



Let's prepare
HEALTHY

SCHOOL BREAKFAST

Traditional and alternative breakfast menus
and recipes for school nutrition directors
that meet USDA requirements

**PROJECT
BREAD**
A FRESH APPROACH
TO ENDING HUNGERSM

DEDICATION

This cycle menu is dedicated to Massachusetts students and schools in celebration of the invaluable learning that happens each day in our classrooms. Our future is bright.

THANK YOU

We would like to acknowledge our funding partner who made this resource a reality. Thank you for having the vision to support Project Bread's work to improve the quality of meals for schoolchildren.



ACKNOWLEDGEMENT

Thank you to the Massachusetts Department of Elementary and Secondary Education and Walpole Public School's student intern for collaboration on this project.

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INTRODUCTION

Focusing on the School Breakfast Program (SBP) has never been more important.

This program has a disproportionately high impact on low-income students, who are more likely to eat breakfast and lunch at school, and it is easily the most-skipped meal of the day across all populations. Participation is associated with a lower body mass index (BMI, an indicator of excess body fat), a lower probability of being overweight, and a lower probability of obesity.^{1,2} A good breakfast also gives children the energy they need to succeed in school, improving their concentration, alertness, comprehension, memory, and learning.^{3,4,5} This is why it is essential that those who do not have the time, appetite, or household income necessary to eat before school have the opportunity to do so when they arrive.

There are a variety of ways to serve breakfast at school, from traditional cafeteria models to Grab & Go and Breakfast in the Classroom (BIC). Among school food advocates, BIC has become an unofficial gold standard due to its high participation rates. However, the model that works best for a particular school will depend on a number of considerations, including the percentage of students eligible for free- or reduced-price school meals, the availability of cafeteria space and staff, the school's start time, and the morning bus schedules.

The best way to increase breakfast participation is by making a breakfast model change that incorporates breakfast into the school day, such as BIC. Project Bread recognizes that,

unfortunately, schools often struggle to offer fresh, healthy BIC meals due to the logistics of moving breakfast into the classroom. In an attempt to solve this problem, we have created a two-week cycle menu that focuses on healthy breakfast options that could be used in alternative breakfast models. Since we realize that not all schools can do alternative models, we have also included a two-week-cycle menu for a traditional breakfast model. The two-week cycle menus adhere to the new USDA regulations— promoting fresh fruit and whole grain rich products – and offer recipes that students will want to eat.

To ensure that these menus are easy to implement, we accounted for food components, equivalents, and weekly totals. We surveyed major food distributors in Massachusetts and provided a list of sample products. We included charts summarizing the USDA's Whole Grain-Rich Ounce Equivalency (oz eq) and SBP nutrition requirements. Lastly, we recognized that budgets vary across districts and factored total cost into our choices. By combining these resources, we hope we have created a useful guide for offering healthy options through alternative service models.

DISCLAIMERS *Please note that these menus are intended to be used as a guide. Schools are responsible for obtaining their specific product information to ensure that the USDA guidelines are being met.*

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- 1 Gleason, P. M. & Dodd, A. H. (2009). School breakfast program but not school lunch program participation is associated with lower body mass index. *Journal of the American Dietetic Association*, 109(2 Supplement 1), S118–S128.
 - 2 Millimet, D. L., Tchernis, R., & Husain, M. (2009). School nutrition programs and the incidence of childhood obesity. *Journal of Human Resources*, 45(3), 640–654.
 - 3 Grantham-McGregor S, Chang S, Walker S. "Evaluation of School Feeding Programs: Some Jamaican Examples." *American Journal of Clinical Nutrition* 1998; 67(4) 785S–789S.
 - 4 Brown JL, Beardslee WH, Prothrow–Stith D. "Impact of School Breakfast on Children's Health and Learning." Sodexo Foundation. November 2008
 - 5 Morris CT, Courtney A, Bryant CA, McDermott RJ. "Grab 'N' Go Breakfast at School: Observation from a Pilot Program." *Journal of Nutrition Education and Behavior* 2010 42(3): 208–209.

School Breakfast Program Menu Planning*

Definitions:

A **food component** is one of three food groups that comprise a reimbursable breakfast. Food components include grains, with optional meat/meat alternate allowed; fruit/vegetable; and milk.

A **food item** is a specific food offered within the three food components. If utilizing Offer vs. Serve (OVS), students must be offered at least four food items and must select at least three.

All food service departments must:

- Use a food-based menu planning approach for breakfast
- Implement age-grade group requirements: K-5, 6-8, and 9-12
- Ensure breakfast meals meet the calorie ranges, on average, over the course of the week and contain zero grams of trans fat per portion.

Food Component	Description	Amount Required	Tips**
Grain	Half of grains offered must be whole grain-rich in SY 2013-2014.	For all grade groups, schools must offer at least 1 ounce equivalent (oz eq) of grains each day.	Keep in mind the sugar content of breakfast cereals. Consider offering cereals that contain no more than 5 grams of sugar unless it provides 3 or more grams of fiber. Avoid low sugar versions of traditionally high sugar cereals. Avoid dessert or candy-like items, ingredients, or flavors such as chocolate, donuts, breakfast pastries, croissants, or similar bakery items.
	All of grains offered must be whole grain-rich beginning in SY 2014-2015.	The minimum weekly offering varies by age-grade group: → Grades K-5: 7 oz eq/wk, 1 oz/day → Grades 6-8: 8 oz eq/wk, 1 oz/day → Grades 9-12: 9 oz eq/wk, 1 oz/day	
Meat/Meat Alternate	There is no separate requirement to offer meat/meat alternates in the new SBP meal pattern.	A 1 oz eq. serving of meat/meat alternate may credit as 1 oz eq. of grains.	Serve lean protein products such as lean meats, eggs, beans, etc.
	Schools may offer a meat/meat alternate in place of part of the grains component after the minimum daily grains requirement is offered in the menu or planned breakfast.	Tofu yogurt is not creditable; however, ½ cup of soy yogurt (4.0 fluid oz) may credit as 1 oz eq. meat alternate.	Consider low-fat or non-fat yogurt products that do not contain more than 5 grams of sugar per ounce.
	Alternately, a school may offer a meat/meat alternate as an additional food and not credit it toward any component.	2.2 ounces (¼ cup) of commercially prepared tofu, containing at least 5 grams of protein, is creditable as 1.0 ounce equivalent MA.	Consider using reduced fat or low-fat/non-fat cheeses when available.
Fruit	Fresh, frozen without added sugar, canned in juice/light syrup, or dried.	2013-2014, at least ½ cup of fruit is required in grades K-12.	Avoid using fruit or vegetable juice and stick to fresh/frozen/dried fruits or vegetables
	No more than ½ of the weekly fruit offerings can be in the form of juice—must be 100% juice. Vegetables and fruits may be offered interchangeably, there are no substitution requirements and no vegetable subgroup requirements.	2014-2015, 1 cup fruit minimum/day.	
Fluid Milk	Schools must offer only fat-free (unflavored or flavored) or low-fat (unflavored) milk.	For all age-grade groups, schools must offer at least 1 cup of milk daily. A variety of milk, at least two options, must be offered.	Consider avoiding flavored options.

Offer Vs. Serve (OVS)

Under OVS, for SY 2013-2014, a student must take at least three of the four food items offered. The food items selected may be from any of the required components and must be offered in at least the minimum daily portion.

In SY 2014-2015, a student will be required to take at least a ½ cup serving of fruit or vegetable.

Nutrient Specifications

Nutrient	Amount
Calories	Minimum and maximum calorie thresholds Grades K-5: 350-500 Grades 6-8: 400-550 Grades 9-12: 450-600
Saturated Fat	No more than 10% of total calories
Trans Fat	Zero grams per serving as stated on nutrition label or manufacturers' specs
Sodium	Gradual implementation over 10 years to allow change in both available foods and palates. Target 1 (2014-15) Grades K-5: ≤ 540 Grades 6-8: ≤ 600 Grades 9-12: ≤ 640 Target 2 (2017-18) Grades K-5: ≤485mg Grades 6-8: ≤535mg Grades 9-12: ≤570mg Target 3 (2022-23) Grades K-5: ≤430mg Grades 6-8: ≤470mg Grades 9-12: ≤500mg

* Summary of USDA's nutrition requirements for the SBP.

** Food Service Directors are expected to follow the USDA's nutritional guidelines for the School Breakfast Program.

The tips column provided in the above chart is not a substitute for the federal guidelines. It simply provides additional guidelines intended to improve the nutritional quality of school breakfast.

Traditional Breakfast Menu

Week 1				
Monday	Tuesday	Wednesday	Thursday	Friday
Assorted Cereals (2 oz = 2G)	Breakfast Sandwich (2 oz = 2M/MA, 1-2 oz = 1-2G)	Whole Wheat Toast (2 oz = 2G)	Whole Grain Pancakes (2.4 oz = 2G)	Granola (¼ Cup or 1 oz = 1G)
BONUS: Cheese Stick (1 oz = 1 MA)	Seasonal Fresh Fruit (1 cup = 1F)	BONUS: Scrambled Eggs (1 Medium Egg = 1MA)	BONUS: Hard-boiled Egg (1 Medium Egg = 1 MA)	Greek Yogurt (4 oz = 1 MA)
Banana (1 cup = 1F)	1% or Skim Milk-Plain (1 cup = 1 Milk)	Seasonal Fresh Fruit (1 cup = 1F)	Fruit Puree or Fresh Fruit (1 cup = 1F)	BONUS: Sunflower Seeds (1 oz = 1 MA)
1% or Skim Milk-Plain (1 cup = 1 Milk)		1% or Skim Milk-Plain (1 cup = 1 Milk)	BONUS: Syrup (1 oz PC)	Dried Fruit (1/2 cup = 1F) or Fresh Fruit (1 cup = 1F)
			1% or Skim Milk-Plain (1 cup = 1 Milk)	1% or Skim Milk-Plain (1 cup = 1 Milk)

Week 2				
Monday	Tuesday	Wednesday	Thursday	Friday
Assorted Muffins (2 oz = 1G)	Breakfast Burrito (2 oz = 2M/MA, 1-2 oz = 1-2G)	Oatmeal (1 cup cooked/2 oz dry = 2G) or	French Toast (2.4 oz = 1G)	Whole Wheat Bagel (2 oz = 2G)
Low Fat Yogurt (4 oz = 1 MA)	BONUS: Salsa (¼ Cup)	Assorted Cereals (2 oz = 2G)	Hard-boiled Egg (1 Medium Egg = 1 MA)	BONUS: Low Fat Cream Cheese (1 PC) or
Applesauce (1 cup = 1F)	Seasonal Fresh Fruit (1 cup = 1F)	Seasonal Fresh Fruit (1 cup = 1F)	Seasonal Fresh Fruit (1 cup = 1F)	Peanut (soy) Butter (2 Tbsp./1 oz = 1 MA) or
1% or Skim Milk-Plain (1 cup = 1 Milk)	1% or Skim Milk-Plain (1 cup = 1 Milk)	1% or Skim Milk-Plain (1 cup = 1 Milk)	BONUS: Syrup (1 oz PC)	Jams (1 PC)
			1% or Skim Milk-Plain (1 cup = 1 Milk)	Seasonal Fresh Fruit (1 cup = 1F)
				1% or Skim Milk-Plain (1 cup = 1 Milk)

KEY G: Grain , M/MA: Meat/Meat Alternate, F: Fruit

BONUS Additional food item and is not credited toward any component since minimum offerings are being met.

Alternative Breakfast Menu

Week 1				
Monday	Tuesday	Wednesday	Thursday	Friday
Assorted Cereals (2 oz = 2G)	Breakfast Sandwich (2 oz = 2M/MA, 1-2 oz = 1-2G)	Breakfast Bar/ English Muffin (1 oz = 1G)*	Whole Grain Pancakes (2.4 oz = 2G)	Granola (¼ Cup or 1 oz = 1G)
BONUS: Cheese Stick (1 oz = 1 MA)	Seasonal Fresh Fruit (1 cup = 1F)	Sunflower Seeds (1 oz = 1 MA)	BONUS: Hard-boiled Egg (1 Medium Egg = 1 MA)	Greek Yogurt (4 oz = 1 MA)
Banana (1 cup = 1F)	1% or Skim Milk-Plain (1 cup = 1 Milk)	Sliced Apple w/ Cinnamon (1 cup = 1 F)	Fruit Puree or Fresh Fruit (1 cup = 1F)	Raisins (1/2 cup = 1F)
1% or Skim Milk-Plain (1 cup = 1 Milk)		1% or Skim Milk-Plain (1 cup = 1 Milk)	BONUS: Syrup (1 oz PC)	1% or Skim Milk-Plain (1 cup = 1 Milk)
		<i>* Breakfast Bar oz eq will vary per product. Please make sure to check for a CN Label.</i>	1% or Skim Milk-Plain (1 cup = 1 Milk)	

Week 2				
Monday	Tuesday	Wednesday	Thursday	Friday
Assorted Muffins (2 oz = 1G)	Breakfast Burrito (2 oz = 2M/MA, 1-2 oz = 1-2G)	Granola (¼ Cup or 1 oz = 1G)	French Toast (2.4 oz = 1G)	Whole Wheat Bagel (2 oz = 2G)
Low Fat Yogurt (4 oz = 1 MA)	BONUS: Salsa (¼ Cup)	Yogurt (4 oz = 1MA)	Hard-boiled Egg (1 Medium Egg = 1 MA)	BONUS: Low Fat Cream Cheese (1 PC)
Applesauce (1 cup = 1F)	Seasonal Fresh Fruit (1 cup = 1F)	BONUS: Sunflower Seeds (1 oz = 1 MA)	Seasonal Fresh Fruit (1 cup = 1F)	or Peanut (soy) Butter (2 Tbsp./1 oz = 1 MA)
1% or Skim Milk-Plain (1 cup = 1 Milk)	1% or Skim Milk-Plain (1 cup = 1 Milk)	Sweet Dried Cranberries (1/2 cup = 1F)	BONUS: Syrup (1 oz PC)	or Jams (1 PC)
		1% or Skim Milk-Plain (1 cup = 1 Milk)	1% or Skim Milk-Plain (1 cup = 1 Milk)	Seasonal Fresh Fruit (1 cup = 1F)
				1% or Skim Milk-Plain (1 cup = 1 Milk)

KEY G: Grain , M/MA: Meat/Meat Alternate, F: Fruit

BONUS Additional food item and is not credited toward any component since minimum offerings are being met.

Product List

Below are school breakfast product suggestions and not a complete inventory of all items available. In addition to these suggestions, please consider using or diverting commodity products to help offset costs. Scratch cooking can also help to reduce the cost of food.

Grains

Brand	Description	Vendor(s)
BAGELS		
Aesops	Honey Wheat Bagel	TF, C, PFG
Aesops	Whole Wheat Sliced Bagel	TF, C
Original	Assorted Bagels	TF
Bakewise	Plain Whole Grain Bagel	C
Toufay	Wheat Mini Bagel	TF
Lenders	Whole Grain White Bagel	TF
Grab-n-Go	Whole Wheat Bagel Kit	C
ENGLISH MUFFINS		
Thomas	Honey Wheat	G,SF
Thomas	Whole Wheat	SF
Muffintown	Whole Wheat	TF, C
MUFFINS		
Original Pizza	Whole Grain Muffins, Assorted Flavors	OP
Otis	Whole Grain Muffins, Assorted Flavors	TF
Muffintown	Whole Grain Muffins, Assorted Flavors	TF, C
Bake Crafters	Whole Grain Banana Muffin	G
PANCAKES		
Aunt Jemima	Whole Grain Pancakes	TF, OP, SF, G
Kelloggs	Eggo Pancake, Blueberry and Maple	TF, G
Pillsbury	Whole Grain Pancake, Maple and Strawberry	G, S
East Side	Whole Grain Maple Pancake	TF
FRENCH TOAST		
Aunt Jemima	Whole Grain French Toast Stix	TF, OP, C, SF, G
Aunt Jemima	Whole Grain Thick French Toast	TF
Pillsbury	French Toast Mini Maple and Cinnamon Rush	TF, SF
SunnyFresh	Whole Grain French Toast Cinnamon Glazed	*
Farm Rich	French Toast Sticks	C
Michael	French Toast Cinnamon Glazed Whole Grain	TF
Krusteaz	French Toast Thick Whole Grain	C
Bake Crafters	French Toast Sticks Whole Grain	PFG
Smart Right	Whole Grain French Toast	C
READY-TO-EAT CEREAL		
General Mills	Cheerios	TF, SF, C, G
General Mills	Kix	TF, SF, G
General Mills	Honey Nut Chex	TF, G
General Mills	Cinnamon Toast Crunch	TF, SF
General Mills	Rice Chex	TF, C
General Mills	Honey Nut Cheerios	SF
General Mills	TOTAL Raisin Bran	TF
Kelloggs	Frosted Mini Wheats	TF, C, SF, G
Kelloggs	Raisin Bran	TF, G, PFG
Kelloggs	Corn Flakes, Crispix	TF, G
Kelloggs	Rice Crispies	TF
Kelloggs	Special K	G
Malt-O-Meal	Raisin Bran	TF, OP, G

Grains (continued)

Brand	Description	Vendor(s)
GRANOLA		
General Mills	Low Fat Granola with Fruit	TF
Kelloggs	Low Fat Granola with Raisins, Low Fat Granola without Raisins	TF
Nature Valley	100% Natural Granola	G, PFG
Nature Valley	Oats and Honey Granoa	TF
Malt-O-Meal	Cinnamon Granola Cereal	C
E&S	Nutfree Granola	TF
Oatmeal		
Quaker	Instant Oats, Assorted Flavors	TF, C, SF
Quaker	Express Oatmeal Cup, Assorted Flavors	TF
N'Joy	Oatmeal Cup, Assorted Flavors	TF
Rich's	Breakfast Oatmeal Cinnamon and Brown Sugar	SF
Cereal and Granola Bars		
General Mills	Cereal Bars, Assorted Flavors	TF, GF, G, C
Kelloggs	Nutri Grain, Assorted Flavors	TF, C
Kelloggs	Special K Bars, Assorted Flavors	TF
Kashi	Trail Mix	TF, G, SF
Readib	Cereal Bars, Assorted Flavors	TF

Meat/Meat Alternates

Brand	Description	Vendor(s)
NUTS/SEEDS		
Diamond	Assorted Nuts	SF
Sunopt	Sunflower Seeds, Honey Roasted Unsalted	TF
Azar	Cashew Pieces	TF
Azar	Sliced Almond, Roasted Sunflower Seeds	G
Planters	Dry Roasted Peanuts	G
Planters	Salted Roasted Peanuts	TF
Orangeburg Pecans	Pecan Halves	TF
Blue Diamond	Sliced Almonds	TF
Costa	Sunflower and Pumpkin Seeds, Unsalted	C
CHEESE		
Land O'Lakes	T2 Cheddar Cheese Stick	TF, C
Land O'Lakes	Pepper Jack Cheese Stick	TF
Great Lakes	String Cheese	TF
Saputo	Mozzarella String Cheese	G
Appet	Mozzarella Cheese Stick	TF
YOGURT		
Chobani	Assorted Greek light and low fat flavors: Vanilla, Strawberry, Blueberry, Honey, Peach	TF, SF, C
Dannon	Assorted Greek and Regular light and low fat flavors: Blueberry, Strawberry, Vanilla, Peach,	TF, SF
Stonyfield Farm	Assorted light and low fat flavors: Vanilla, Strawberry, Strawberry-Banana, Blueberry, Raspberry	C, SF, PFG
Yoplait	Assorted light and low fat flavors: Strawberry, Raspberry, Blueberry, Peach, Vanilla	TF, SF

Meat/Meat Alternates (continued)

Brand	Description	Vendor(s)
EGG/EGG SANDWICH		
Original Pizza	Hardboiled Eggs	OP
Michael	Hardboiled Eggs Pillowpacked	TF
Newberg	Hardboiled Eggs	C
Whole Farm	Hardboiled Eggs Peel Pillowpack	SF
Original Pizza	Cheese Omelet	OP
Michaels	Egg Scramble Patty	TF, C
SunnyFresh*	Egg Cook in a Bag	G
SunnyFresh*	Egg Patty Scram	C
SunnyFresh*	Whole Grain Tac&Go Cheddar and Ham	G
SunnyFresh*	Whole Grain Tac&Go Cheddar and Turkey Sausage	G
SunnyFresh*	Colby Cheddar Omelet, Whole Grain Cinn Glazed French Toast	*
SunnyFresh*	Whole Grain Breakfast Wrap Egg & Cheese	G
Schwans	Egg and Cheese Slider	TF

Fruit

Brand	Description	Vendor(s)
Craisins	Dried Assorted Individually Wrapped Fruit: cherries, blueberries, strawberries. Bulk Dried Cranberries	TF
Oceanspray	Dried Cranberries	C, G
Thompson Yellow Farm	Dried Cranberries	G
Hidden Healthies	Raisins and Flavored Raisins: strawberries, sour lemon, sour pineapple, sweet peach	TF

KEY TF: Thurston Foods, SF: Sysco Foods, G: Ginsberg, C: Costa, PFG: Performance Food Group, OP: Original Pizza

* Sunny Fresh Products are available to Massachusetts distributors through Dot.
If your vendor does not currently stock this item, make sure to ask.

Whole Grain-Rich Ounce Equivalency (oz eq) Requirements for School Meal Programs^{1, 2}

This chart has been adapted from the USDA's Whole Grain-Rich Ounce Equivalency (oz eq) Requirements.

GROUP A

Bread type coating
 Bread sticks (hard)
 Chow mein noodles
 Savory crackers (saltines and snack crackers)
 Croutons
 Pretzels (hard)
 Stuffing (dry) Note: Weights apply to bread in stuffing.

OZ EQ FOR GROUP A

1 oz eq = 22 g or 0.8 oz
 3/4 oz eq = 17 g or 0.6 oz
 1/2 oz eq = 11 g or 0.4 oz
 1/4 oz eq = 6 g or 0.2 oz

GROUP B

Bagels
 Batter type coating
 Biscuits
 Breads (sliced whole wheat, French, Italian)
 Buns (hamburger and hot dog)
 Sweet crackers⁴ (graham crackers - all shapes, animal crackers)
 Egg roll skins
 English muffins
 Pita bread (whole wheat or whole grain-rich)
 Pizza crust
 Pretzels (soft)
 Rolls (whole wheat or whole grain-rich)
 Tortillas (whole wheat or whole corn)
 Tortilla chips (whole wheat or whole corn)
 Taco shells (whole wheat or whole corn)

OZ EQ FOR GROUP B

1 oz eq = 28 g or 1.0 oz
 3/4 oz eq = 21 g or 0.75 oz
 1/2 oz eq = 14 g or 0.5 oz
 1/4 oz eq = 7 g or 0.25 oz

GROUP C

Cookies³ (plain - includes vanilla wafers)
 Cornbread
 Corn muffins
 Croissants
 Pancakes
 Pie crust (dessert pies,³ cobbler,³ fruit turnovers,⁴ and meat/ meat alternate pies)
 Waffles

OZ EQ FOR GROUP C

1 oz eq = 34 g or 1.2 oz
 3/4 oz eq = 26 g or 0.9 oz
 1/2 oz eq = 17 g or 0.6 oz
 1/4 oz eq = 9 g or 0.3 oz

GROUP D

Doughnuts⁴ (cake and yeast raised, unfrosted)
 Cereal bars, breakfast bars, granola bars⁴ (plain)
 Muffins (all, except corn)
 Sweet roll⁴ (unfrosted)
 Toaster pastry⁴ (unfrosted)

OZ EQ FOR GROUP D

1 oz eq = 55 g or 2.0 oz
 3/4 oz eq = 42 g or 1.5 oz
 1/2 oz eq = 28 g or 1.0 oz
 1/4 oz eq = 14 g or 0.5 oz

GROUP E

Cereal bars, breakfast bars, granola bars⁴ (with nuts, dried fruit, and/or chocolate pieces)
Cookies³ (with nuts, raisins, chocolate pieces and/or fruit purees)
Doughnuts⁴ (cake and yeast raised, frosted or glazed)
French toast
Sweet rolls⁴ (frosted)
Toaster pastry⁴ (frosted)

OZ EQ FOR GROUP E

1 oz eq = 69 g or 2.4 oz
3/4 oz eq = 52 g or 1.8 oz
1/2 oz eq = 35 g or 1.2 oz
1/4 oz eq = 18 g or 0.6 oz

GROUP F

Cake³ (plain, unfrosted)
Coffee cake⁴

OZ EQ FOR GROUP F

1 oz eq = 82 g or 2.9 oz
3/4 oz eq = 62 g or 2.2 oz
1/2 oz eq = 41 g or 1.5 oz
1/4 oz eq = 21 g or 0.7 oz

GROUP G

Brownies³ (plain)
Cake³ (all varieties, frosted)

OZ EQ FOR GROUP G

1 oz eq = 125 g or 4.4 oz
3/4 oz eq = 94 g or 3.3 oz
1/2 oz eq = 63 g or 2.2 oz
1/4 oz eq = 32 g or 1.1 oz

GROUP H

Cereal grains (barley, quinoa, etc)
Breakfast cereals (cooked)^{5, 6}
Bulgur or cracked wheat
Macaroni (all shapes)
Noodles (all varieties)
Pasta (all shapes)
Ravioli (noodle only)
Rice (enriched white or brown)

OZ EQ FOR GROUP H

1 oz eq = 1/2 cup cooked or
1 ounce (28 g) dry

GROUP I

Ready-to-eat breakfast cereal (cold, dry)^{5, 6}

OZ EQ FOR GROUP I

1 oz eq = 1 cup or 1 ounce for flakes and rounds
1 oz eq = 1.25 cups or 1 ounce for puffed cereal
1 oz eq = 1/4 cup or 1 ounce for granola

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- 1 The following food quantities from Groups A-G, must contain at least 16 grams of whole grain or can be made with 8 grams of whole grain and 8 grams of enriched meal and/or enriched flour to be considered whole grain-rich.
 - 2 Some of the following grains may contain more sugar, salt, and/or fat than others. This should be a consideration when deciding how often to serve them.
 - 3 Allowed only as dessert at lunch as specified in §210.10.
 - 4 Allowed for desserts at lunch as specified in §210.10, and for breakfasts served under the SBP.
 - 5 Refer to program regulations for the appropriate serving size for supplements served to children ages 1 through 5 in the National School Lunch Program; and meals served to children ages 1 through 5 and adult participants in the Child and Adult Care Food Program. Breakfast cereals are traditionally served as a breakfast menu item but may be served in meals other than breakfast.
 - 6 Cereals must be whole grain, or whole grain and enriched or fortified cereal.

BREAKFAST RECIPES

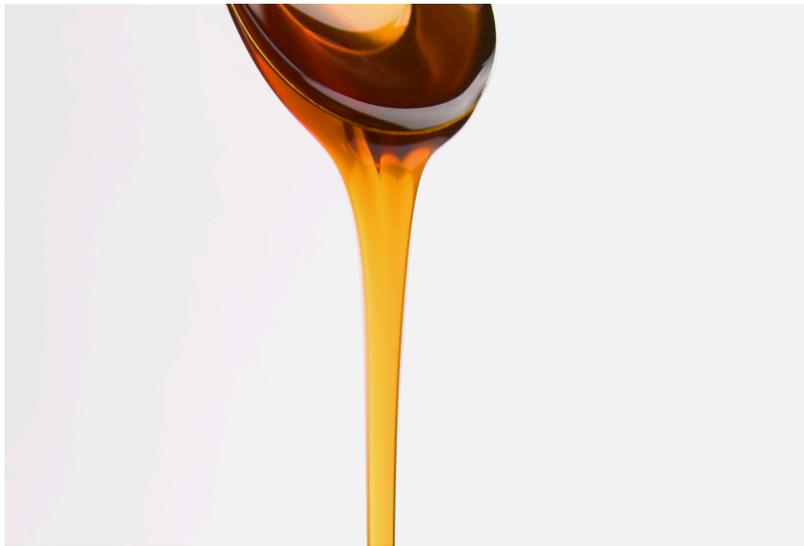
Breakfast Syrups	14
Loaded with Zucchini Muffins	15
Sweet Potato Muffins	16
Oatmeal	17
Yiayia’s Greek Omelet Pita Pockets	18
Nick’s Not-So-Canned Salsa	19
Homemade Granola	20

INTRODUCTION

The following pages contain breakfast recipes developed by Project Bread chefs specifically for use in school cafeterias. Project Bread's Chefs in Schools Initiative began in 2006 as a pilot project in three Boston public schools and has since expanded to Lawrence and Salem. Our chefs work with school cafeteria staff on creating healthy, affordable meals that kids enjoy eating.

Experience has given Project Bread chefs a very good idea of what appeals both to childrens' eyes and their stomachs. You will find that the recipes twist standard breakfast fare in healthy ways: for example, by incorporating zucchini and sweet potato into muffins. All the items comply with the USDA's nutrition requirements for school breakfast that went into effect for the 2013-14 school year. Lastly, the recipes are compatible with alternative service models, including Breakfast in the Classroom and Grab & Go. These recipes should make it easier, not harder, for you to serve the morning meal outside the cafeteria. Thanks to the chefs for all their work!

Breakfast Syrups



BY CHEF NICK SPEROS, SCHOOL FOOD CHEF,
PROJECT BREAD'S CHEFS IN SCHOOLS INITIATIVE

For these recipes, I took inspiration from my childhood days having breakfast at IHOP. I always loaded up my stack of pancakes with flavored syrups that were displayed on a sticky caddy at each table. At the time, I had no idea that they were loaded with imitation sugars and flavorings. All I knew was that they sure tasted divine to a young kid on his pancakes. I felt as though these memories needed to be updated. These flavored syrups are a great way to utilize the commodity berries that we all see in schools.

—*Chef Nick, Project Bread's School Food Chef*

Strawberry maple syrup

YIELD 100, 1 ounce servings

INGREDIENTS

2 pounds	strawberries (frozen)
2 cups	cold water
¼ cup	fresh orange juice
1 teaspoon	orange zest, grated
3 cups	maple syrup

METHOD

- 1 Place the strawberries, water, orange juice, and orange zest into a blender. Pulse the motor in order to get the mixture moving. Blend until smooth on high speed.
- 2 Put the fruit mixture in a large bowl and add the syrup. Stir until well combined.
- 3 Chill until ready to serve. Serve at room temperature.

USDA REQUIREMENTS MET

No credible equivalent

NUTRITIONAL INFORMATION

calories: 34; sodium: 1.59 mg; saturated fat: 0.03%

Blueberry Maple Syrup

YIELD: 100, 1 ounce servings

INGREDIENTS

4 pounds	blueberries (frozen)
4 tablespoons	fresh orange juice
1 teaspoon	orange zest, grated
3 cups	maple syrup

METHOD

1. Place the blueberries, orange juice, and orange zest into a blender. Pulse the motor in order to get the mixture moving. Blend until smooth on high speed.
2. Put the fruit mixture in a large bowl and add the syrup. Stir until well combined.
3. Chill until ready to serve. Serve at room temperature.

USDA REQUIREMENTS MET

No credible equivalent

NUTRITIONAL INFORMATION

calories: 28; sodium: 1.22 mg; saturated fat: 0.08%

Loaded with Zucchini Muffins



BY CHEF NICK SPEROS, SCHOOL FOOD CHEF,
PROJECT BREAD'S CHEFS IN SCHOOLS INITIATIVE

These muffins are absolutely loaded with zucchini, hence the name. It almost appears that the shredded zucchini is being suspended by the other ingredients.
—Chef Nick, Project Bread's School Food Chef

YIELD 100, 3 ounce muffins

INGREDIENTS

2 teaspoons	salt
1¼ gallons	shredded zucchini
7½ cups	whole wheat flour
7½ cups	oat flour (ground from whole oats in a blender)
5 tablespoons	cinnamon
1 tablespoon	ground ginger
2 teaspoons	ground cloves
2½ tablespoons	baking soda
2½ tablespoons	baking powder
4 cups	brown sugar
20	eggs
1¼ cups	olive oil
4 cups	nonfat, plain Greek yogurt
1/3 cup	pure vanilla extract

METHOD

- 1 Be sure that all ingredients are at room temperature.
- 2 Preheat convection oven to 335°F set on high fan. Spray muffin pan with natural cooking spray and set aside.
- 3 Add 1 teaspoon of salt to the zucchini, mix well and set in a strainer over a bowl. Allow the zucchini to drip while the rest of the ingredients are prepared. When done dripping, squeeze out as much liquid as possible; discard the liquid.
- 4 In a large bowl, sift together the whole wheat flour, oat flour, cinnamon, ginger, cloves, baking soda, baking powder, brown sugar, and remaining teaspoon of salt. In a separate bowl, whisk together the egg, oil, yogurt, and vanilla. Fold in the zucchini then the dry ingredients.
- 5 Using a three-ounce ice cream scoop, portion the batter to the prepared pans; bake until risen, deep-golden brown, and a toothpick inserted in the middle comes out clean, 20 - 25 minutes.
- 6 Cool in pan on rack for 10 minutes then remove bread from pan and continue cooling on rack.

NOTE You can use any summer squash that are available, such as yellow summer squash or patty pan squash.

USDA REQUIREMENTS MET

1.5 ounce equivalent whole grain-rich

NOTE All grain products served in SBP must be credited based on per-ounce equivalent (oz eq) standards. Baked goods (breads, muffins, biscuits, bagels, etc.) credit as 1 oz eq=2 oz.¹

NUTRITIONAL INFORMATION

calories: 160; sodium: 69.32 mg; saturated fat: 4.79%

¹ United States Department of Agriculture. (2014). *Whole Grain Resource for the National School Lunch and School Breakfast Programs: A Guide to Meeting the Whole Grain-Rich Criteria.*

Sweet Potato Muffins



BY CHEF NICK SPEROS, SCHOOL FOOD CHEF,
PROJECT BREAD'S CHEFS IN SCHOOLS INITIATIVE

These stay nice and moist because of the yogurt and sweet potatoes. You may also vary the baking spices depending on your taste and that of the kids. Other spice ideas include nutmeg, all spice, mace, star anise, and cardamom. These muffins make a great breakfast with some chilled milk and fresh fruit, or an on-the-go snack for after school. They were a huge hit with the kids that tasted these with me. They all commented on how sweet they tasted; this without the addition of much sugar...win, win.
—Chef Nick, Project Bread's School Food Chef

YIELD 100, 3 ounce muffins

INGREDIENTS

12	fresh sweet potatoes
6 cups	whole wheat flour
8 cups	oat flour (ground from whole oats in a blender)
3 cups	packed light brown sugar
3 tablespoons	baking powder
2 tablespoons	baking soda
1½ teaspoons	salt
2 tablespoons	ground cinnamon
2 tablespoons	ground ginger
2 tablespoons	ground cloves
12 large	eggs
1½ cups	olive oil
¼ cup	pure vanilla extract
3 cups	low-fat, plain Greek yogurt
2 cups	orange juice

METHOD

- 1 Be sure that all ingredients are at room temperature.
- 2 Preheat convection oven to 350°F set on low fan.
- 3 Bake the potatoes for about 1 hour or until soft. When cool enough to handle, peel, and mash flesh.
- 4 Meanwhile, coat muffin pans with pan release spray.
- 5 In a medium bowl, sift together the whole wheat flour, oat flour, brown sugar, baking powder, baking soda, salt, cinnamon, ginger, and cloves. Whisk until well combined.
- 6 In a large bowl, beat the eggs; add the olive oil, vanilla, yogurt, orange juice, and mashed sweet potatoes and whisk to combine.
- 7 Fold the dry ingredients into the wet until just combined. Do not overwork the batter.
- 8 Using a three-ounce ice cream scoop, portion batter into prepared pans and bake until a toothpick inserted into the center of the bread comes out clean, about 20 - 25 minutes.
- 9 Allow muffins to rest in pan for 10 minutes; turn out onto a wire rack to cool completely.

NOTE *Serve these immediately or wrap them completely and hold at room temperature over night. Do not refrigerate, instead, store them in the freezer for up to a week. Allow to come to room temperature before serving.*

USDA REQUIREMENTS MET

1.5 ounce equivalent whole grain-rich

NOTE *All grain products served in SBP must be credited based on per-ounce equivalent (oz eq) standards. Baked goods (breads, muffins, biscuits, bagels, etc.) credit as 1 oz eq=2 oz.¹*

NUTRITIONAL INFORMATION

calories: 157; sodium: 132.76 mg; saturated fat: 4.70%

¹ United States Department of Agriculture. (2014). *Whole Grain Resource for the National School Lunch and School Breakfast Programs: A Guide to Meeting the Whole Grain-Rich Criteria.*

Oatmeal



BY CHEF NICK SPEROS, SCHOOL FOOD CHEF,
PROJECT BREAD'S CHEFS IN SCHOOLS INITIATIVE

With many children having intolerance to lactose, there is a great need for recipes without milk; this is coupled with the fact that there is an assortment of overly-sugared breakfasts available to our children. With that said, this recipe fits the bill wonderfully. The flavors of the spices, vanilla and apples, lend a rich flavor that kids will enjoy.
—Chef Nick, Project Bread's School Food Chef

YIELD 100, 1 cup servings

INGREDIENTS

6 gallons	water
6 cups	brown sugar
2 cups	vanilla extract
2 cups	ground cinnamon
½ cup	ground cloves
80	medium apples, cored and peeled, small dice
2½ gallons	oats

METHOD

- 1 Bring the water to a boil.
- 2 Stir in the brown sugar, vanilla, cinnamon, and cloves.
- 3 Add the apples and cook for one minute.
- 4 Stir in the oats, cooking until they are tender and it has thickened slightly.

NOTE *Keep in mind that as the oatmeal sits, it will thicken, so it should be a little loose. Encourage the kids to add their own milk if they like. Also, you may use 3 gallons of chopped, frozen apples in place of the fresh, if fresh apples are unavailable.*

USDA REQUIREMENTS MET

2 ounce equivalent whole grain-rich

NOTE *All grain products served in SBP must be credited based on per-ounce equivalent (oz eq) standards. Cereal grains (oatmeal, pasta, brown rice, etc.) credit as 1 oz eq= ½ cup cooked.¹*

NUTRITIONAL INFORMATION

calories: 374; sodium: 13.83 mg; saturated fat: 1.96%

¹ United States Department of Agriculture. (2014). *Whole Grain Resource for the National School Lunch and School Breakfast Programs: A Guide to Meeting the Whole Grain-Rich Criteria.*

Yiayia's Greek Omelet Pita Pockets



BY CHEF NICK SPEROS, SCHOOL FOOD CHEF,
PROJECT BREAD'S CHEFS IN SCHOOLS INITIATIVE

I often evoke my grandmother (in Greek we called her Yiayia) in my cooking. She never directly taught me how to cook any of her regional specialties; rather I gained her knowledge through my mom and aunts. By the time I was ready to listen to her wisdom, she had lost the capacity to pass it on. I do remember eating awesome meals - prepared with love and care - from her tiny kitchen in her Cambridge apartment. She lived and cooked there for more than 40 years - from the time she got off the boat from Greece until the day she passed in 2002 - and it remains an inspiration for me to this day.

—Chef Nick, Project Bread's School Food Chef

YIELD 100, 3 ounce portions

INGREDIENTS

10 cups	onion, small dice
1/3 cup	garlic, fine chop
1 cup	olive oil
2 tablespoons	dried oregano
2 teaspoons	salt
10 cups	fresh tomatoes, small dice
2½ cups	olives, rough chop (optional)
100	eggs, cracked and scrambled
1 cup	low fat milk
5 cups	feta cheese, crumbled
1 cup	parsley, cleaned and chopped (optional)
50 six-inch	whole wheat pita breads, cut in half, opening into a pocket

METHOD

- 1 In a tilt skillet, sauté the onions and garlic in the olive oil until soft and fragrant but not browned. Season with oregano and salt.
- 2 Add the tomatoes and cook, stirring often, on high heat in order to extract and reduce as much liquid as possible. Be sure to spread the tomatoes out and not crowd them. This may need to be done in batches.
- 3 Combine the olives (if using), eggs, milk, and cheese; add to the pan and cook, stirring often, until the eggs are scrambled and fluffy. Sprinkle with parsley (if using).
- 4 Transfer to a perforated hotel pan to drain any excess liquid.
- 5 Using a 3-ounce ice cream scoop, load the eggs into the pita pocket and serve.

NOTE *If fresh eggs are not available, you may use pasteurized eggs. One egg is equal to one ounce of pasteurized egg product.*

USDA REQUIREMENTS MET

- 1 meat/meat alternate
- 1 ounce equivalent whole grain-rich

NOTE *All grain products served in SBP must be credited based on per-ounce equivalent (oz eq) standards. Tortilla credit as 1 oz eq= 28 grams or 1 oz tortilla.¹*

1 large egg = 2 oz meat alternate

NUTRITIONAL INFORMATION

calories: 210; sodium: 393.88 mg; saturated fat: 13.43%

¹ United States Department of Agriculture. (2014). Whole Grain Resource for the National School Lunch and School Breakfast Programs: A Guide to Meeting the Whole Grain-Rich Criteria.

Nick's Not-So-Canned Salsa



BY CHEF NICK SPEROS, SCHOOL FOOD CHEF,
PROJECT BREAD'S CHEFS IN SCHOOLS INITIATIVE

I love this recipe, since it combines fresh ingredients that can be found in many kitchens with spices and canned tomatoes. It makes a great accompaniment to chips and salsa or jazzes up any protein. I like canned tomatoes for this preparation, since the quality and flavor of fresh tomatoes can be hit or miss. Be aggressive by adding fresh or pickled jalapeños or your favorite hot chili pepper if you are feeding older students."

—Chef Nick, Project Bread's School Food Chef

YIELD 100, ¼ cup portions

INGREDIENTS

1 #10 can	salsa
5 lbs	tomatoes
1 cup	onion, chopped
2 tablespoons	garlic, chopped
½ cup	lemon juice
1 cup	sofrito*
¼ cup	cumin, ground
¼ cup	coriander, ground
1 cup	cilantro, chopped

METHOD

- 1 Combine all ingredients in a mixing bowl and stir well.

NOTE *If fresh tomatoes are not available, you can use one #10 can of diced tomatoes instead. Drain out much of the liquid first.*

*SOFRITO

Ingredients:

1/3 lbs	peppers, raw
1 lbs	pepper, raw
1 (1 bunch)	cilantro
1½ tablespoons	chopped garlic, chopped
½ lbs	onions
1 tablespoon	oregano, ground
1 dash	salt
½ tablespoon	paprika
3 tablespoons	oil, vegetable

Method:

- 1 Blend all ingredients together, in batches, in a food processor until a smooth paste forms. If needed, add a cup of water to puree the ingredients.

USDA REQUIREMENTS MET

1/8 cup total vegetables

NUTRITIONAL INFORMATION

calories: 18; sodium: 131.10 mg; saturated fat: 1.21%

Homemade Granola



BY CHEF NICK SPEROS, SCHOOL FOOD CHEF,
PROJECT BREAD'S CHEFS IN SCHOOLS INITIATIVE

I love making this granola with kids and adults alike. It's a great introduction to whole grains for kids, and a perfect way of showing busy parents that cooking with their kids is the key to getting them to navigate to a healthier diet. The aroma of this recipe fills the kitchen and draws people in to see what's cooking. The combination of the ingredients gives a power-punch of nutrients.

—Chef Nick, Project Bread's School Food Chef

YIELD 100, ½ cup servings

INGREDIENTS

2 cups	light brown sugar
2 cups	honey
½ cup	unsalted butter, melted
1 ½ cups	canola oil
½ cup	ground cinnamon
½ tablespoon	ground cloves
25 cups	rolled oats
1 quart	pecans, chopped
1 quart	dried fruit (raisins, cranberries, apricots, prune, dates, etc.)
	Non-stick spray

METHOD

- 1 Preheat oven to 350°F.
- 2 In a large bowl, combine sugar, honey, butter, oil, cinnamon, and cloves. Whisk well with a fork.
- 3 Add the oats and nuts to the bowl; stir until well combined with the honey mixture.
- 4 Line baking sheets with parchment paper. Spray to coat. Evenly distribute the mixture amongst the pans.
- 5 Bake for 15-20 minutes until lightly browned, stirring every 5 minutes.
- 6 Allow to cool completely. Combine with the dried fruit.
- 7 Store in an air-tight container for up the three weeks.

NOTE *This can be served with milk or yogurt as a great breakfast.*

USDA REQUIREMENTS MET

2 ounce equivalent whole grain-rich

NOTE *All grain products served in SBP must be credited based on per-ounce equivalent (oz eq) standards. Ready-to-eat (RTE) breakfast cereal credit as 1 oz eq= 1 cup flakes or rounds, 1.25 cups puffed cereal, and ¼ cup granola.¹*

NUTRITIONAL INFORMATION

calories: 276; sodium: 3.16 mg; saturated fat: 5.10%

¹ United States Department of Agriculture. (2014). *Whole Grain Resource for the National School Lunch and School Breakfast Programs: A Guide to Meeting the Whole Grain-Rich Criteria.*

Project Bread takes a fresh approach to ending hunger across Massachusetts. We believe the opposite of hungry is not simply full, but healthy—and we're committed to providing people of all ages, cultures, and walks of life with sustainable, reliable access to nutritious food.

From emergency and community-based meals programs, to early childhood and school nutrition initiatives, to improved access to farm-to-table and local food resources, we approach hunger as a complex problem with multiple solutions—solutions that meet people where they are.

We focus on empowerment, innovation, health, and dignity, and we look beyond stopgaps and temporary help to evolve and maintain effective, sustainable, long-term solutions.

We're a catalyst for change in the Commonwealth—bringing people, funding, programs, and policies together to improve the lives and prospects of people across our state.

But we could not do our work without the support of our diverse community:

Our generous donors who give to our innovative programs, to The Walk for Hunger, and to our education and advocacy efforts—all to change lives across our state.

Local farmers and growers who provide food grown in our state to individuals and families who want to eat well, but don't have resources nearby.

Doctors and researchers who conduct and collaborate on groundbreaking studies so that we can continue to develop better solutions to end hunger.

Our volunteers and staff who work hard to connect people in need with programs offering nutritious food—without the stigma of a handout.

Our chefs who work with schools and young families to connect our children with the healthy food they need to grow strong, learn, and reach their full potential.

Learn more about Project Bread, our programs, and how you can help make a real difference for many.

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