



# WISCONSIN SCHOOL NUTRITION IN A NUTSHELL

## School Breakfast Program (SBP)

### Nutrition Standards & Meal Pattern Requirements

#### Age/Grade Groups

- K-5, 6-8, K-8, 9-12, K-12

#### Menu Planning

- Refer to the [Breakfast Meal Pattern Table](#) for daily and weekly requirements for the three required components (milk, fruit, combined grain and meats/meat alternates).
- Each serving line, independently, must meet the daily and weekly requirements.
- All foods and condiments that students have access to as part of a reimbursable meal must be included in the dietary specifications.
- Maintain Child Nutrition (CN) labels and/or Product Formulation Statements (PFS) to document compliance.

#### Components

##### Milk

- Milk credits by volume (fluid ounces).
- 1 cup milk must be offered daily for all age/grade groups.
- Must offer at least two milk varieties, one being unflavored. Allowable milk types include low-fat (1 percent milk fat or less, flavored or unflavored) and fat-free (flavored or unflavored).

##### Fruits (or Vegetables)

- Fruits and vegetables credit by volume (cups).
  - A minimum of 1/8 cup fruit or vegetable per serving is needed to credit.
- 1 cup of fruit, vegetable, or combination of both must be offered to all grade groups daily.
- Creditable forms of fruit include fresh, frozen (with or without added sugar), canned in water, light syrup or juice, dried, and pasteurized, full-strength juice.
  - Dried fruit credits as twice the volume served (e.g. 1/4 cup of raisins credits as 1/2 cup of fruit).
- Creditable forms of vegetable include fresh, frozen, canned, and pasteurized, full-strength juice.
- No more than half of weekly fruit and vegetable offerings can be in the form of juice.

##### *Substituting Vegetables for Fruit at Breakfast*

- SFAs that choose to offer vegetables at breakfast once per week have the option to offer vegetables from any of the vegetable subgroups.
- SFAs that choose to offer vegetables for fruits at breakfast on two or more days per week are required to offer vegetables from at least two different subgroups.

##### Grains and Meat/Meat Alternates (M/MA) Combined

- Grains and M/MA credit by weight (ounce equivalents [oz eq]).
  - A minimum of 0.25 oz eq per serving is needed to credit
- Daily minimum of 1.0 oz eq of grains, M/MA, or combination must be offered for all age/grade groups.
- Weekly minimums vary based on age/grade group.

- 80 percent of all grains credited towards the meal pattern must be whole grain-rich. Schools that choose to offer a mix of grains and M/MA at breakfast will calculate the whole grain-rich offerings based on the total amount of grains offered at breakfast during the week.
- Determine grain crediting using USDA [Exhibit A](#), by calculating the grams of creditable grains in a recipe, or using the USDA [Food Buying Guide](#).
- Determine M/MA crediting using a Product Formulation Statement (PFS), a Child Nutrition (CN) label, or the USDA [Food Buying Guide](#).

## Dietary Specifications

The dietary specifications define limits for calories, saturated fat, and sodium. These are assessed as a daily average over the course of one five-day week. The calculated daily average must be within the range listed in the table (at least the minimum and no more than the maximum values).

| Grade Groups | Calories (kcal) | Sodium Limits Target 1 (mg)<br>In place through June 30, 2027 | Saturated Fat<br>(% of total calories) |
|--------------|-----------------|---------------------------------------------------------------|----------------------------------------|
| K-5          | 350-500         | ≤540                                                          | <10                                    |
| 6-8          | 400-550         | ≤600                                                          | <10                                    |
| K-8          | 400-500         | ≤540                                                          | <10                                    |
| 9-12         | 450-600         | ≤640                                                          | <10                                    |
| K-12         | 450-500         | ≤540                                                          | <10                                    |

Additionally, there are product-based added sugar limits for the following products:

- Breakfast Cereals: No more than 6 grams of added sugar per dry ounce
- Yogurt: No more than 12 grams of added sugar per 6 ounces
- Flavored Milk: No more than 10 grams of added sugar per 8 fluid ounces (1 cup)

## Offer versus Serve (OVS)

- OVS is optional, but encouraged, for all age/grade groups at breakfast.
- Using OVS, the SFA must offer at least four food items from the three required components (combined grains and M/MA, fruit, milk) and students must select at least three food items for a reimbursable meal.
  - Food items are defined as 1 cup milk, 1.0 oz eq grain, 1.0 oz eq M/MA, and 1/2 cup fruit.
  - The menu planner has the discretion to count large entree items (i.e. a 2.0 oz eq bagel, 2.0 oz eq omelet, 2.0 oz eq breakfast pizza) as either one food item or two food items.
- SFAs are encouraged to offer students choices within each component
  - Example: When offering fruit, consider providing a few different types of fruit, such as 1/2 cup orange juice, 1/2 cup peaches and 1/2 cup applesauce.
  - It is up to the menu planner to decide how many of the offered choices students can take based on the planned menu (i.e. 1 milk, 1 grain or M/MA and 2 fruits).
- There is no requirement for a student to select milk under OVS.
- To qualify as a reimbursable meal, students must select three items, one of which is at least 1/2 cup fruit, vegetable, or combination.

## Resources

- DPI [School Breakfast](#) homepage
- [Menu Planning](#)