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**TO:** Food Service Directors/Managers  
**FROM:** Paula Tyner-Doyle, Coordinator  
**Date:** June 27, 2013  
**SUBJECT:** Changes regarding The School Breakfast Program (SBP)

United States Department of Agriculture (USDA) issued the updated Questions and Answers and Offer Versus Serve (OVS) Guidance Manual on June 14, 2013. The following provides a brief overview of the changes outlined in those documents.

At breakfast, schools must offer all three required food components in at least the minimum required amounts. The components are: grains (with the optional meats/meat alternates); juice/fruit/vegetable; and milk.

Under OVS, a student must be offered at least four food items and **must select at least three food items** for a reimbursable meal. The previous guidance stated that a student could “decline only one food item even if more items are offered”.

The menu planner may offer the grains component in one or more different food items. The menu planner determines how to credit the food items. For example, the menu planner has the discretion to offer a 2 oz eq muffin as **one or two food items**. For Offer Versus Serve, if the menu planner offers this as one food item, the menu planner must offer three additional food items and the student must select any three food items for a reimbursable meal. If the menu planner offers the 2 oz eq muffin as two food items, the menu planner must offer 2 other food items and the student must select three food items for a reimbursable meal.

**Examples:**

Muffin 2 oz eq. (offered as one food item)  
Toast 1 oz. eq.  
Fruit ½ cup  
Milk 8 fl oz

Muffin 2 oz eq. (offered as two food items)  
Fruit ½ cup  
Milk 8 fl oz.

\*In both of these examples the menu planner is offering 4 food items and students must select at least three items in their minimum required amounts for a reimbursable meal for all grade levels.

Beginning in School Year 2013-2014, menu planners will have the option to offer meats/meat alternates (m/ma) in place of the grains component after the minimum daily grains requirement (1oz eq for all age/grade groups) is provided **or** offer it as an additional food (previously called an extra food).

If offering a m/ma as an additional food, the m/ma will not credit toward the daily or weekly grains component requirement, but still much be counted toward the weekly dietary specifications (calories, saturated fat and trans fat). Also, the m/ma cannot be counted as a food item for the purposes of OVS. Therefore, four food items, in addition to the m/ma, must be offered in order to have OVS. If the menu planner chooses to offer the m/ma as an additional food, the staff and students should be aware that the selection of this item is not counted for the purposes of OVS and that three other food items must be selected.

**Example of M/MA offered in place of grain component:**

Cereal	1oz eq grain	[1 grain item]
Hard-boiled egg	1 oz eq as grain	[1 grain item]
Fruit	1/2 cup fruit	[1 fruit/veg item]
Milk	1 cup	[1 milk item]

**Example of M/MA as “Additional” Food:**

Toast	1 oz eq grain	[1 grain item]
Hard-boiled egg	“additional” food	
Fruit	½ cup fruit	[1 fruit/veg item]
Juice	½ cup fruit	[1 fruit/veg item]
Milk	1 cup	[1 milk item]

The menu planner must decide how the food is offered. Double servings of components/food items are allowed for the fruit component and for the grains component and credited meats/meat alternates when substituted for grains.

The updated Q & A can be found in the “Need to Know” column on the Child Nutrition Knowledge Center. We encourage you to read the entire guidance for further detail on the School Breakfast Meal Pattern and how to implement OVS in your Child Nutrition Programs. We have also attached the breakfast PowerPoint used at the meetings that has been updated to reflect the changes.

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