (1Gr) With FF Yogurt (1Gr/MA)**

#### Breakfast in the Classroom

- **WG Muffin (1Gr)**
- **WG Mini Pancakes (2Gr)**
- **WG Bagel with Cream Cheese (2Gr)**
- **WG Slider Roll (1Gr)**
- **WG Cereal Bar (1Gr)**

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**ABBREVIATION KEY:**

- Ea=Each; FF=Fat Free; Gr=Grain; LF=Low Fat; MA=Meat Alternate; WG=Whole Grain; WW=Whole Wheat

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1. **Average nutrients for the week Cals... 469 Sodium. 499 mg S.Fat 3.2g 6.2%Cal**
# 2 Week Menu Grab N Go

**Week 1 Menu Average**

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Menu Average</th>
<th>% of Calories</th>
<th>Target</th>
<th>% of Target</th>
<th>Grain</th>
<th>Meat/Meat Alt.</th>
<th>Fruit Cups</th>
<th>Vegetable Cups</th>
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</thead>
<tbody>
<tr>
<td>Calories</td>
<td>443</td>
<td>403</td>
<td>5.95</td>
<td>8</td>
<td>2</td>
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<tr>
<td>Sodium (mg)</td>
<td>403</td>
<td>5.95</td>
<td>14.92</td>
<td>8</td>
<td>2</td>
<td>5</td>
<td>0</td>
<td></td>
</tr>
<tr>
<td>Fiber (g)</td>
<td>8.05</td>
<td>13.46%</td>
<td>72.44%</td>
<td>&lt;10.00%</td>
<td>0</td>
<td></td>
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<tr>
<td>Protein (g)</td>
<td>3.03</td>
<td>6.16%</td>
<td>0.00%</td>
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<td></td>
<td></td>
<td>0</td>
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</tr>
<tr>
<td>Carbohydrate (g)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>0</td>
<td></td>
</tr>
<tr>
<td>Total Fat (g)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>0</td>
<td></td>
</tr>
<tr>
<td>Saturated Fat (g)</td>
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<td></td>
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<tr>
<td>Trans Fat(^1) (g)</td>
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</table>

**Week 2 Menu Average**

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Menu Average</th>
<th>% of Calories</th>
<th>Target</th>
<th>% of Target</th>
<th>Grain</th>
<th>Meat/Meat Alt.</th>
<th>Fruit Cups</th>
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<tbody>
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<td>485</td>
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<tr>
<td>Sodium (mg)</td>
<td>485</td>
<td>6.5</td>
<td>14.97%</td>
<td>100%</td>
<td></td>
<td></td>
<td>5</td>
<td>0</td>
</tr>
<tr>
<td>Fiber (g)</td>
<td>17.54</td>
<td>17.54</td>
<td>6.2%</td>
<td>100%</td>
<td></td>
<td></td>
<td>5</td>
<td>0</td>
</tr>
<tr>
<td>Protein (g)</td>
<td>80.98</td>
<td>80.98</td>
<td>14.97%</td>
<td>100%</td>
<td></td>
<td></td>
<td>5</td>
<td>0</td>
</tr>
<tr>
<td>Carbohydrate (g)</td>
<td>9.06</td>
<td>9.06</td>
<td>6.2%</td>
<td>100%</td>
<td></td>
<td></td>
<td>5</td>
<td>0</td>
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<tr>
<td>Total Fat (g)</td>
<td>3.13</td>
<td>3.13</td>
<td>6.2%</td>
<td>100%</td>
<td></td>
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<td>5</td>
<td>0</td>
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<tr>
<td>Saturated Fat (g)</td>
<td>0.00</td>
<td>0.00</td>
<td>6.2%</td>
<td>100%</td>
<td></td>
<td></td>
<td>5</td>
<td>0</td>
</tr>
<tr>
<td>Trans Fat(^1) (g)</td>
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<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>0</td>
<td></td>
</tr>
</tbody>
</table>

**Nutrients**

- **WG Bagel with Cream Cheese (2Gr)**
- **Fresh Strawberries (1/2c)**
- **Fresh Apple Slices (2oz)**
- **MILK - Variety1%,FF & FF Flavored**

**Nutrients**

- **WG Banana/Zucchini Bread (2 Gr)**
- **Oranges (1 ea)**
- **Chilled 100% Fruit Juice (4oz)**
- **MILK - Variety1%,FF & FF Flavored**

**Nutrients**

- **WG Mini Waffles (2Gr)**
- **Bananas (1ea)**
- **Chilled Cupped Pears (1/2c)**
- **MILK - Variety1%,FF & FF Flavored**

**Nutrients**

- **Mini WG Honey Biscuit (1Gr)**
- **W/Turkey Sausage (1Gr/MA)**
- **Chilled Cupped Peaches (1/2c)**
- **MILK - Variety1%,FF & FF Flavored**

**Nutrients**

- **WG Cereal (1Gr) With FF Yogurt (1Gr/MA)**
- **Fresh Blueberries (1/2c)**
- **Bananas (1ea)**
- **MILK - Variety1%,FF & FF Flavored**

**Nutrients**

- **Avg Nutrients**
  - Walls... 443 mg
  - S.Fat 3.0g 6.2%Cal

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**Ea=Each; FF=Fat Free; Gr=Grain; LF=Low Fat; MA=Meat Alternate; WG=Whole Grain; WW=Whole Wheat**
### 2 Week Menu Cafeteria Breakfast

#### Week 1

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Menu Average</th>
<th>% of Calories</th>
<th>Target</th>
<th>% of Target</th>
<th>Grain</th>
<th>Meat/ Meat Alt.</th>
<th>Fruit Cups</th>
<th>Vegetable Cups</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>468</td>
<td>64%</td>
<td>451</td>
<td>100%</td>
<td>Min. 5</td>
<td>5</td>
<td>5 RO</td>
<td></td>
</tr>
<tr>
<td>Sodium (mg)</td>
<td>8.02</td>
<td>8.67%</td>
<td>8.61</td>
<td>&lt;10.00%</td>
<td>Max.10</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fiber (g)</td>
<td>15.51</td>
<td>16.02%</td>
<td>19.24</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Protein (g)</td>
<td>7.62</td>
<td>7.92%</td>
<td>9.43</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Carbohydrate (g)</td>
<td>13.26%</td>
<td>13.34%</td>
<td>13.26%</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total Fat (g)</td>
<td>13.48%</td>
<td>13.48%</td>
<td>13.48%</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Trans Fat* (g)</td>
<td>3.74%</td>
<td></td>
<td>3.74%</td>
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<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

#### Nutrients

- **Week 1 Menu Average**
  - Calories: 468
  - Sodium: 8.02 mg
  - Fiber: 15.51 g
  - Protein: 7.62 g
  - Carbohydrate: 13.26%
  - Total Fat: 13.48%
  - Trans Fat*: 3.74%

- **Week 2 Menu Average**
  - Calories: 485
  - Sodium: 7.67 mg
  - Fiber: 7.56 g
  - Protein: 16.61 g
  - Carbohydrate: 14.51%
  - Total Fat: 3.69%
  - Trans Fat*: 0.06%

#### Menu Options

- **Week 1**
  - **Breakfast**
    - WG Cereal (1Gr)
    - Assorted Fresh Fruit (1ea)
    - Chilled Cupped Pears (1/2c)
    - Chilled 100% Fruit Juice (4oz)
    - Grilled Sweet Potato Wedges
    - Assorted Fresh Fruit (1ea)
    - Chilled Cupped Pears (1/2c)
    - Chilled 100% Fruit Juice (4oz)
    - WW Banana/Zucchini Bread
    - Assorted Fresh Fruit (1ea)
    - Chilled Cupped Pears (1/2c)
    - Chilled 100% Fruit Juice (4oz)
    - WW Mini French Toast (2Gr)
  - **Lunch**
    - Millet & Cereal Bar (1Gr)
    - Assorted Fresh Fruit (1ea)
    - Chilled Cupped Pears (1/2c)
    - Chilled 100% Fruit Juice (4oz)
    - WW Cereal With WW Muffin (2Gr)
    - Assorted Fresh Fruit (1ea)
    - Chilled Cupped Pears (1/2c)
    - Chilled 100% Fruit Juice (4oz)
    - WW Mini French Toast (2Gr)
  - **Dinner**
    - LF Mild Cheddar Cheese With WW Muffin (1Gr/MA)
    - Assorted Fresh Fruit (1ea)
    - Chilled Cupped Pears (1/2c)
    - Chilled 100% Fruit Juice (4oz)
    - WW Cereal With WW Muffin (2Gr)
    - Assorted Fresh Fruit (1ea)
    - Chilled Cupped Pears (1/2c)
    - Chilled 100% Fruit Juice (4oz)
    - WW Mini French Toast (2Gr)

#### Abbreviation Key

- **EA=Each; FF=Fat Free; G=Grain; LF=Low Fat; MA=Meat Alternate; WG=Whole Grain; WW=Whole Wheat**