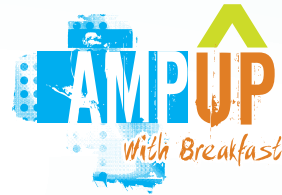


## AMP Up with Breakfast

*AMP Up with Breakfast* is Aramark's easy-to-implement program that provides students with the opportunity to jump-start their days with a healthy and nutritious meal. This program offers a wide variety of great-tasting morning favorites that are fun, portable, nutritious, and delicious, with **cafeteria, classroom, and grab-and-go mobile cart service options** to accommodate a variety of school building needs



## An Overview of 2014 Changes for the National School Breakfast Program



### First Class Breakfast

An integral part of *AMP Up with Breakfast*, the First Class Breakfast Program, delivers breakfast to students every morning right inside the classroom. Meals are quick and delicious; delivery is automated; and cleanup is quick. There's no easier way to start the day.



For an evaluation of your current breakfast program, please contact Aramark K-12 Education at 1-800-926-9700.

1-800-926-9700  
aramarkschools.com



## Breakfast at No-Cost Options

There are several methods outlined below that are available for schools to offer breakfast at no cost to all students. In all cases, schools must pay the difference between federal reimbursement and the cost of providing the meal at no cost. Additionally, if the overall school food service account activity is insufficient to cover program costs, the school food authority must pay the difference from nonfederal sources.

Comparison of Universal Free Breakfast, Provision 2, and CEO				
	Schools must pay the difference between federal reimbursement and the cost of providing meals at no charge.	Schools must agree to serve free lunches <u>and</u> breakfasts to all students.	School districts must meet a minimum level of students directly certified for free meals.	Schools must claim reimbursement for meals based off of students' eligibility categories.
Universal Free	✓			✓
Provision 2	✓			
CEO	✓	✓	✓	

### Universal Free Breakfast

Universal Free Breakfast is provided when a school makes a decision to serve breakfast to all students at no charge. Schools must pay for the cost difference between federal reimbursement and the cost of providing meals at no charge.

### Special Assistance Provisions

Federal Special Assistance Provisions, such as Provision 2, allow schools to offer breakfast and/or lunch to students at no charge. These provisions reduce application burdens and simplify meal counting and claiming procedures. Schools may operate Special Assistance Provisions for the breakfast program, lunch program, or both.

### Community Eligibility Option (CEO)

*This provision will be available to all schools starting in 2014.* CEO provides an alternative to household applications for free and reduced-price meals in high-poverty neighborhoods.

### Highlights of Menu and Nutrition Standard Changes that Will Impact Breakfast in 2014:

The Healthy, Hunger-Free Kids Act of 2010 provides for improved access to nutrition assistance through program expansion, outreach, and provisions to make it easier for children to get nutritious meals at school. The Act is intended to not only improve the nutrition quality of meals, but also to improve the entire nutrition environment in schools to help advance the goal of solving the problem of childhood obesity. Implementation of the many provisions of the Act began with passage in 2010 and will continue through 2020. Several key changes affecting both breakfast and lunch reimbursable meals will become effective on July 1, 2014.

- All products must be trans-fat free.
- On average across the week, planned breakfast menus cannot contain more than 540 milligrams sodium for grades K-5, 600 milligrams for grades 6-8, and 640 milligrams for grades 9-12 (this is only about ¼ teaspoon of salt per meal from ALL sources!).

- Fruit must be offered daily at breakfast and the minimum daily portion will be one cup per day across all grade levels; students will be required to take at least ½ cup of fruit for a reimbursable meal.
- All grains served at breakfast must be whole grain-rich as defined by the United States Department of Agriculture.
- Only 1 percent or nonfat milk may be offered; flavored milk must be nonfat.
- Extra servings of foods must be charged as à la carte.

### Financial Impacts

Estimated cost increases 14 cents per meal at breakfast.

### Other Considerations

Also beginning July 1, 2014, a new federal rule will be effective that will require that ALL foods and beverages served outside of a reimbursable meal (competitive foods) meet new minimum standards as summarized below. Note that these nutrition standards apply to individual food and beverages that are available for sale to students beginning at midnight through the end of the school day anywhere on the school campus.

### FEDERAL STANDARDS FOR COMPETITIVE FOODS – ALL GRADES

All foods must meet these standards:

Grains must be whole grain-rich	< 35 percent weight from total sugar
< 35 percent calories from total fat	< 230 mg sodium for side dishes and < 480 mg sodium for entrées (includes accompaniments)
< 10 percent calories from saturated fat	< 200 calories for side dishes and < 350 calories for entrées (includes accompaniments)
Zero trans fat	

Milk and 100 percent juices may be sold to all grades but must meet same requirements as reimbursable meal standards and portion sizes are limited by grade level. Other flavored, caffeinated beverages are allowed for grades 9-12 within portion size and calorie limits.

### How Can Aramark Help Your District?

Studies show that children who eat breakfast perform better in school and learn healthy habits that last a lifetime. Aramark K-12 Education has programs to help start up or improve your breakfast program, such as mobile solutions for kids on the go or schools with limited space.



For an evaluation of your current breakfast program, please contact Aramark K-12 Education at 1-800-926-9700.

