



**EXCELLENCE
TODAY
FOR TOMORROW**

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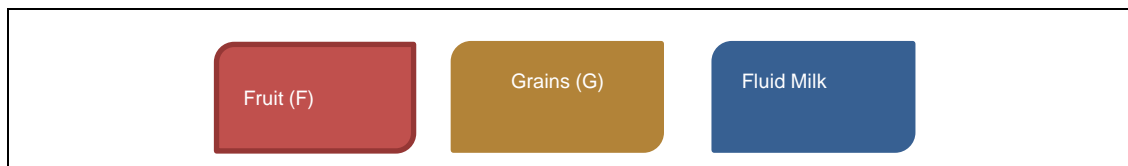
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School Breakfast Program

Breakfast Calorie Range Average Calories/Week:		
Grades K-5	Grades 6-8	Grades 9-12
350-500	400-550	450-600

Food components that must be offered in a reimbursable breakfast are:

- Fruits
- Grains
- Fluid Milk



Fruit requirements for school meals

Fruit component for a reimbursable breakfast meal:

Reimbursable School Breakfast Fruit Component		
	Daily Minimum Requirements Offered:	Weekly Minimum Requirements Offered:
Grades K-5	1 cup	5
Grades 6-8	1 cup	5
Grades 9-12	1 cup	5

Grain requirements for a reimbursable for breakfast meal:

Reimbursable School Breakfast Grains Component		
	Daily minimum Requirements offered:	Weekly Minimum Requirements offered:
Grades K-5	1 oz equivalent	7-10 oz equivalents
Grades 6-8	1 oz equivalent	8-10 oz equivalents
Grades 9-12	1 oz equivalent	9-10 oz equivalents

Schools are only required to meet the daily and weekly minimum requirements for this food component. To meet the minimum weekly requirements, grades K-5, grades 6-8, and grades 9-12 will need to offer more than the minimum daily requirements on some days during the week.

Whole Grain-Rich Requirement for School Year 2019-2020

Starting in SY 2019-2020, this final rule will require that at least half of the weekly grains offered in the NSLP and SBP meet the whole grain-rich criteria specified in the FNS guidance, and the remaining grain items offered must be enriched.

The grain products used for school breakfast program are comprised of at least 51% whole grains and are specially formulated to meet school nutrition standards for School Breakfast Program.

Fluid Milk requirements for school meals

Fluid Milk

Beginning SY 2019-2020, NSLP and SBP operators have the option to offer flavored, low-fat milk; however, unflavored milk must be offered at each meal service.

Milk Substitutions:

Required (disability accommodations) and optional (parent requested) milk substitutes are considered meal exceptions and are not subject to this final rule. Milk substitutes must meet the regulatory standards outlined in 7 CFR 21.10 (d)(3), which do not address fat or flavor/sugar restrictions. However, milk substitutes offered as part of the reimbursable meal must be included in weighted nutrient analysis, which are subject to overall weekly average fat limit and calorie ranges.

Food components for Breakfast:

- Fruits (or vegetables as a substitute)
- Grains (or optional meats/meat alternates m/ma)
- Fluid milk

Additional information pertaining to the Healthy Hungry Free Kids Act of 2010 can be found here [Dietary Specifications School Breakfast Program](#)