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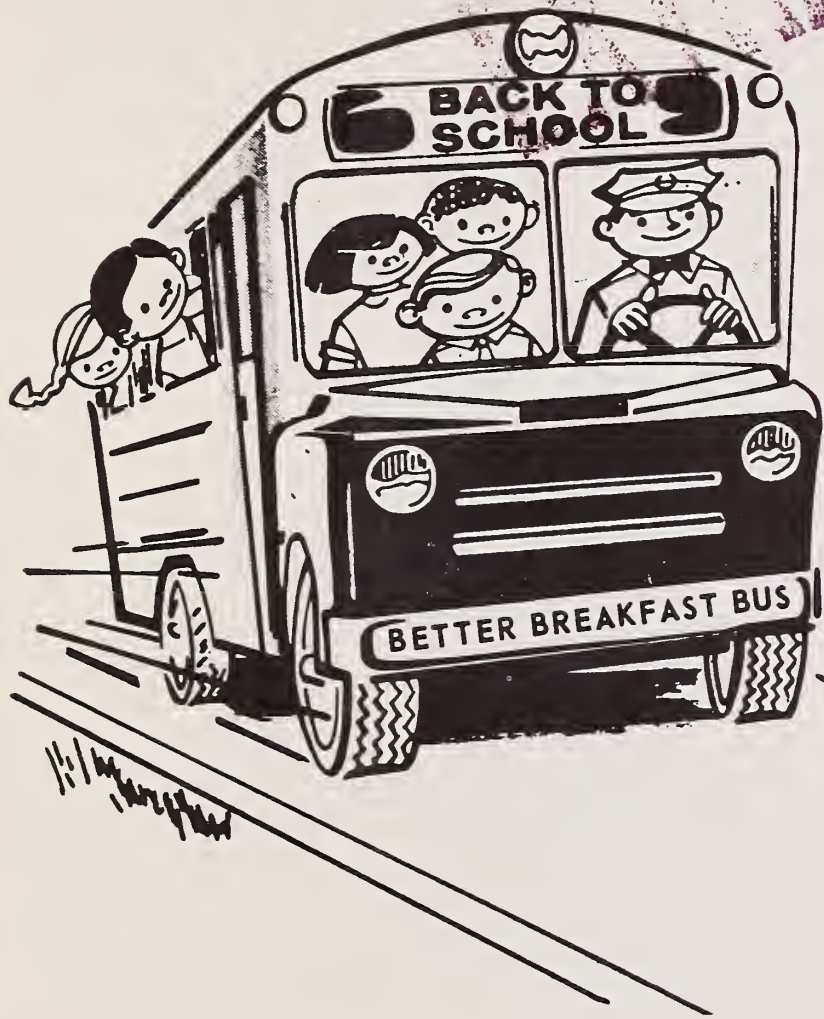
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a menu planning guide for breakfast at school

A MENU PLANNING GUIDE FOR BREAKFAST AT SCHOOL

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FOREWORD

This menu planning guide was prepared to help school lunch supervisors and managers plan breakfast menus to help meet the daily dietary needs of children. It is for use in the School Breakfast Program, authorized by the Child Nutrition Act of 1966.

The legislation authorizes cash and food assistance for pilot breakfast programs in an effort to improve diets of school children. Special groups to be reached include:

- Needy children who arrive at school without breakfast
- Children who travel long distances to school

Schools serving breakfasts are eligible under this act for cash reimbursement and for the donated foods that are available from the U.S. Department of Agriculture. In addition, the Child Nutrition Act authorizes funds for equipment needed to establish or expand breakfast programs where local resources are inadequate.

The Child Nutrition Division acknowledges with appreciation the technical assistance of the Consumer and Food Economics Research Division, Agricultural Research Service, USDA, in preparing this publication.

THE BREAKFAST PATTERN

The three-component breakfast pattern will provide children with a good start toward meeting their daily nutritional needs. The kinds and amounts of foods listed are based on food needs for 9 to 12 year-old boys and girls.

As specified in the School Breakfast Regulations, a breakfast shall contain, as a minimum, each of the following food components in the amounts indicated:



FLUID WHOLE MILK

One-half pint of fluid whole milk served as a beverage or on cereal or used in part for each purpose.

FRUIT, FRUIT OR VEGETABLE JUICE

A one-half cup serving of fruit or full-strength fruit or vegetable juice.

BREAD OR CEREAL

One slice of whole-grain or enriched bread; or an equivalent serving of cornbread, biscuits, rolls, muffins, etc., made of whole-grain or enriched meal or flour; or three-fourths cup serving of whole-grain cereal or enriched or fortified cereal; or an equivalent quantity of any combination of these foods.

To improve the nutrition of participating children, breakfasts shall also include as often as practicable:

PROTEIN - RICH FOODS

One egg; a one ounce serving (edible portion as served) of meat, poultry, or fish; or one ounce cheese; or two tablespoons of peanut butter; or an equivalent quantity of any combination of any of these foods.

ADDITIONAL FOODS

May be served with breakfast as desired.

NUTRITION GUIDELINES FOR PLANNING SCHOOL BREAKFAST

The food components specified in the Breakfast Pattern provide a framework for planning breakfast menus that contribute to the nutritional well-being of children.

Fluid Whole Milk



One-half pint of fluid whole milk is required in every breakfast as a beverage, or for use on cereals, or both. Additional milk used in preparation of breakfast dishes steps up the nutritive content of the meal. Milk is the leading source of calcium, and it also provides good quality protein, riboflavin, Vitamin A, and other nutrients.

Fruit, Fruit Or Vegetable Juice



One-half cup of fruit or full-strength fruit or vegetable juice is required in every breakfast. Breakfast is an excellent time to serve a Vitamin C food. Citrus fruits, such as an orange, grapefruit sections or orange and grapefruit juices are outstanding for Vitamin C. Other good choices for Vitamin C include tomato juice, strawberries, and cantaloupe in season. Dried fruits, such as raisins and prunes, are valuable for iron.*

Bread Or Cereal



One serving of bread or a three-fourths cup serving of cereal, or an equivalent quantity of any combination of these foods is required in every breakfast. Use whole grain or enriched bread or different kinds of hot breads made of whole-grain or enriched flour.

Or use whole grain or enriched ready-to-serve or cooked cereal. Or use a smaller serving of both cereal and bread. For active children use full servings of both cereal and bread.

These foods provide some protein, iron, the B-Vitamins, thiamine, riboflavin and niacin and calories.

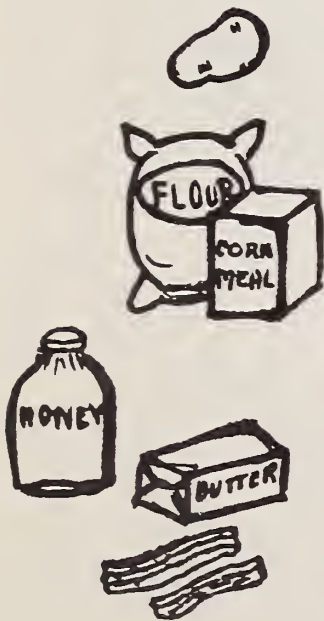
*See "Menu Planning Guide for Type A School Lunches," USDA PA-719, for other sources of foods containing Vitamin C and Iron.



Protein - Rich Foods

Breakfast should include a protein-rich food daily, if possible. Protein-rich foods such as an egg, meat, cheese, and peanut butter add a "staying" quality to breakfast. These foods are also important sources of vitamins and minerals.

Additional Foods



Additional foods help round out the breakfast, satisfy appetites and meet children's food needs.

Additional foods include the following:

- Larger servings or seconds of foods required in the breakfast--especially items made with donated foods.
- Foods that help to add popular appeal to the breakfast--potatoes, doughnuts, bacon.
- Spreads on bread--butter or fortified margarine, jams, jellies, honey, and sirup.
- Sweeteners for cereal and pancakes--sugar, brown sugar, honey and sirup.

* * * *

To help improve the nutritional quality of the school breakfast plan to include:

- A VITAMIN C food frequently
- Foods for IRON each day
- Additional foods for energy each day

GENERAL GUIDELINES FOR PLANNING SCHOOL BREAKFAST

Careful, systematic menu planning--two weeks or more in advance--is the key to good management. Good menus are cost controlled. Higher cost items are balanced out with lower priced items or donated foods. Breakfast can be inexpensive and still furnish its share of the day's food. Make maximum use of USDA-donated foods and foods in plentiful supply. Keep facilities and equipment in mind when planning menus.

Planning appetizing breakfast menus demands originality and imagination. Plan for contrast in texture, flavor and size and shape of foods. Eye appeal is important in all meals. Schools should make menu plans for lunch and breakfast at the same time if both meals are served to assure variety and to avoid problems in scheduling the use of equipment.

The Basic Breakfast

Plan breakfast taking into account the three-component breakfast pattern to comply with the breakfast program requirements. Add a protein-rich food as often as possible, then consider the "additional" foods to serve to round out the menu. For example, bananas served with milk may be sweetened with sugar; and butter or fortified margarine, jam or jelly, served with bread. Include larger servings of some foods in the breakfast depending on children's appetites. The quantities of foods specified in the pattern are planned for the 9-12 year old child.

Food For Various Age Groups

Consider the age group served -

For young children, stress methods of serving as well as quality of food for breakfast. How food is presented affects acceptability of menu items. Serve hard-cooked eggs peeled, cut in halves. Serve finger sandwiches, apple wedges, sectioned oranges and grapefruit, meat cut in bite size pieces. Serve small portions of additional foods. Children go through many phases of food likes and dislikes. Introduce new foods occasionally. Use familiar foods along with unfamiliar ones.

For older children quantity and quality are important - Junior and Senior High School students, especially boys, often will eat and enjoy more than the minimum quantities of foods listed in the pattern.





Serve menu items and food combinations which appeal to children.

- Include: Plain foods in simple forms, lightly seasoned;
- Add something hot if possible for a feeling of well being;
- Use colorful foods, attractively served.

Variety in Breakfast Foods

Give zest, color, and texture interest to menus by using fresh fruits in season. Fresh, canned, frozen and dried fruits and juices can be used interchangeably as desired. Combine fruits with cereal for menu variation.

Plan for a variety of protein-rich foods--egg, sausage, luncheon-type meat, canned meat, ground beef, ham, cheese, peanut butter, fish and poultry. Alternate egg dishes with other main dishes. Serve the egg alone or in combination with different meats or cheese. Prepare eggs in several ways for variety--scrambled, hard-cooked, soft-cooked, poached, in omelets.

Bread offers many menu choices. Vary the hot breads in your weekly menus. Use cornbread, muffins and biscuits of different kinds, pancakes and breakfast rolls made with bulgur, rolled wheat, and rolled oats. Sandwiches--open-faced or closed--are good choices.

Cereal affords a light to hearty inexpensive breakfast choice. Many kinds are available--wheat, corn, rice, oats--with variety in flavor, texture, and shape. Included are the ready-to-serve, prepackaged, presweetened, and preportioned cereals. Serve donated cereals frequently to help balance the breakfast budget. Offer them piping hot for best acceptance--rolled wheat, rolled oats, corn grits, cornmeal.

SAMPLE BREAKFAST MENUS

MONDAY

Serving Size

Orange Juice 1/2 cup
Oven Fried French Toast
with Honey 1 slice
Milk. 1/2 pint

Serving Size

Sliced Banana in
orange juice 1/2 cup
Ready-to-eat Cereal 3/4 cup
Milk. 1/2 pint

TUESDAY

Stewed Prunes/orange
juice 1/4 cup ea.
Rolled Wheat cereal 3/4 cup
Milk. 1/2 pint

Applesauce 1/2 cup
Baked Luncheon Meat*** 1 oz. slice
Raisin Bread 1 slice
Milk. 1/2 pint

WEDNESDAY

Tomato Juice 1/2 cup
Scrambled Egg 1 egg
Bread 1 slice
Hot Cocoa* 1 cup

Orange Juice 1/2 cup
Caramel Peanut Butter Roll 1 roll
Milk. 1/2 pint

THURSDAY

Raw Apple Wedges (small apple) . 1/2 cup
Drop Biscuits 1 - 2
Peanut Butter Honey Spread 2 Tbsp.
Milk. 1/2 pint

Spiced raisins/orange juice 1/4 cup
each
Cheese Biscuit 1 - 2
Milk. 1/2 pint

FRIDAY

Orange Juice 1/2 cup
Ground Beef Patty** 1 oz.
Corn Grits 3/8 cup
Bread 1/2 slice
Milk. 1/2 pint

Orange Juice 1/2 cup
Hard Cooked Egg 1/2
Crisp Bacon 1 slice
Whole Wheat Toast 1 slice
Hot Cocoa* 1 cup

*Use whole milk in preparation.
**Add seasoning to ground beef. Shape into small patties and bake.
***Bake at 350° F. for 15 minutes.

MONDAY

Baked Apple/with
raisins 1/2 cup
Cheese Toast. 1 slice
Milk. 1/2 pint

Sm. Quartered
orange. 1
Raisin Bread Toast. 1 slice
Milk. 1/2 pint

TUESDAY

Orange Juice 1/2 cup
Creamed Turkey* 1/4 cup
Corn Bread. 1 slice
Milk. 1/2 pint

Tomato Juice. 1/2 cup
Luncheon Meat Sandwich 1 oz. meat
1 slice bread
Hot Cocoa** 1 cup

WEDNESDAY

Stewed Raisins/orange
juice 1/4 cup ea.
Peanut Butter Sandwich. 2 Tbsps. PB
1 slice bread
Milk. 1/2 pint

Grapefruit Sections. 1/2 cup
Oatmeal 3/8 cup
Bread. 1/2 slice
Milk. 1/2 pint

THURSDAY

Orange Juice 1/2 cup
Rolled Wheat Pancakes 1 - 2 cakes
with sirup
Milk. 1/2 pint

Applesauce 1/2 cup
Scrambled Egg. 1
Raisin Batter Bread 1 slice
Milk. 1/2 pint

FRIDAY

Stewed Prunes/orange juice . . 1/4 cup
Cinnamon Topped Muffins . . . 1 - 2
Milk. 1/2 pint

Orange Juice 1/2 cup
Steamed Rice. 3/4 cup
Milk. 1/2 pint

*Creamed Turkey. Follow Card No. D-24a in "Quantity Recipes for Type A School Lunches" (Pa-631), Substitute turkey for chicken. Reduce portion size, if desired, and serve on a slice of corn bread.

**Use whole milk in preparation.

BREAKFAST MENUS FOR SCHOOLS WITHOUT FACILITIES

Menus for schools where food preparation and storage facilities are unavailable require skilled planning. Managers need to make a determined effort to keep the breakfast menu appetizing, even though limited. Without refrigeration cold milk and juices can be served if deliveries are scheduled properly. However, refrigeration is essential to store such perishable foods as milk and meat. Prepared dishes containing these foods may be unsafe to eat if held for even three or four hours at temperatures above 45° F. Where there is no refrigeration the menu will have to include largely such items as bread, cereals, canned foods, dried fruits, apples, bananas and citrus fruits.

Use "Help Yourself" items on temporary counter lines for easy service and good sanitation--Wrap sandwiches, buns. Serve whole fruits.

Plan items to be eaten-out-of-hand to minimize need for eating utensils and help keep labor and serving costs down.

Serve in original containers--reconstituted orange juice concentrate, milk, ready-to-serve cereal which is presweetened and prepackaged.

Buy "Throw-Away" eating utensils--plastic spoons, paper bowls.

SAMPLE BREAKFAST MENUS

<u>Monday</u>	Orange Juice	4 oz. (1/2 cup)
	Cornflakes	1 oz. (3/4 cup)*
	Milk.	1/2 pint
<u>Tuesday</u>	Banana	1 whole
	Peanut Butter-Jelly Sandwich	2 Tbsp. peanut butter 1 slice bread
	Milk.	1/2 pint
<u>Wednesday</u>	Orange Juice	4 oz. (1/2 cup)
	Bran Flakes	1 oz. (3/4 cup)*
	Raisins.	1/4 cup
	Milk.	1/2 pint
<u>Thursday</u>	Tomato Juice.	4 oz. (1/2 cup)
	Sliced Luncheon Meat Sandwich.	1 slice bread 1 oz. meat
	Milk.	1/2 pint
<u>Friday</u>	Orange Juice	4 oz. (1/2 cup)
	Cheese Sandwich	1 oz. cheese - 1 slice bread
	Apple Wedges	1 apple
	Milk.	1/2 pint

*Self-service container.

HOW TO EVALUATE BREAKFAST MENUS

After the foods and portion sizes to be used have been selected and recorded, check menus against the questions below. Follow through on the total job of planning menus--determine the total amounts of foods needed, estimate costs and prepare market orders and work schedules.

Q. Do breakfasts meet requirements?

Are all three components of the breakfast included?

Are serving sizes sufficient to provide each child at least:

1/2 pint of fluid whole milk as a beverage or on cereal?

1/2 cup fruit or full-strength fruit or vegetable juice?

3/4 cup serving of whole grain cereal or enriched or fortified cereal;
or one slice of whole-grain or enriched bread or an equivalent quantity or any combination of these foods.

Q. Do breakfasts follow nutritional recommendations?

Is a vitamin C food included frequently?

Are foods for iron served each day?

Is 1 oz. protein-rich food served as often as possible?

Are larger or second servings planned and additional foods included to help meet nutritional needs and satisfy appetites?

Q. Are the combinations of foods pleasing and acceptable to children?

Q. Can breakfasts be prepared and served successfully?

Are menus planned so that some preparation can be done ahead?

Is work load balanced among employees?

Q. Can breakfasts be prepared and served with facilities and equipment available?

Is oven, surface-cooking space adequate for items planned for each breakfast?

Is refrigeration adequate to care for perishable foods?

Q. Has cost been considered?

Have USDA-donated foods been used to best advantage?

Have "plentiful" foods been included as often as practicable?

Have foods in inventory been used to the extent possible?

Do high and low cost foods in menus balance?



WHY IS BREAKFAST IMPORTANT?

Eating breakfast regularly will benefit both the child and the school. The child is more alert and less fatigued and has a better chance to do well in school. There are fewer discipline problems among children who start the day right with a good breakfast.

The food that children eat each day makes a difference in the way they look, the way they feel and the way they grow and learn.

Breakfast should provide its share of the food energy, protein, vitamins and minerals needed for the day. IT SHOULD LOOK GOOD AND TASTE GOOD.

A CHILD WILL SELDOM MAKE UP AT OTHER MEALS FOOD THAT IS MISSED AT BREAKFAST.

