

Master Breakfast in the Classroom and Grab n' Go Menus

Date: March 31, 2021
Memo To: CNP Managers
Memo From: Child Nutrition Purchasing Department
Subject: 2021-2022 Master Breakfast in the Classroom and Grab n' Go Menus

General Information about Master Breakfast in the Classroom and Grab n' Go Menus

1. Attached are the Master Breakfast in the Classroom and Grab n' Go menus for the 2021-2022 school year.
2. All schools are to follow the "Master Breakfast in the Classroom and Grab n' Go Menus" as they are printed. It is acceptable to substitute another fruit for the fruit listed on the master menus in the same serving size as listed on the master menus. When commodity fruit is available it should be used on the breakfast menus; however, the same fruit must not be served day after day and a variety of fruits must be offered each week, including fresh fruit, at least one day and fresh orange wedges should be served on Friday's each week.
3. All schools are to serve Week 1 and Week 2 Breakfast in the Classroom and Grab n' Go menus as listed following the dates that are listed on the weekly CNP Manager's Breakfast in the Classroom and Grab n' Go Cycle Menu Schedule attached.
4. For a meal to be counted as reimbursable, students must select at least three food items with one of the items being 1/2 cup fruit or vegetable. For BIC and Grab n' Go breakfast the clear bag should contain a reimbursable meal, and the student may also choose the fruit and milk that are offered.
5. If a menu change is made at breakfast, check to make sure that the same or same type of items are not being offered at lunch also on the day the menu changes are made. For example: Do not serve breakfast pizza and lunch pizza on the same day, or oranges for both breakfast and lunch, etc.
6. If a menu change is necessary at breakfast, it is acceptable to switch an entire breakfast menu within the week that it is listed, as this keeps the nutritional value in place for the week meeting USDA Guidelines.
7. Always offer all items listed on the master menus. Do not omit any items listed on the master menus.
8. Supplies for serving BIC and Grab n' Go breakfast meal:
 - Bag, Plastic Clear, 10x15 (with EBR Logo) used to serve a reimbursable breakfast for each menu.
 - Cups, Plastic, Clear 5-5 1/2 oz. with Lid should be used for fruit.
 - Foil Squares, to wrap hot food items such as breakfast pizza, biscuits and sausage or chicken patties.
 - If a meal does not require a fork, spoon, or spork kit, such as when a whole banana is offered, then offer only a napkin and a straw for that breakfast menu rather than a spork kit.
 - Liner, Garbage, 24" x 32" each classroom gets 1 bag per day.
 - Plenty of artificial ice, to keep cold foods cold during meal service times.

9. EBR uses a food based menu planning approach for breakfast menus. Menus implement the three age-grade groups (PK-5, 6-8, and 9-12) for menu patterns and meal service. Menus are planned in an effort to meet the calorie range required by USDA, on average, over the course of a week. The food components offered at breakfast are: Grains, Fruits/Vegetables, and Milk. There is an optional Meat/Meat Alternate component that may be offered in place of part of the grain component after the minimum daily grain requirement of 1 ounce equivalent for all age grade groups is met in the daily menu. Under offer vs. serve a student must be offered at least four food items and must select at least three food items. Students are required to take a minimum 1/2 cup of fruit or vegetable for a meal to be reimbursable under offer vs. serve. Schools offer only fat-free (unflavored or flavored) or low-fat (unflavored) milk and a variety of milk is offered at each meal.

Definitions:

A **food component** is one of three food groups that comprise reimbursable breakfasts. These are grains (with optional meat/meat alternate allowed); fruit/vegetable; and milk.

A **food item** is a specific food offered within the three food components. For the purpose of Offer vs. Serve, a school must offer at least four food items from the three component groups and students must select at least three food items with one of the items being 1/2 cup fruit or vegetable.

Approved:

Nadine L. Mann

Dr. Nadine Mann, Chief Financial Director
East Baton Rouge Parish School System
Child Nutrition Program

4.27.21
Date