Breakfast Time!

Is it Reimbursable?

Dr. John D. Barge, State School Superintendent
"Making Education Work for All Georgians"
www.gadoe.org

Georgia School Nutrition Program

Healthy School Meal Pattern 2013-14

Breakfast	Lunch
•Effective July 1, 2013 •3 Grade Groups •**3 Food Components** **1. Juice/Fruit/Veggie** **2. Grains (*optional: Meats/Meat alternate)** **3. Milk**	•Effective July 1, 2012 •3 Grade Groups •5 Food Components 1. Fruit 4. Milk 2. Veggie 5. Grains 3. Meats/Meat Alternates

Reimbursable Breakfast Definitions

Serve – 3 components must be taken by a student, regardless of choices

Offer vs. Serve (OVS) – Students must: **(1)** be offered at least 4 food items from the 3 components, in at least the minimum daily portions, and **(2)** select 3 food items to count as reimbursable (identified by menu planner)

Choice – several food items available as a component selection; choice is not OVS

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Breakfast Definitions (cont.)

Food Component - One of three food groups that comprise reimbursable school **breakfast**

J/F/V, Milk, Grain(optional meats/meat alternate)

Full Component (**breakfast** daily requirements)

Juice/Fruit/Vegetable			Grains (meats-meat alternate)			Milk (fluid)		
K-5	6-8	9-12	K-5	6-8	9-12	K-5	6-8	9-12
½ c	½ c	½ c	1 oz. eq.	1 oz. eq.	1 oz. eq.	1 c	1 c	1 c

Food Item - A specific food offered within the three food components for **breakfast**

Offer vs. Serve - Requirements

- OVS is **optional** in Elem., Middle and High Schools at **Breakfast** (SBP)
- OVS is **required** in High Schools (9-12) at lunch (NSLP)
- OVS is **optional** in Elem. and Middle Schools (K-8) at lunch (NSLP)

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Daisy Co. School
(Grades K-12)

This is the menu today.

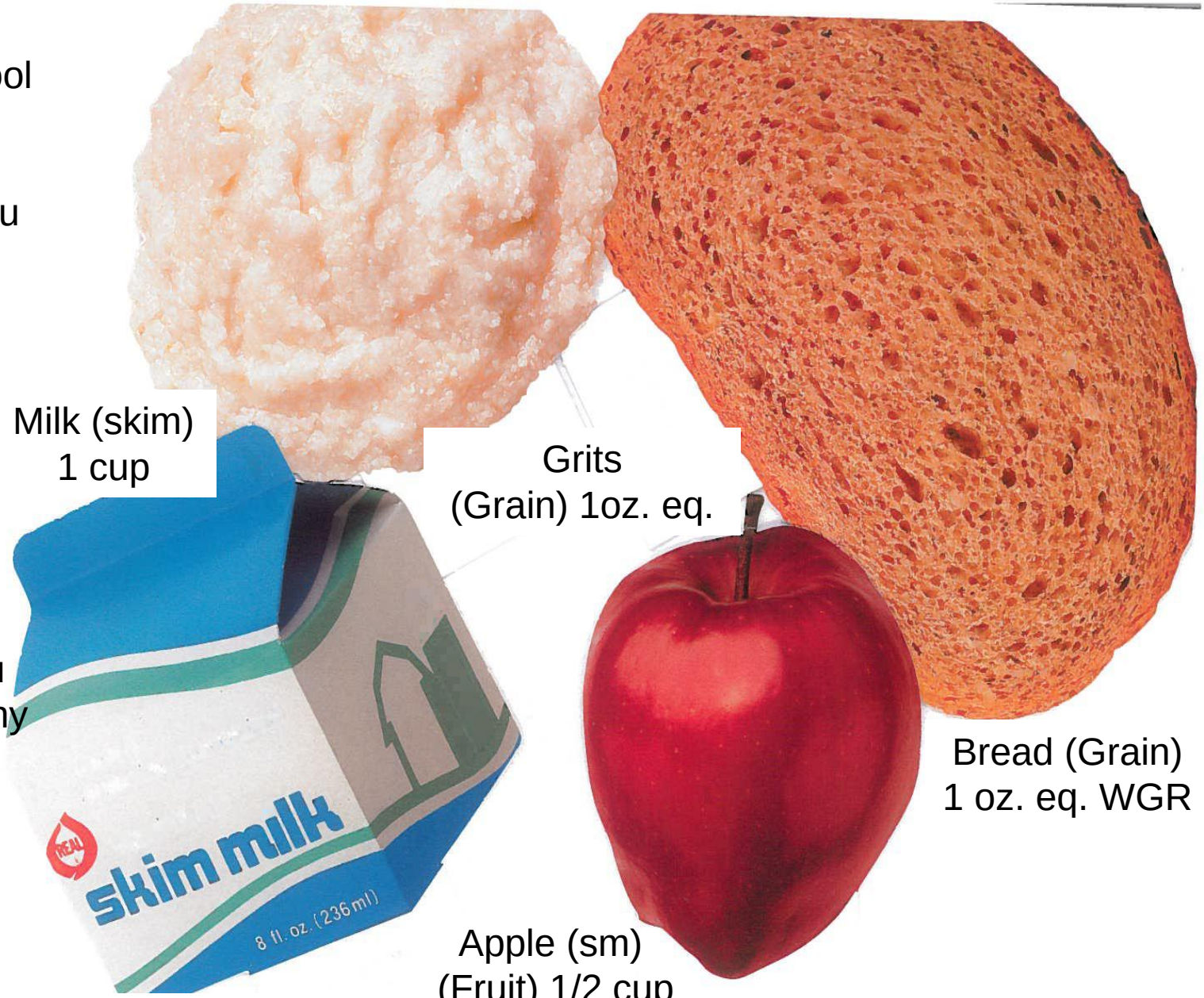
Grain?

Milk?

Juice/fruit/ veggie?

Does this menu meet the Healthy School Meal Pattern?

Check your meal pattern chart.



Milk (skim)
1 cup

Grits
(Grain) 1oz. eq.

Bread (Grain)
1 oz. eq. WGR

Apple (sm)
(Fruit) 1/2 cup

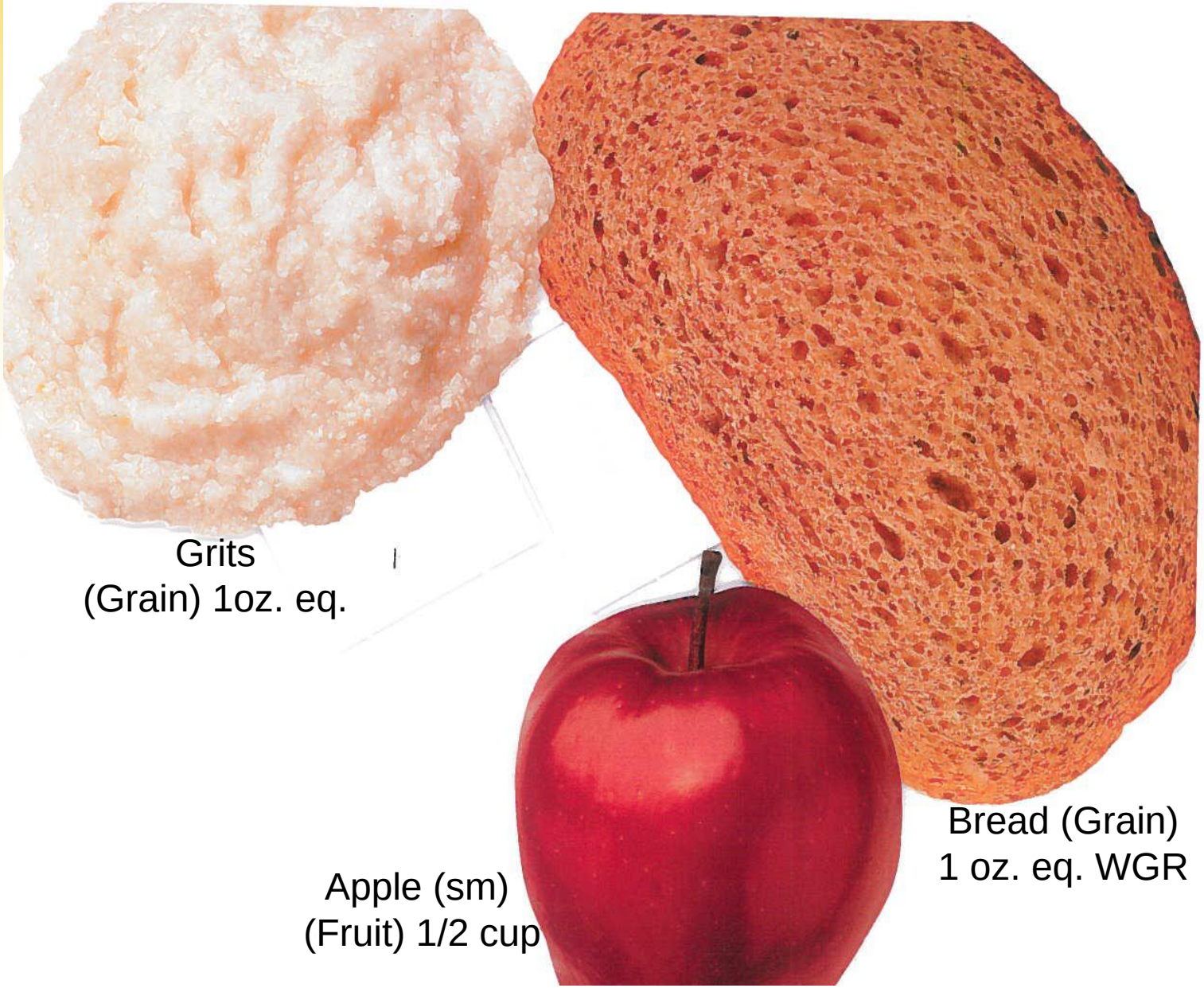
Allen's tray

Is this reimbursable?

Decline 1 food item?

Select 3 food items?

Check your meal pattern chart.



Grits
(Grain) 1oz. eq.

Bread (Grain)
1 oz. eq. WGR

Apple (sm)
(Fruit) 1/2 cup

Betty's tray

Is this reimbursable?

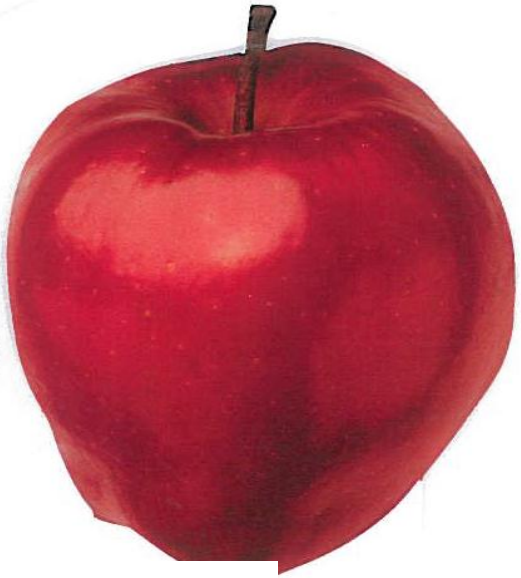
Decline 1 food item?

Select 3 food items?

Check your meal pattern chart.

Grits
(Grain) 1oz. eq.

Milk (skim)
1 cup



Apple (sm)
(Fruit) 1/2 cup

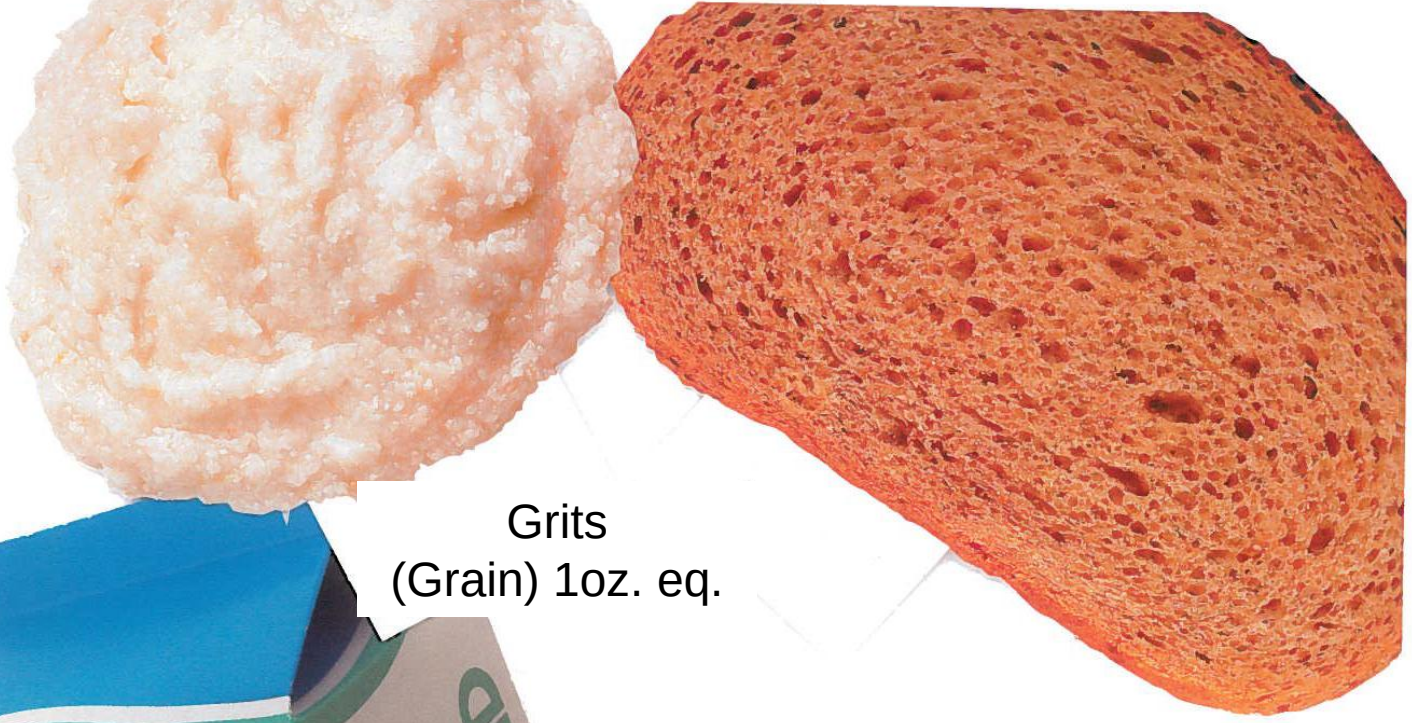
Carl's tray

Is this reimbursable?

Decline 1 food item?

Select 3 food items?

Check your meal pattern chart.



Grits
(Grain) 1oz. eq.

Bread (Grain)
1 oz. eq. WGR

Milk (skim)
1 cup

Diane's tray

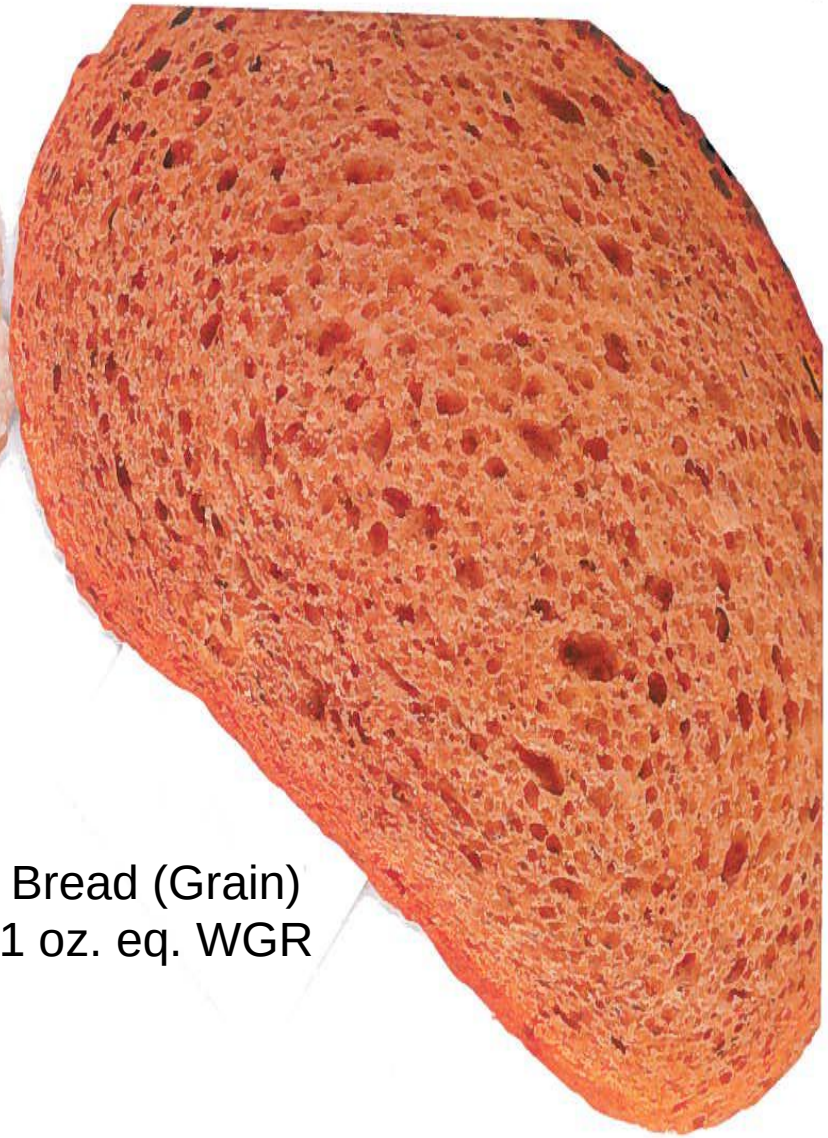
Is this reimbursable?

Decline 1 food item?

Select 3 food items?

Check your meal pattern chart.

Grits
(Grain) 1oz. eq.



Bread (Grain)
1 oz. eq. WGR

Rose Hill M.S.
(Grades 6-8)

This is the menu today.

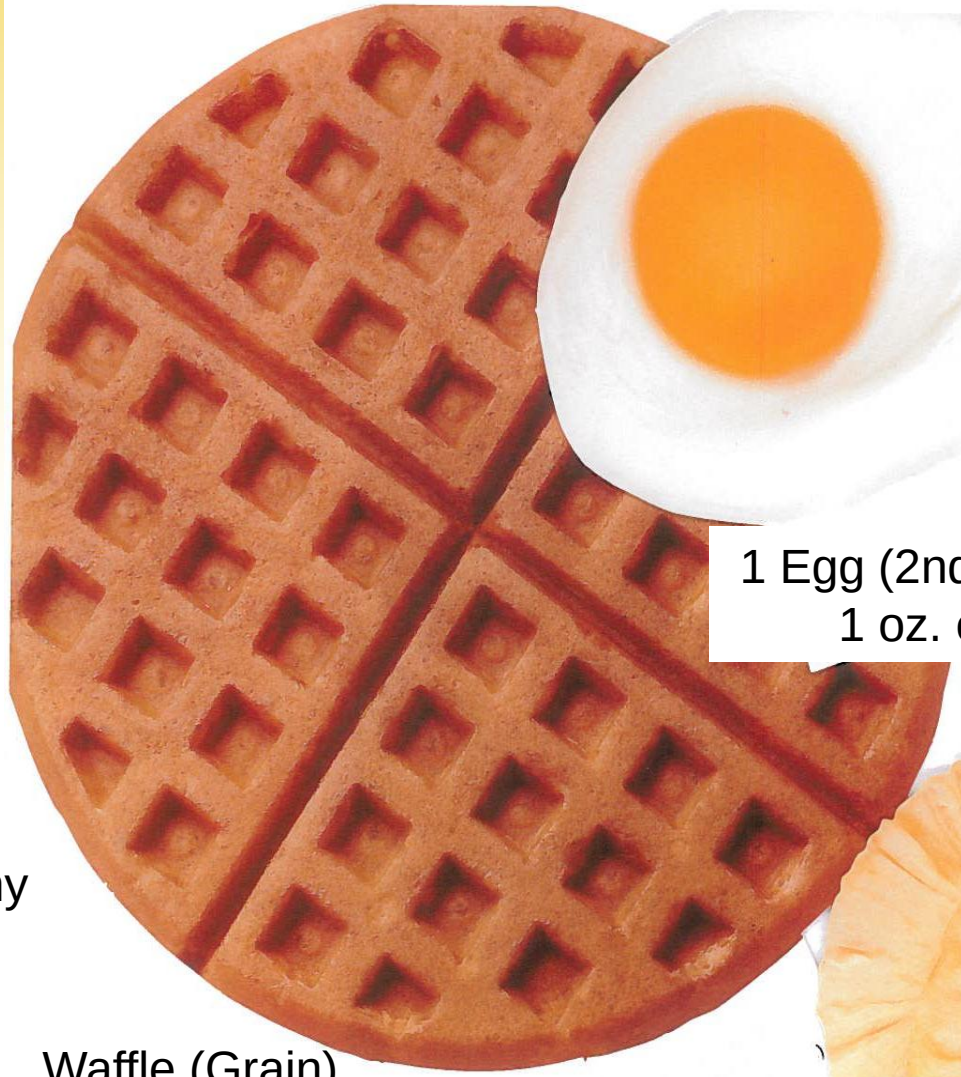
Grain?

Milk?

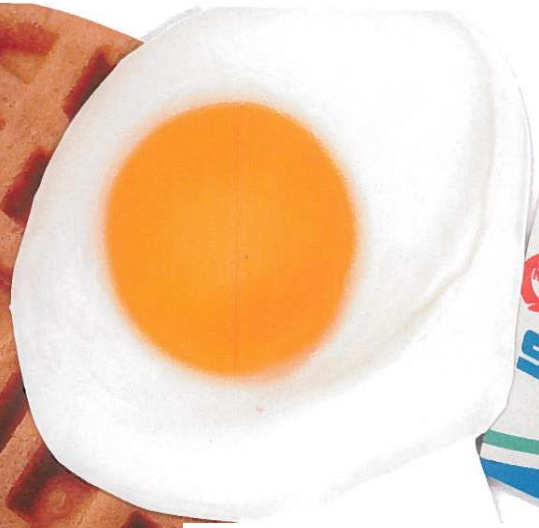
Juice/fruit/ veggie?

Does this menu meet the Healthy School Meal Pattern?

Check your meal pattern chart.

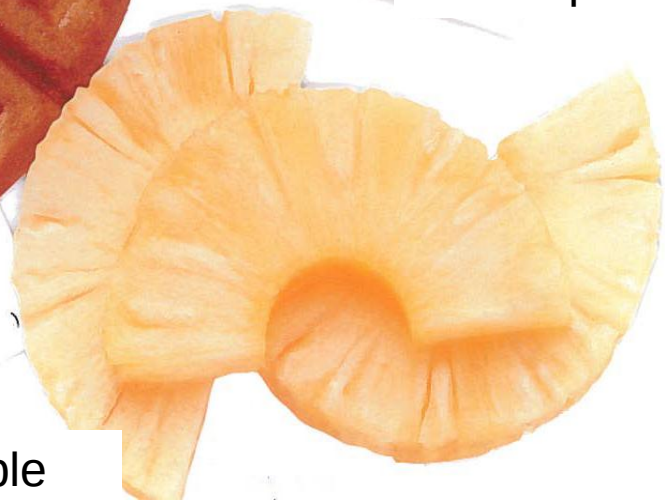


Waffle (Grain)
1 oz. eq. WGR



1 Egg (2nd Grain)
1 oz. eq.

Milk (skim)
1 cup



Pineapple
(Fruit) 1/2 cup

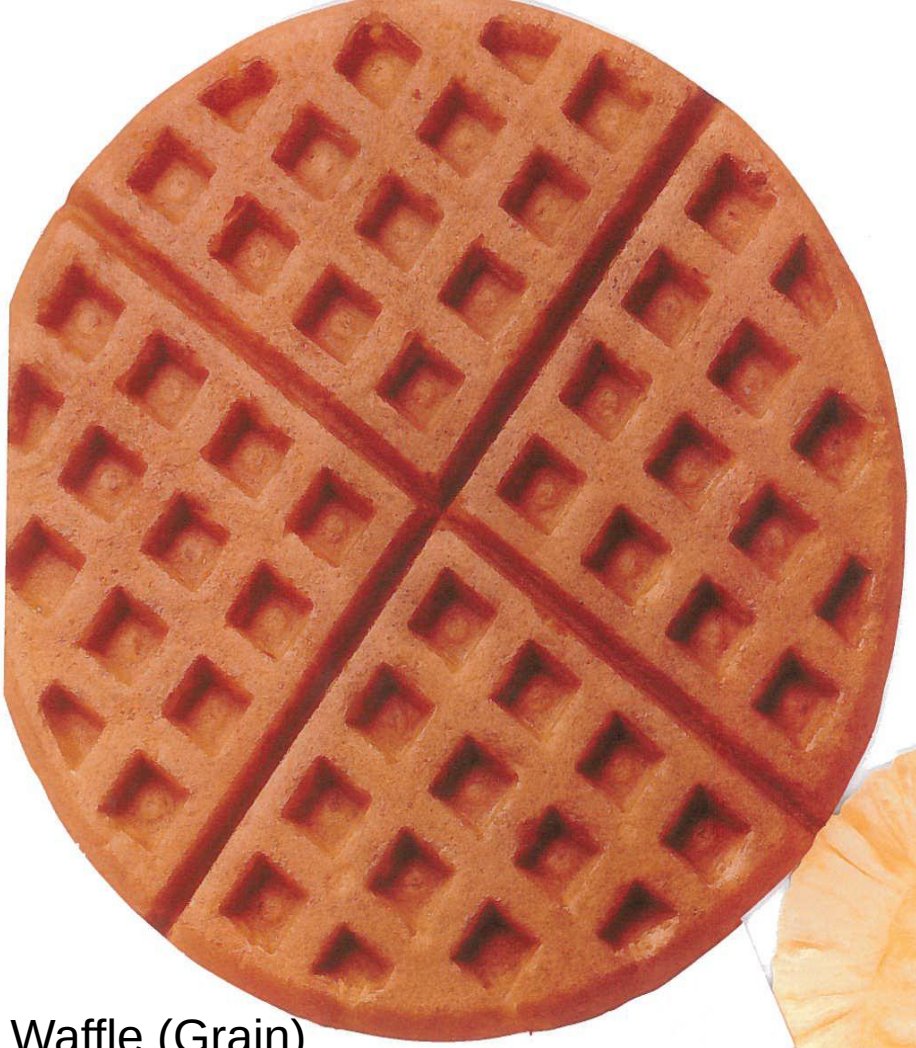
Eddie's tray

Is this reimbursable?

Decline 1 food item?

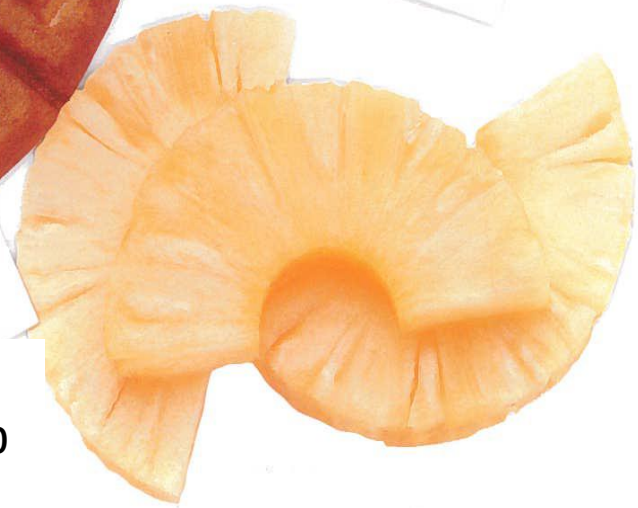
Select 3 food items?

Check your meal pattern chart.



Waffle (Grain)
1 oz. eq. WGR

Milk (skim)
1 cup



Pineapple
(Fruit) 1/2 cup

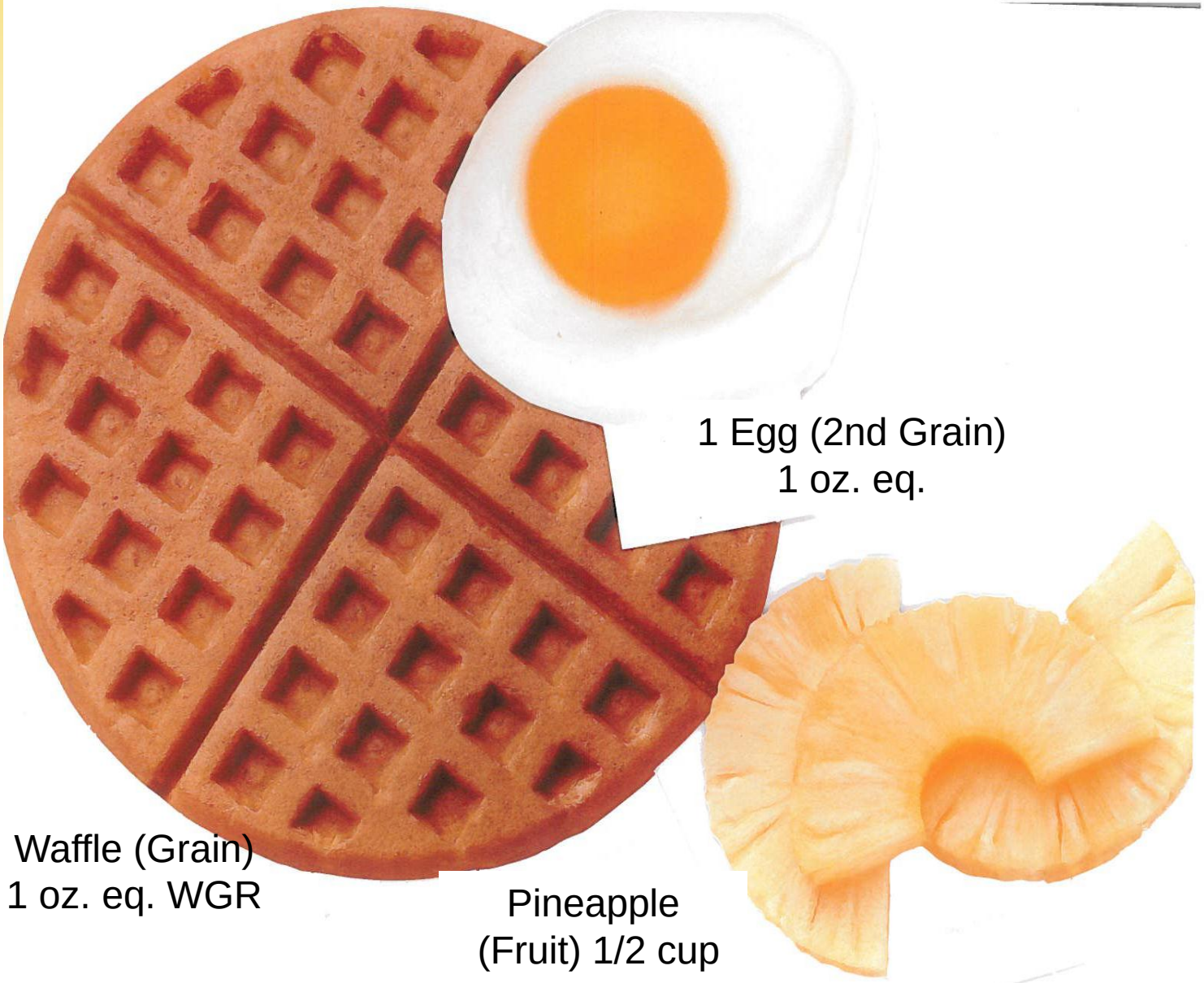
Fichelle's tray

Is this reimbursable?

Decline 1 food item?

Select 3 food items?

Check your meal pattern chart.



1 Egg (2nd Grain)
1 oz. eq.

Waffle (Grain)
1 oz. eq. WGR

Pineapple
(Fruit) 1/2 cup

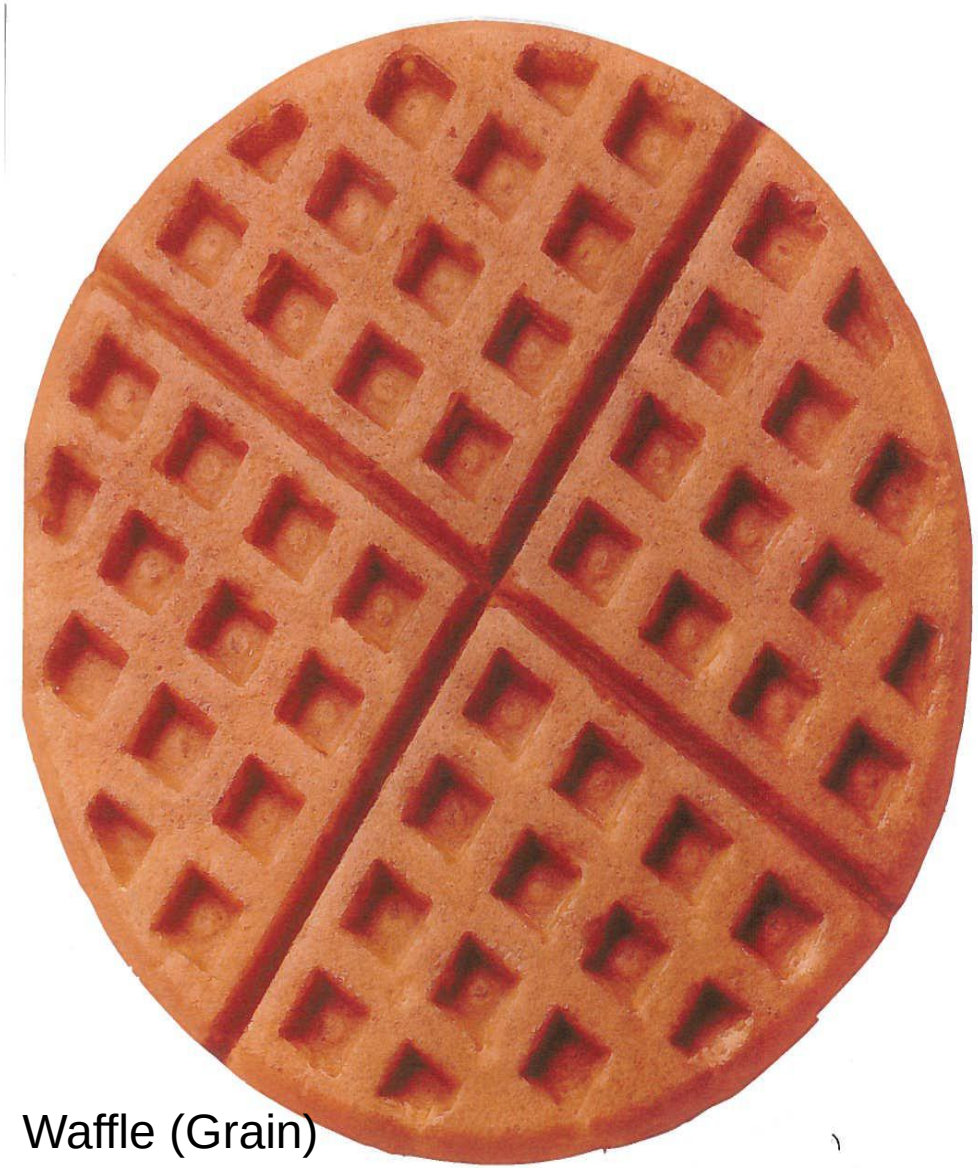
Gary's tray

Is this reimbursable?

Decline 1 food item?

Select 3 food items?

Check your meal pattern chart.



Waffle (Grain)
1 oz. eq. WGR

Milk (skim)
1 cup

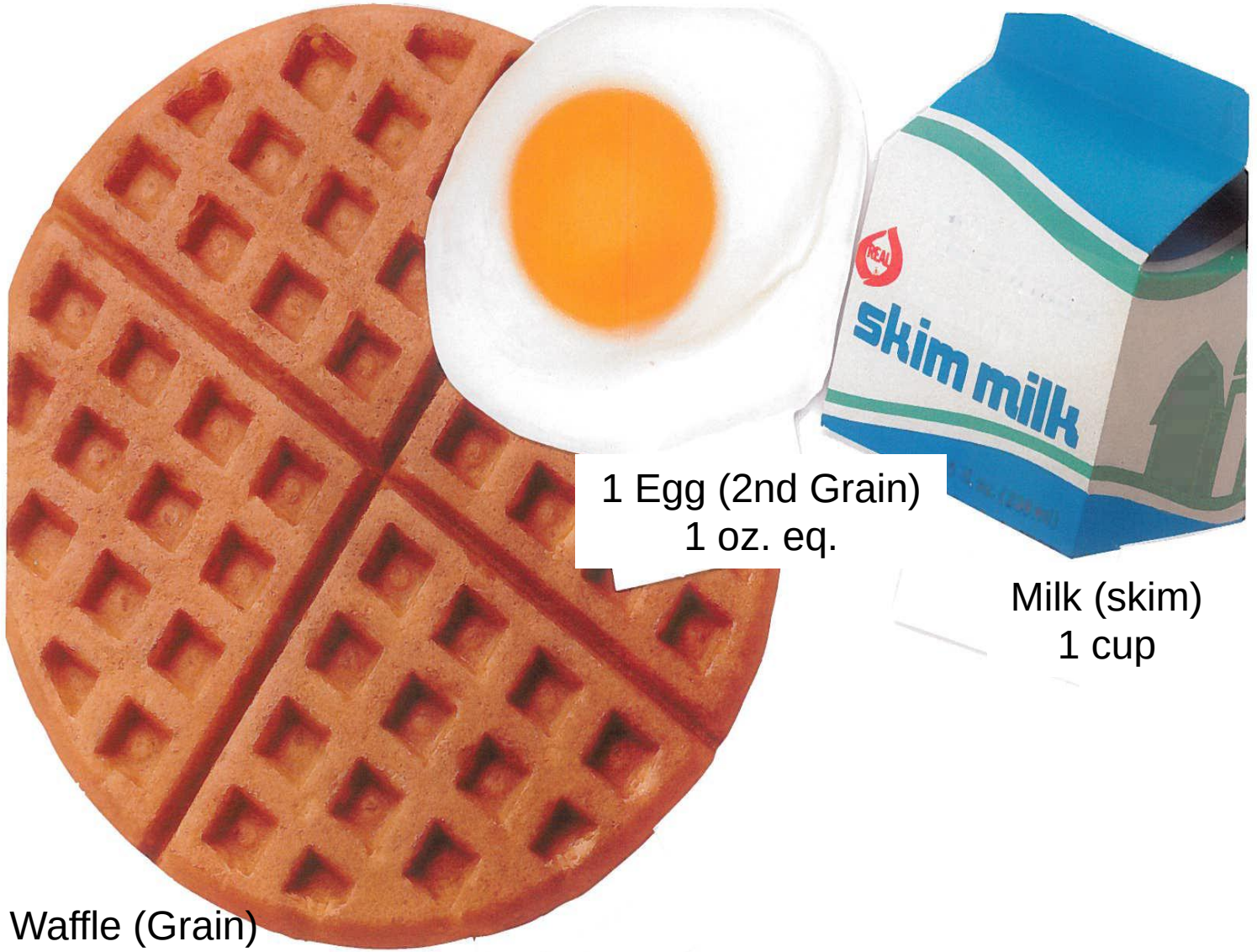
Hilda's tray

Is this reimbursable?

Decline 1 food item?

Select 3 food items?

Check your meal pattern chart.



1 Egg (2nd Grain)
1 oz. eq.

Milk (skim)
1 cup

Waffle (Grain)
1 oz. eq. WGR

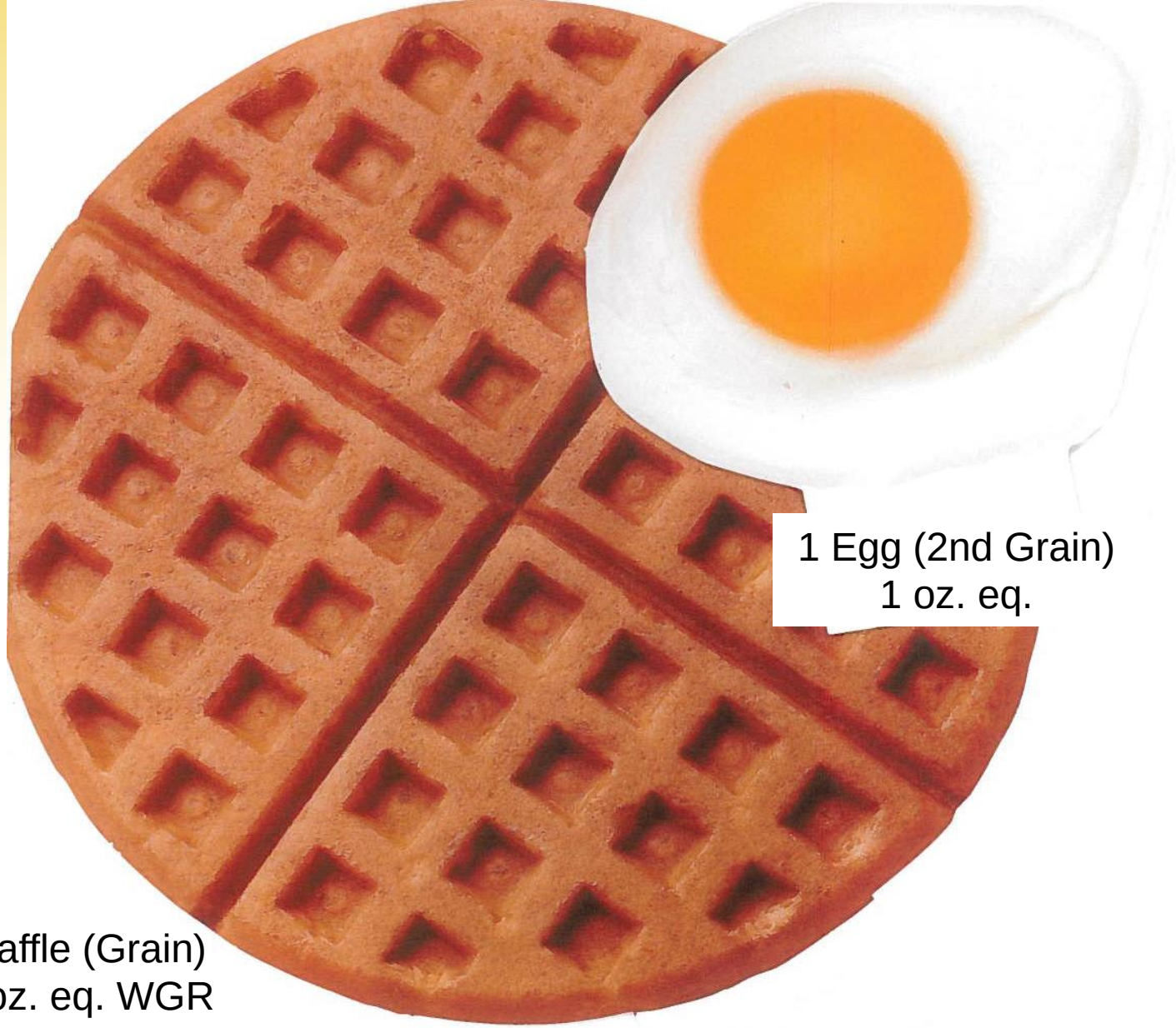
Irving's tray

Is this reimbursable?

Decline 1 food item?

Select 3 food items?

Check your meal pattern chart.



1 Egg (2nd Grain)
1 oz. eq.

Waffle (Grain)
1 oz. eq. WGR

Tulip Field E.S.
(Grades K-5)

This is the menu today.

Grain?

Milk?

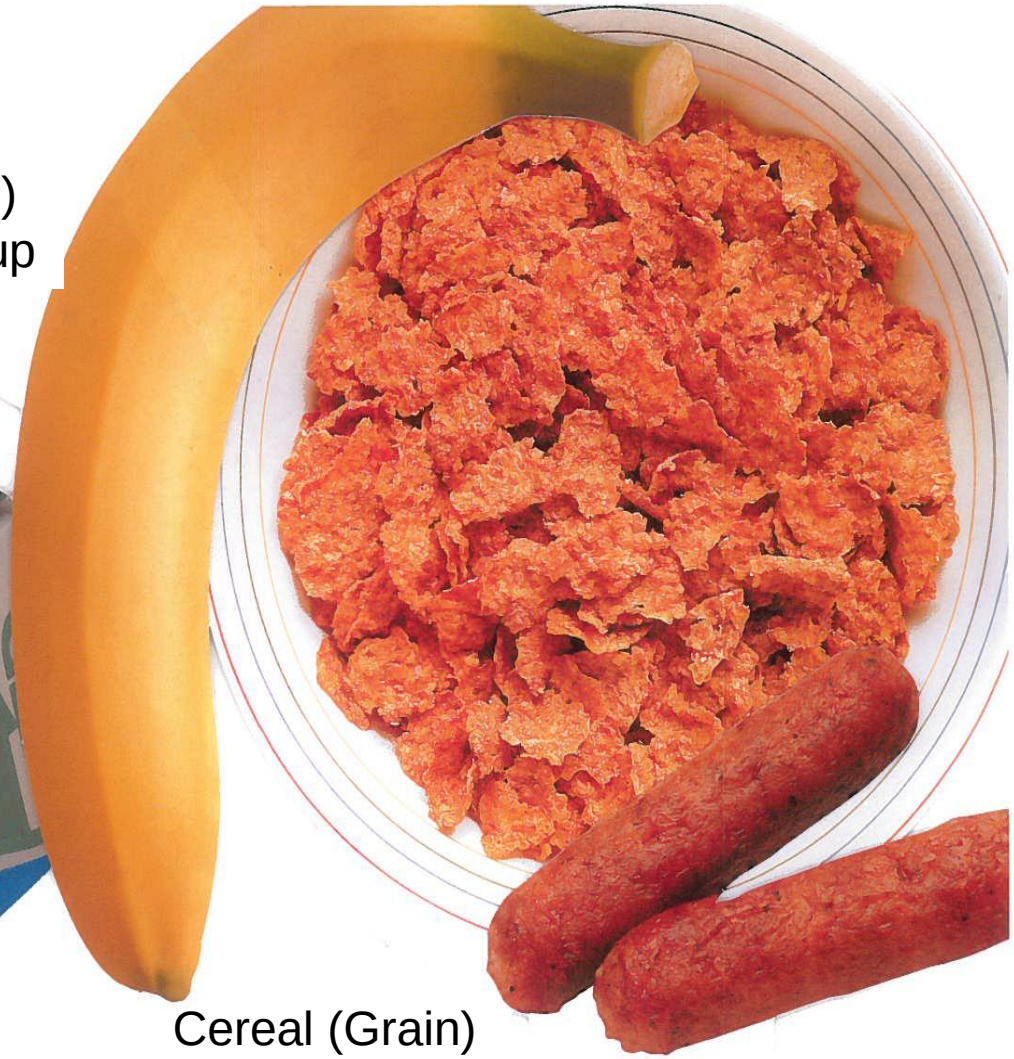
Juice/fruit/ veggie?

Does this menu meet the Healthy School Meal Pattern?

Check your meal pattern chart.

Banana (sm)
(Fruit) 1/2 cup

Milk (skim)
1 cup



Cereal (Grain)
1 oz. eq.

Sausage (2nd Grain)
1 oz. eq.

Jackie's tray

Is this reimbursable?

Decline 1 food item?

Select 3 food items?

Check your meal pattern chart.

Banana (sm)
(Fruit) 1/2 cup

Milk (skim)
1 cup

Cereal (Grain)
1 oz. eq.

Kanye's tray

Is this reimbursable?

Decline 1 food item?

Select 3 food items?

Check your meal pattern chart.

Milk (skim)
1 cup

Cereal (Grain)
1 oz. eq.

Sausage (2nd Grain)
1 oz. eq.

Lauren's tray

Is this reimbursable?

Decline 1 food item?

Select 3 food items?

Check your meal pattern chart.

Milk (skim)
1 cup

Banana (sm)
(Fruit) 1/2 cup

Sausage (2nd Grain)
1 oz. eq.

Mark's tray

Is this reimbursable?

Decline 1 food item?

Select 3 food items?

Check your meal pattern chart.

Milk (skim)
1 cup

Cereal (Grain)
1 oz. eq.

A.Z. Elya H.S. (Grades 9-12)

This is the menu today.

Grain?

Milk?

Juice/fruit/ veggie?

Does this menu meet the Healthy School Meal Pattern?

Check your meal pattern chart.

Blueberries (Fruit) 1/2 cup

Milk (low-fat 1%) 1 cup (unflavored)

Cereal (Grain) 1 oz. eq.

Yogurt (2nd Grain) 1 oz. eq.

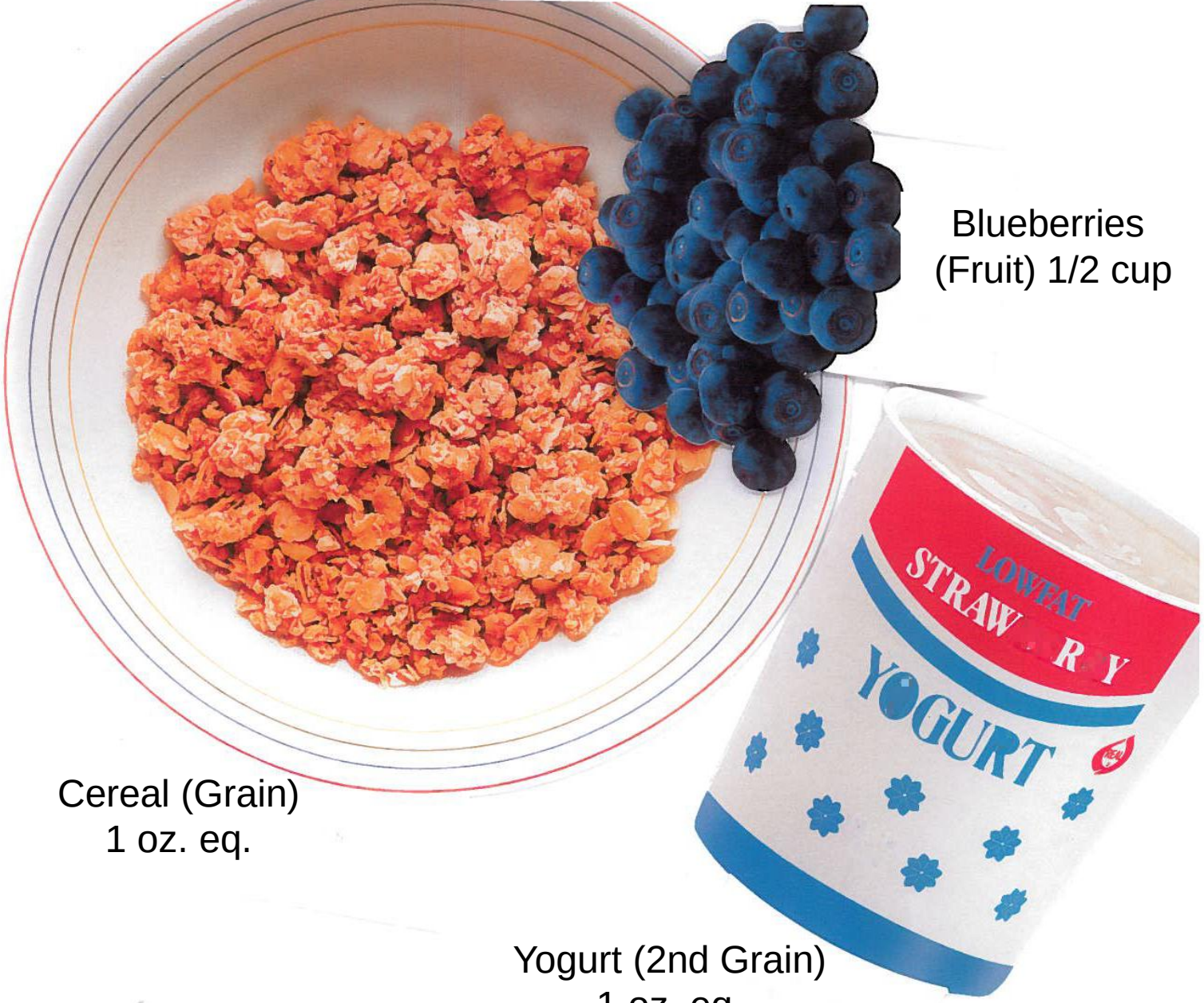
Nikisha's tray

Is this reimbursable?

Decline 1 food item?

Select 3 food items?

Check your meal pattern chart.



Blueberries (Fruit) 1/2 cup

Cereal (Grain) 1 oz. eq.

Yogurt (2nd Grain) 1 oz. eq.

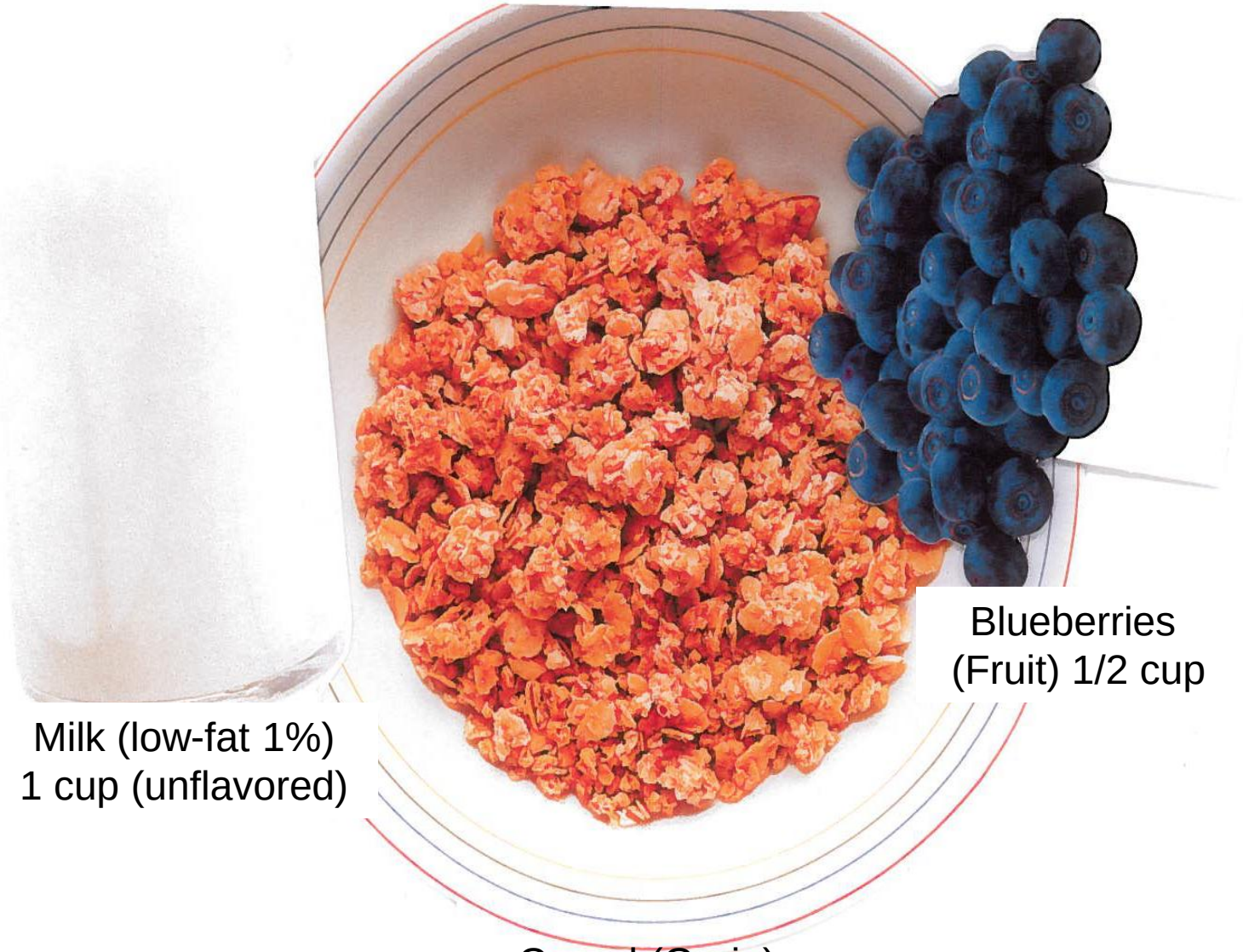
Oscar's tray

Is this reimbursable?

Decline 1 food item?

Select 3 food items?

Check your meal pattern chart.



Milk (low-fat 1%)
1 cup (unflavored)

Blueberries
(Fruit) 1/2 cup

Cereal (Grain)
1 oz. eq.

Penelope's tray

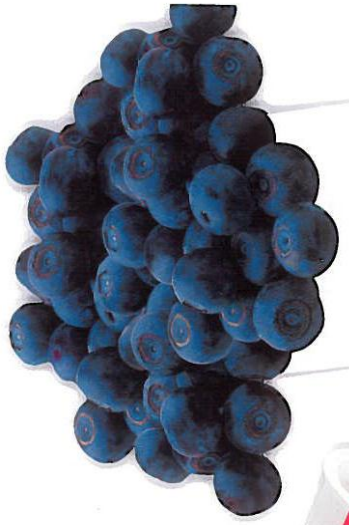
Is this reimbursable?

Decline 1 food item?

Select 3 food items?

Check your meal pattern chart.

Milk (low-fat 1%)
1 cup (unflavored)



Blueberries
(Fruit) 1/2 cup

Yogurt (2nd Grain)
1 oz. eq.

Peach Blossom H.S. (Grades 8-12)

This is the menu today.

Grain?

Milk?

Juice/fruit/ veggie?

Does this menu meet the Healthy School Meal Pattern?

Check your meal pattern chart.

Breakfast Taco 2 oz. eq.

Tortilla (Grain)
1 oz. eq. WGR

Cheese (2nd Grain)
1/2 oz. eq.

Beans (2nd Grain)
1/2 oz. eq.

Grapes
(Fruit) 1/2 cup

Milk (skim)
1 cup (flavored)

Quintin's tray

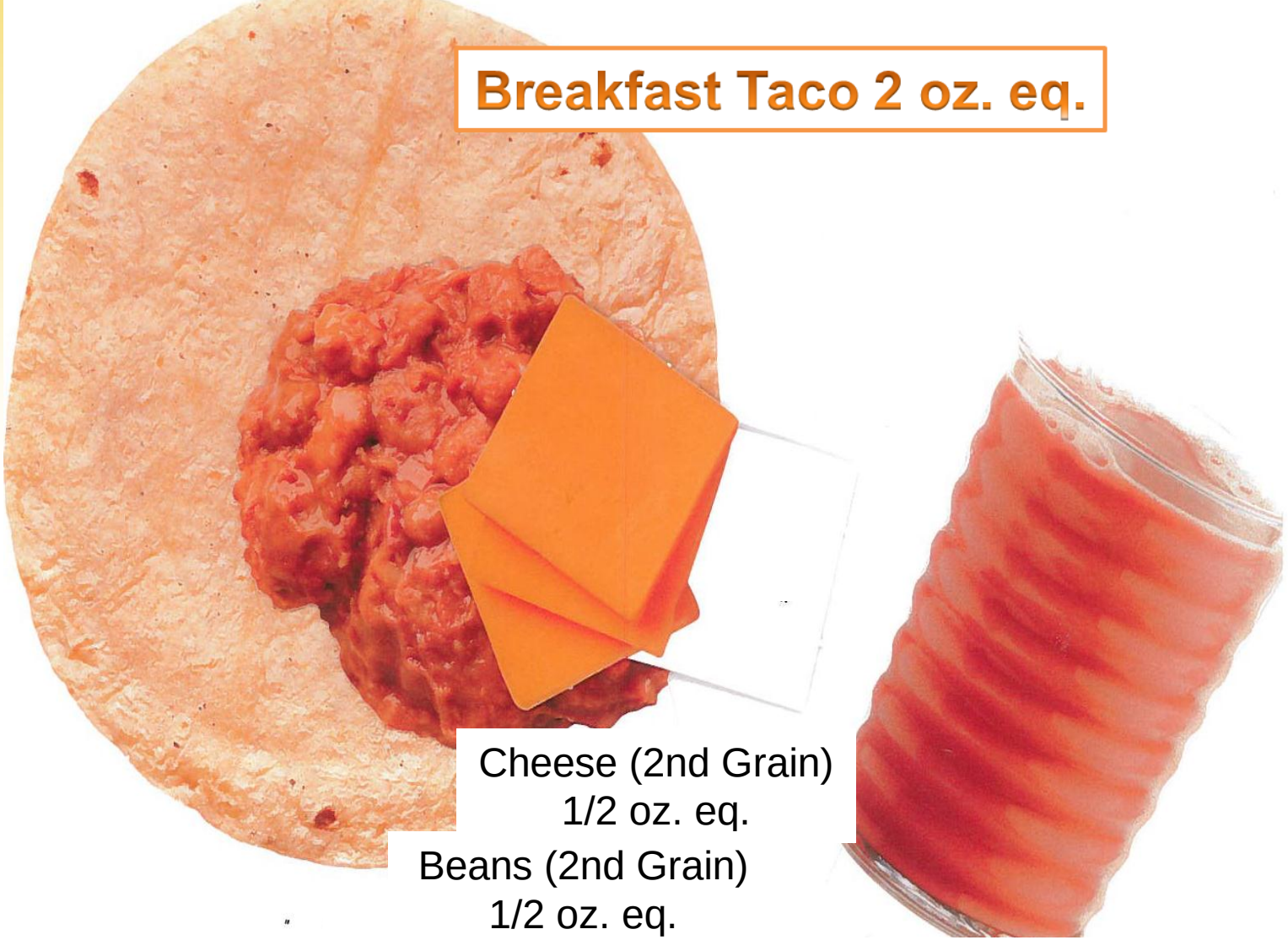
Is this reimbursable?

Decline 1 food item?

Select 3 food items?

Check your meal pattern chart.

Breakfast Taco 2 oz. eq.



Cheese (2nd Grain)
1/2 oz. eq.

Beans (2nd Grain)
1/2 oz. eq.

Tortilla (Grain)
1 oz. eq. WGR

Milk (skim)
1 cup (flavored)

Raquel's tray

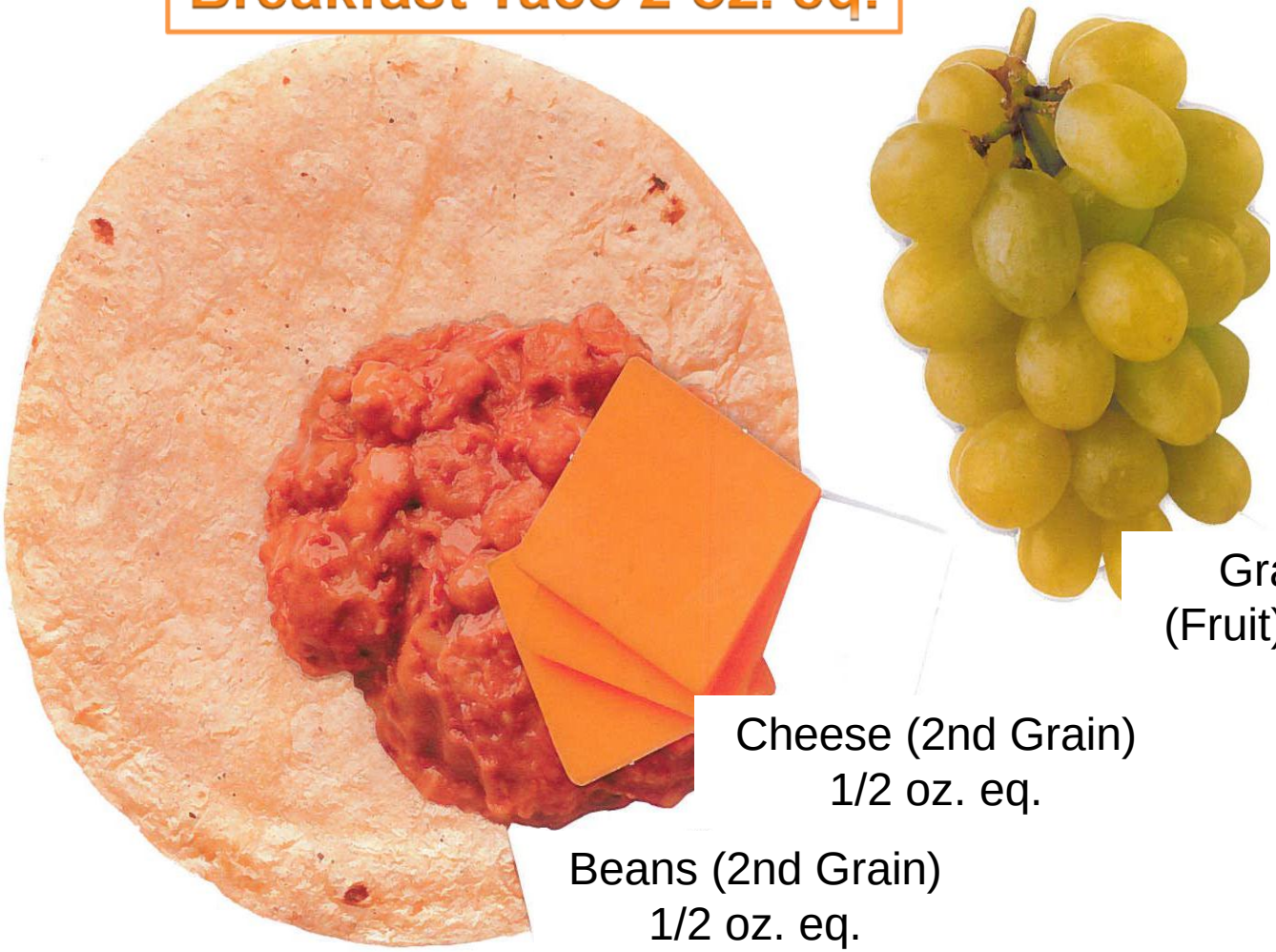
Is this reimbursable?

Decline 1 food item?

Select 3 food items?

Check your meal pattern chart.

Breakfast Taco 2 oz. eq.



Grapes (Fruit)1/2 cup

Cheese (2nd Grain) 1/2 oz. eq.

Beans (2nd Grain) 1/2 oz. eq.

Tortilla (Grain) 1 oz. eq. WGR

Sylvester's tray

Is this reimbursable?

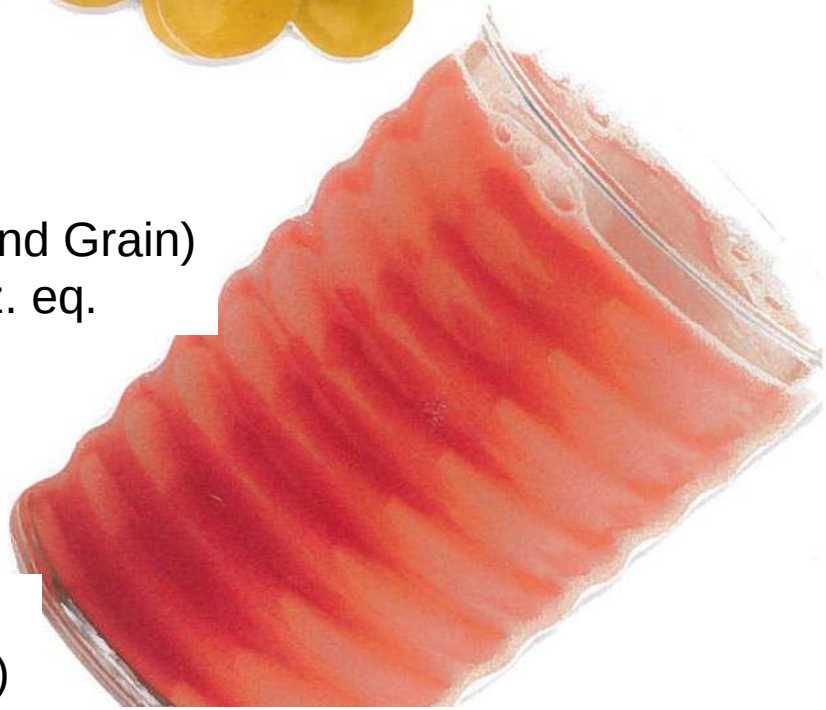
Decline 1 food item?

Select 3 food items?

Check your meal pattern chart.

Grapes
(Fruit) 1/2 cup

Cheese (2nd Grain)
1/2 oz. eq.



Milk (skim)
1 cup (flavored)

Sylvester's tray

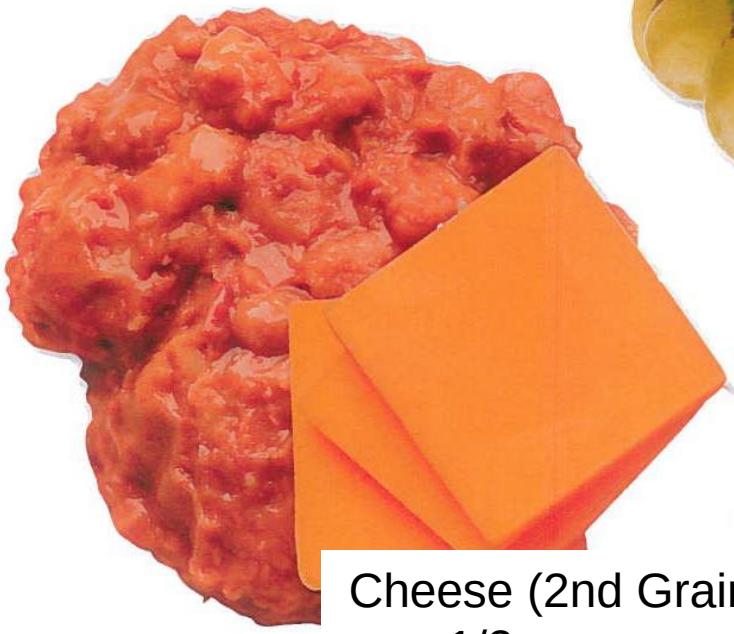
Is this reimbursable?

Decline 1 food item?

Select 3 food items?

Check your meal pattern chart.

Grapes
(Fruit) 1/2 cup



Cheese (2nd Grain)
1/2 oz. eq.

Beans (2nd Grain)
1/2 oz. eq.

Milk (skim)
1 cup (flavored)

Iris E.S.
(Grades K-8)

This is the menu today.

Grain?

Milk?

Juice/fruit/ veggie?

Does this menu meet the Healthy School Meal Pattern?

Check your meal pattern chart.

BREAKFAST PIZZA 3 OZ. EQ.

Crust (Grain) 2 oz. eq.
Cheese (2nd Grain) 1 oz. eq.

Milk (low-fat 1%)
1 cup (unflavored)

Orange (sm)
(Fruit) 1/2 cup

Tina's tray

Is this reimbursable?

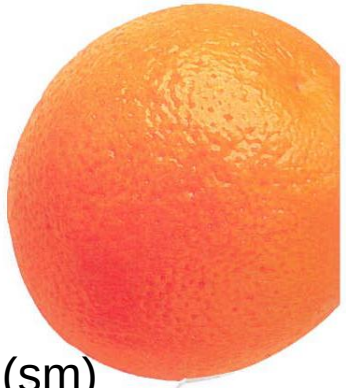
Decline 1 food item?

Select 3 food items?

Check your meal pattern chart.

BREAKFAST PIZZA 3 OZ. EQ.

Crust (Grain) 2 oz. eq.
Cheese (2nd Grain) 1 oz. eq.



Orange (sm)
(Fruit) 1/2 cup

Breakfast Pizza 3 oz. eq.

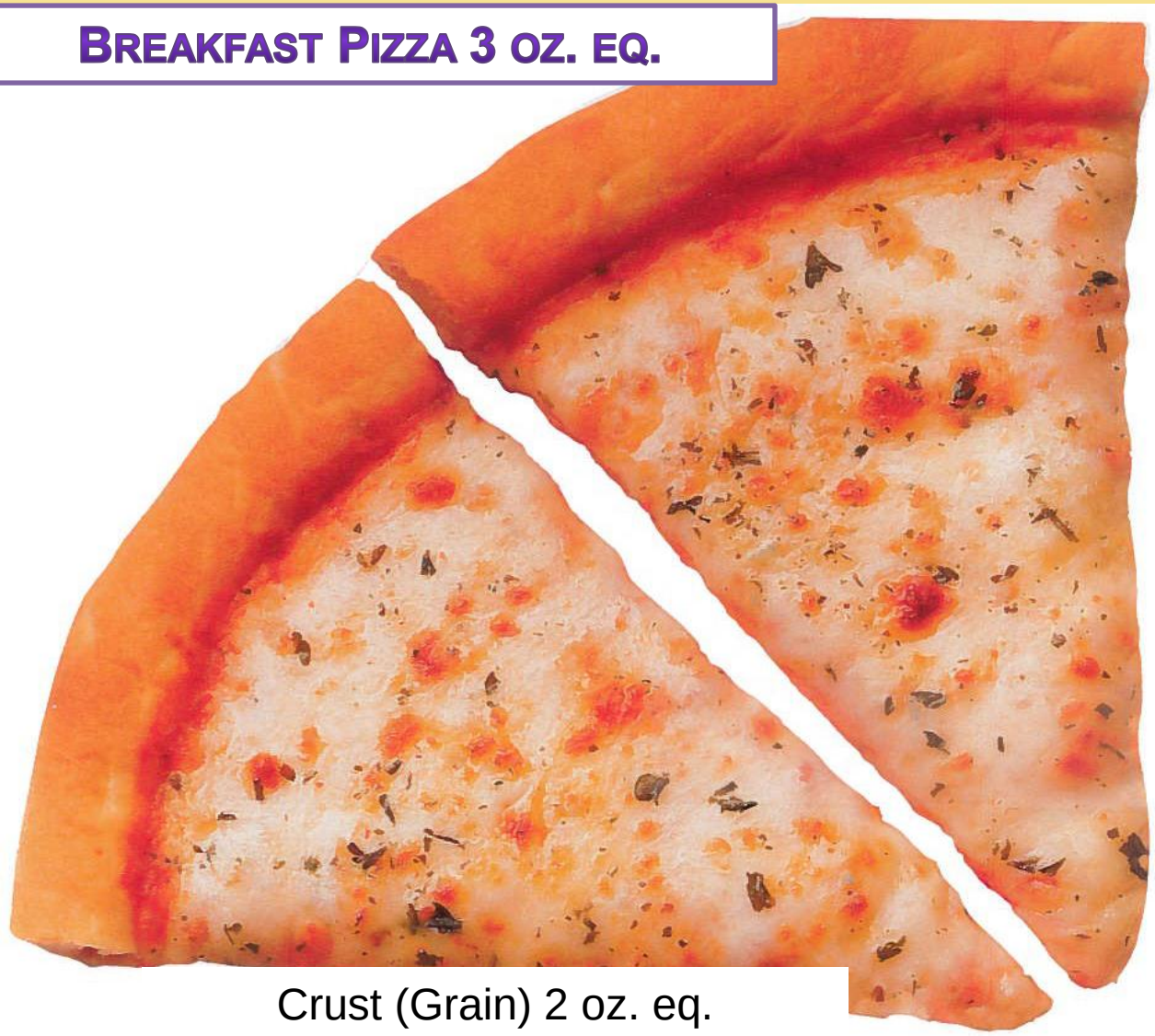
Ulysses' tray

Is this reimbursable?

Decline 1 food item?

Select 3 food items?

Check your meal pattern chart.



Crust (Grain) 2 oz. eq.
Cheese (2nd Grain) 1 oz. eq.

Ulysses' tray

Is this reimbursable?

Decline 1 food item?

Select 3 food items?

Check your meal pattern chart.

BREAKFAST PIZZA 3 OZ. EQ.

Crust (Grain) 2 oz. eq.
Cheese (2nd Grain) 1 oz. eq.

Milk (low-fat 1%)
1 cup (unflavored)

D. F. Odill M.S.
(Grades 5-7)

This is the menu today.

Grain?

Milk?

Juice/fruit/ veggie?

Does this menu meet the Healthy School Meal Pattern?

Check your meal pattern chart.

Peanut Butter/Jelly Sandwich (3 oz. eq.)

Bread (Grain) 2 oz. eq.
PB (2nd Grain) 1 oz. eq.
Jelly

Applesauce
(Fruit) 1/2 cup

Milk (skim)
1 cup

Valentina's tray

Is this reimbursable?

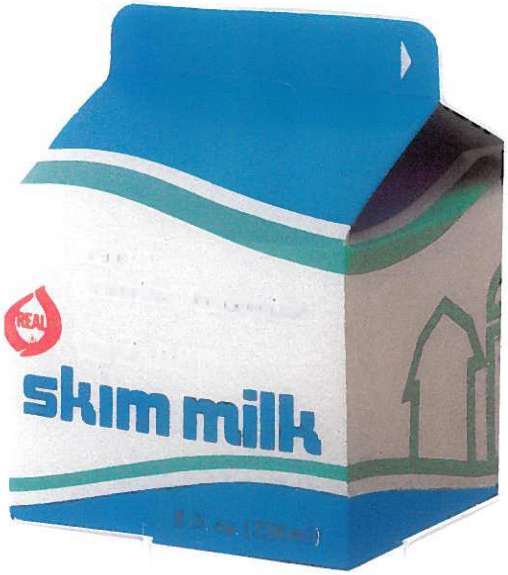
Decline 1 food item?

Select 3 food items?

Check your meal pattern chart.

Peanut Butter/Jelly Sandwich (3 oz. eq.)

Bread (Grain) 2 oz. eq.
PB (2nd Grain) 1 oz. eq.
Jelly



Milk (skim)
1 cup

Peanut Butter/Jelly Sandwich (3 oz. eq.)

Willie's tray

Is this reimbursable?

Decline 1 food item?

Select 3 food items?

Check your meal pattern chart.

Bread (Grain) 2 oz. eq.
PB (2nd Grain) 1 oz. eq.
Jelly

Applesauce
(Fruit) 1/2 cup

Petunia Primary School (Grades Pk-3)

This is the menu today.

Grain?

Milk?

Juice/fruit/ veggie?

Does this menu meet the Healthy School Meal Pattern?

Check your meal pattern chart.

Muffin (Grain)
1 oz. eq. WGR

Hash browns
(Veggie) 1/2 cup

Milk (low-fat 1%)
1 cup (unflavored)

1 Egg (2nd Grain)
1 oz. eq.

Xandre's tray

Is this reimbursable?

Decline 1 food item?

Select 3 food items?

Check your meal pattern chart.

Muffin (Grain)
1 oz. eq. WGR

Hash browns
(Veggie) 1/2 cup

Milk (low-fat 1%)
1 cup (unflavored)

Yolanda's tray

Is this reimbursable?

Decline 1 food item?

Select 3 food items?

Check your meal pattern chart.

Milk (low-fat 1%)
1 cup (unflavored)

Hash browns
(Veggie) 1/2 cup

1 Egg (2nd Grain)
1 oz. eq.

Petunia Primary School (Grades PK-3)

This is the menu today.

Grain?

Milk?

Juice/fruit/ veggie?

Does this menu meet the Healthy School Meal Pattern?

Check with your menu planner.

Milk (low-fat 1%)
1 cup (unflavored)

Banana (sm)
(Fruit) 1/2 cup

Muffin (Grain)
1 oz. eq. WGR

Hash browns
(Veggie) 1/2 cup

1 Egg (2nd Grain)
1 oz. eq.

Primrose H.S. (Grades 8-12)

This is the menu today.

Grain?

Milk?

Juice/fruit/ veggie?

Does this menu meet the Healthy School Meal Pattern?

Check your meal pattern chart.

Milk (skim)
1 cup

Tomatoes
(Veggie) 1/2 cup

1 Egg (2nd Grain)
1 oz. eq.

Pancake (Grain)
1 oz. eq. WGR

Syrup
1 oz.

Zelda's tray

Is this reimbursable?

Decline 1 food item?

Select 3 food items?

Check your meal pattern chart.

Milk (skim)
1 cup

Syrup
1 oz.

1 Egg (2nd Grain)
1 oz. eq.

Pancake (Grain)
1 oz. eq. WGR

Alberto's tray

Is this reimbursable?

Decline 1 food item?

Select 3 food items?

Check your meal pattern chart.

Milk (skim)
1 cup

Tomatoes
(Veggie) 1/2 cup

1 Egg (2nd Grain)
1 oz. eq.

Brenda's tray

Is this reimbursable?

Decline 1 food item?

Select 3 food items?

Check your meal pattern chart.

Tomatoes (Veggie) 1/2 cup

Pancake (Grain) 1 oz. eq. WGR

Syrup 1 oz.

Brenda's tray

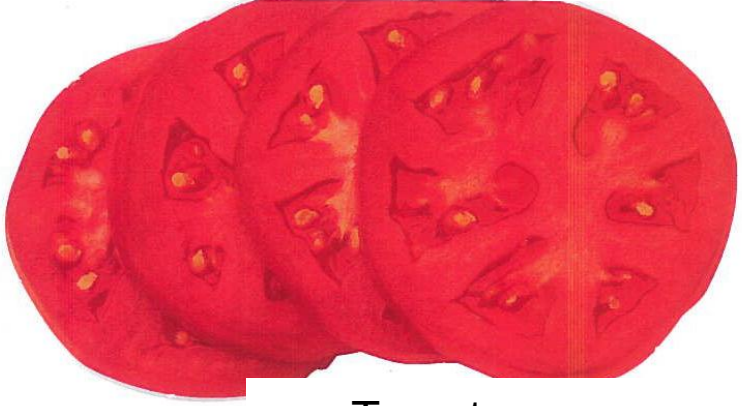
Is this reimbursable?

Decline 1 food item?

Select 3 food items?

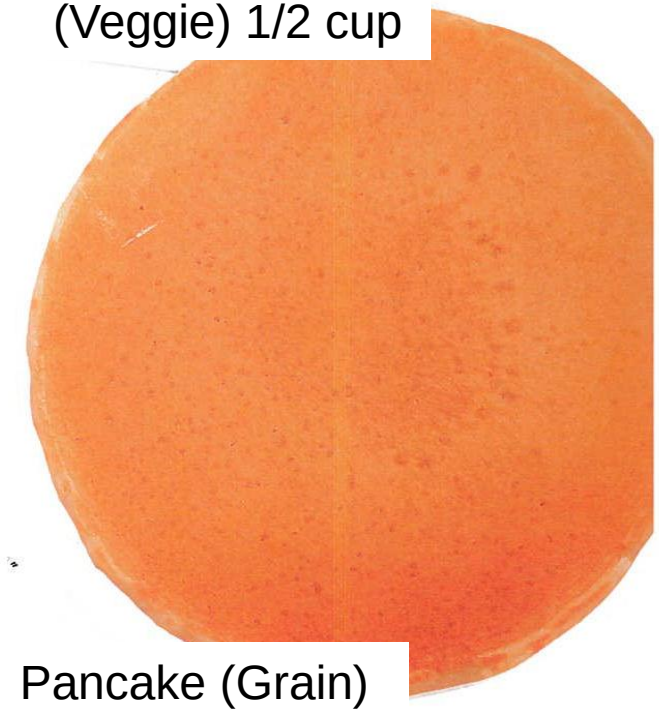
Check your meal pattern chart.

Milk (skim)
1 cup



Tomatoes
(Veggie) 1/2 cup

Syrup
1 oz.



Pancake (Grain)
1 oz. eq. WGR

Buttercup H.S. (Grades 9-12)

This is the menu today.

Grain?

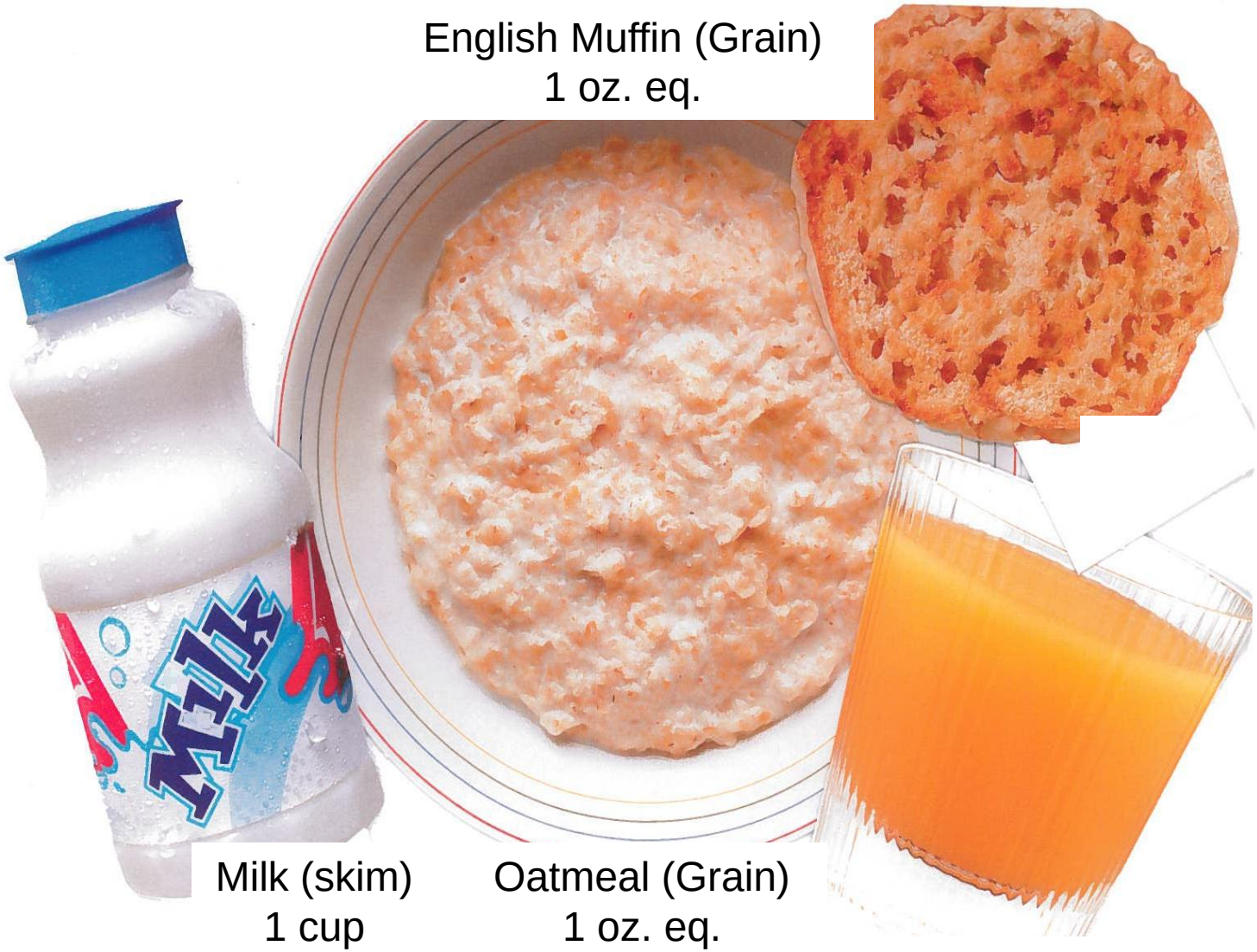
Milk?

Juice/fruit/ veggie?

Does this menu meet the Healthy School Meal Pattern?

Check your meal pattern chart.

English Muffin (Grain)
1 oz. eq.



Milk (skim)
1 cup

Oatmeal (Grain)
1 oz. eq.

Orange Juice (Juice)
1 cup

Cedric's tray

Is this reimbursable?

Decline 1 food item?

Select 3 food items?

Check your meal pattern chart.

Milk (skim)
1 cup

Oatmeal (Grain)
1 oz. eq.

Orange Juice (Juice)
1 cup

Dalia's tray

Is this reimbursable?

Decline 1 food item?

Select 3 food items?

Check your meal pattern chart.

Milk (skim)
1 cup

English Muffin (Grain)
1 oz. eq.

Orange Juice (Juice)
1 cup

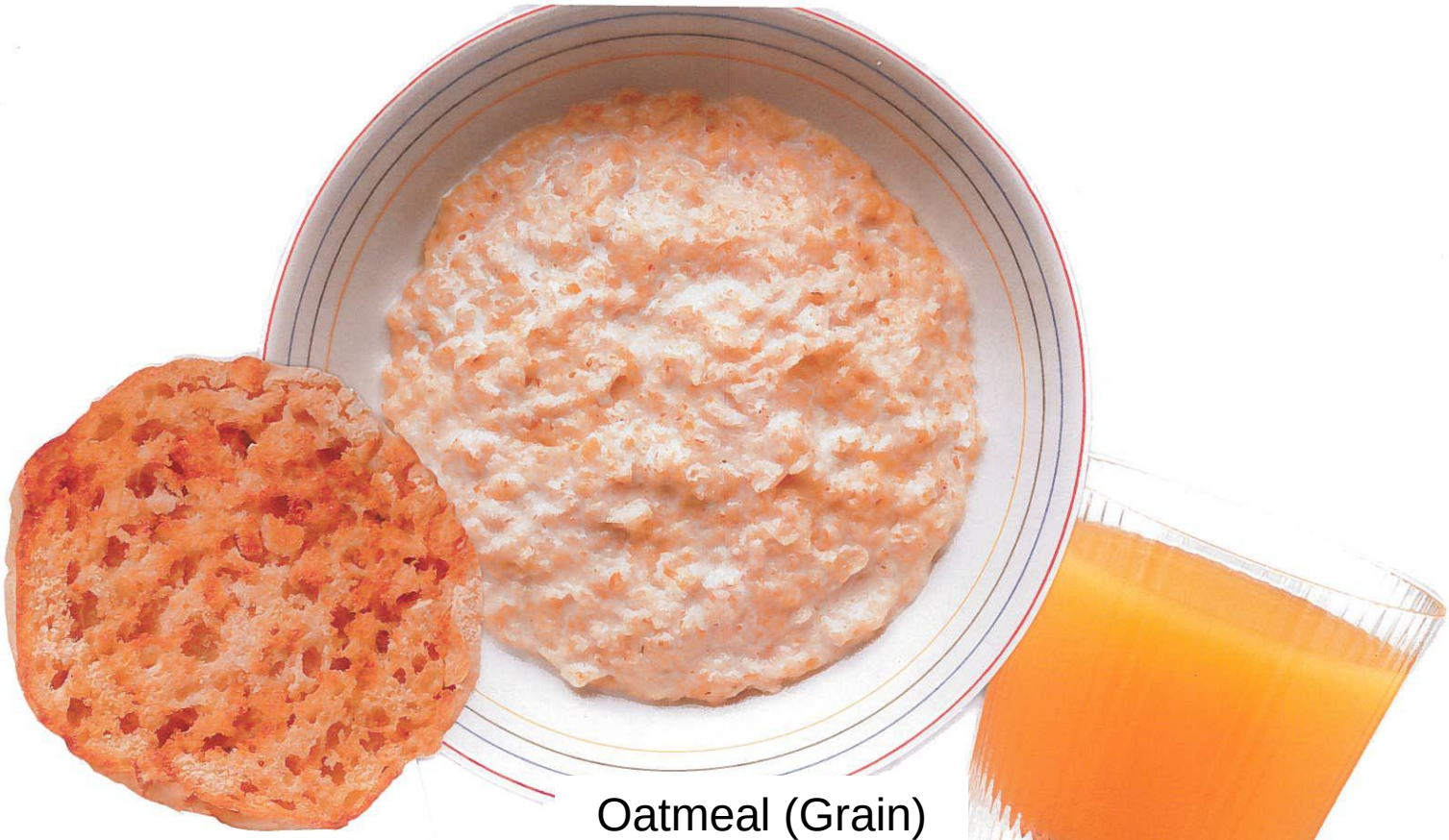
Erin's tray

Is this reimbursable?

Decline 1 food item?

Select 3 food items?

Check your meal pattern chart.



English Muffin (Grain)
1 oz. eq.

Oatmeal (Grain)
1 oz. eq.

Orange Juice (Juice)
1 cup

Franny's tray

Is this reimbursable?

Decline 1 food item?

Select 3 food items?

Check your meal pattern chart.

Milk (skim)
1 cup

English Muffin (Grain)
2 oz. eq.

Orange Juice (Juice)
1 cup

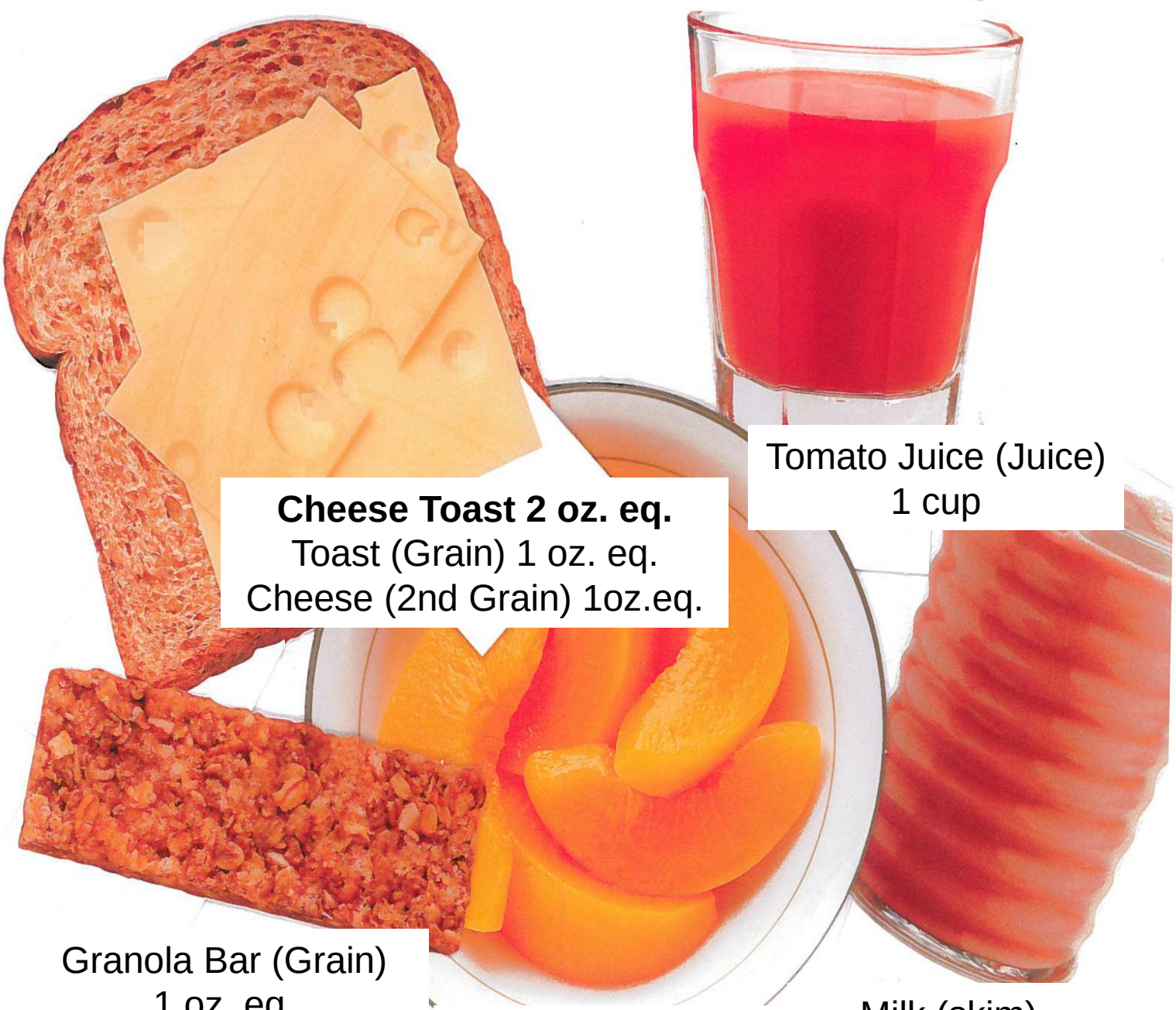
This menu has choices.

Is there a grain? How many?

Is there fruit? How many?

Is there milk?

Check with your menu planner.



Cheese Toast 2 oz. eq.
Toast (Grain) 1 oz. eq.
Cheese (2nd Grain) 1oz.eq.

Tomato Juice (Juice)
1 cup

Granola Bar (Grain)
1 oz. eq.

Peaches (Fruit)
1 cup

Milk (skim)
1 cup (flavored)

This menu has choices.

Is there a grain? How many?

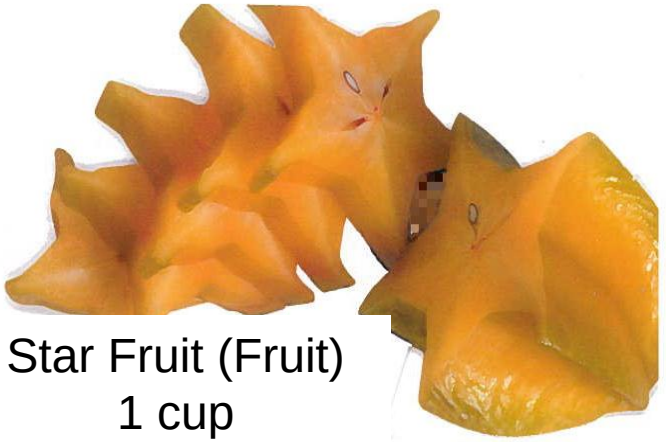
Is there fruit? How many?

Is there milk?

Check with your menu planner.

Jelly
1 oz.

Biscuit (Grain)
2 oz. eq.



Star Fruit (Fruit)
1 cup

Cheese Omelet 2 oz. eq.
Egg (2nd Grain) 1 oz. eq.
Cheese (2nd Grain) 1oz. eq.

Yogurt (2nd Grain)
2 oz. eq.

Milk (skim)
1 cup (flavored)

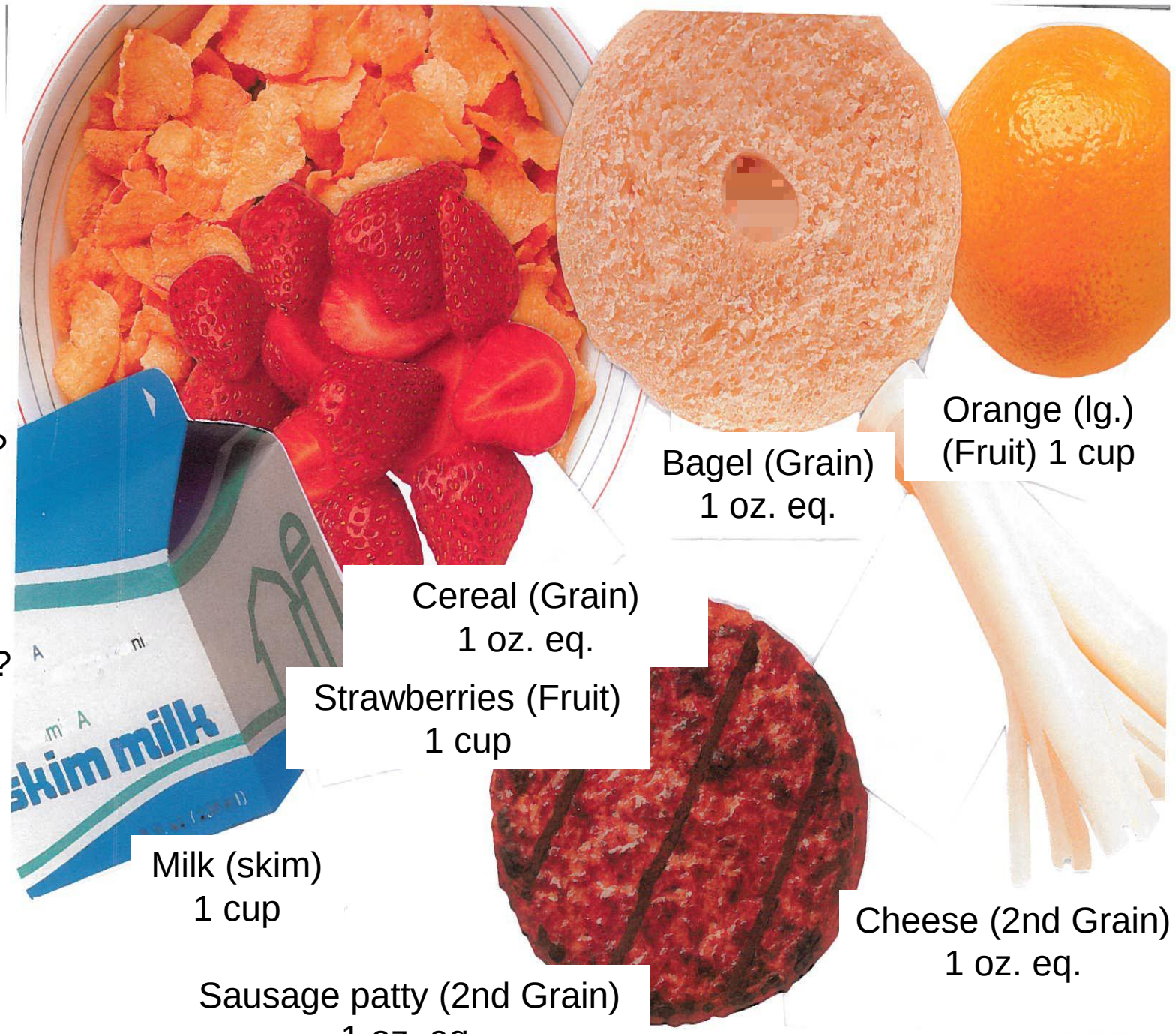
This menu has choices.

Is there a grain? How many?

Is there fruit? How many?

Is there milk?

Check with your menu planner.



Bagel (Grain)
1 oz. eq.

Orange (lg.)
(Fruit) 1 cup

Cereal (Grain)
1 oz. eq.

Strawberries (Fruit)
1 cup

Milk (skim)
1 cup

Cheese (2nd Grain)
1 oz. eq.

Sausage patty (2nd Grain)
1 oz. eq.

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