

# Breakfast Meal Pattern & Field Trips

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[mdek12.org](https://mdek12.org)



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DEPARTMENT OF  
EDUCATION

March 2021





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ALL Students Proficient and Showing Growth in All Assessed Areas



2

EVERY Student Graduates from High School and is Ready for College and Career



3

EVERY Child Has Access to a High-Quality Early Childhood Program

EVERY School Has Effective Teachers and Leaders

4



EVERY Community Effectively Uses a World-Class Data System to Improve Student Outcomes

5



EVERY School and District is Rated "C" or Higher

6



## VISION

To create a world-class educational system that gives students the knowledge and skills to be successful in college and the workforce, and to flourish as parents and citizens



## MISSION

To provide leadership through the development of policy and accountability systems so that all students are prepared to compete in the global community

# SFSP Breakfast Meal Pattern

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# Requirements & Resources

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Administrative Guide: Pages 58-60

Nutrition Guide: Pages 7-11



# SFSP Meal Pattern Chart

Administrative Guide: Attachment 3

Nutrition Guide: Page 11

Relevant Sections of this image are enlarged on proceeding slides

## SUMMER FOOD SERVICE PROGRAM MEAL PATTERNS

FOOD COMPONENTS AND FOOD ITEMS	BREAKFAST Serve all three	LUNCH OR SUPPER Serve all four	SNACK Serve two of the four
<b>Milk</b>	<b>REQUIRED</b>	<b>REQUIRED</b>	
Fluid milk (whole, low-fat, or fat-free)	1 cup <sup>1</sup> (½ pint, 8 fluid ounces) <sup>2</sup>	1 cup (½ pint, 8 fluid ounces) <sup>2</sup>	1 cup (½ pint, 8 fluid ounces) <sup>2</sup>
<b>Vegetables and Fruits –</b> Equivalent quantity of any combination of...	<b>REQUIRED</b>	<b>REQUIRED</b>	
Vegetable or fruit or	½ cup	½ cup total <sup>4</sup>	½ cup
Full-strength vegetable or fruit juice	½ cup (4 fluid ounces)		½ cup (6 fluid ounces) <sup>5</sup>
<b>Grains/Breads<sup>6</sup> –</b> Equivalent quantity of any combination of...	<b>REQUIRED</b>	<b>REQUIRED</b>	
Bread or	1 slice	1 slice	1 slice
Cornbread, biscuits, rolls, muffins, etc. or	1 serving <sup>7</sup>	1 serving <sup>7</sup>	1 serving <sup>7</sup>
Cold dry cereal or	½ cup or 1 ounce <sup>8</sup>		½ cup or 1 ounce <sup>8</sup>
Cooked cereal or cereal grains or	½ cup	½ cup	½ cup
Cooked pasta or noodle products	½ cup	½ cup	½ cup
<b>Meat/Meat Alternates</b> Equivalent quantity of any combination of...	<b>OPTIONAL</b>	<b>REQUIRED</b>	
Lean meat or poultry or fish or	1 ounce	2 ounces	1 ounce
Alternate protein products <sup>9</sup> or	1 ounce	2 ounces	1 ounce
Cheese or	1 ounce	2 ounces	1 ounce
Egg (large) or	¼	1	¼
Cooked dry beans or peas or	½ cup	½ cup <sup>1</sup>	½ cup <sup>1</sup>
Peanut or other nut or seed butters or	2 tablespoons	4 tablespoons	2 tablespoons
Nuts or seeds <sup>10</sup> or		1 ounce-50% <sup>11</sup>	1 ounce
Yogurt <sup>12</sup>	4 ounces or ½ cup	8 ounces or 1 cup	4 ounces or ½ cup

<b>Food Components and Food Items</b>		<b>Breakfast</b> Serve all three
<b>Milk</b>		<b>Required</b>
Fluid milk (whole, low-fat, or fat-free)		1 cup (½ pint, 8 fluid ounces) <sup>2</sup>
<b>Vegetables and Fruits</b> <b>Equivalent quantity of any combination of:</b>		<b>Required</b>
Vegetable or fruit or		½ cup
Full-strength vegetable or fruit juice		½ cup (4 fluid ounces)

<b>Grains/Breads<sup>6</sup></b> <b>Equivalent quantity of any combination of:</b>	<b>Required</b>
Bread or	1 slice
Cornbread, biscuits, rolls, muffins, etc. or	1 serving
Cold dry cereal or	$\frac{3}{4}$ cup or 1 ounce <sup>7</sup>
Cooked cereal or cereal grains or	$\frac{1}{2}$ cup
Cooked pasta or noodle products	$\frac{1}{2}$ cup



<b>Meat and Meat Alternates Equivalent quantity of any combination of:</b>	<b>Optional</b>
Lean meat or poultry or fish or	1 ounce
Alternate protein products <sup>8</sup> or	1 ounce
Cheese or	1 ounce
Egg (large) or	$\frac{1}{2}$
Cooked dry beans or peas or	$\frac{1}{4}$ cup
Peanut or other nut or seed butters or	2 tablespoons
Nuts or seeds <sup>9</sup> or	
Yogurt <sup>11</sup>	4 ounces or $\frac{1}{2}$ cup

# SFSP Breakfast Meal Pattern Requirements

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One  
Serving  
of **Milk**

Low fat or  
Fat Free



One  
Serving  
of

**Fruit,**  
**Veg,**  
or 100%  
Juice

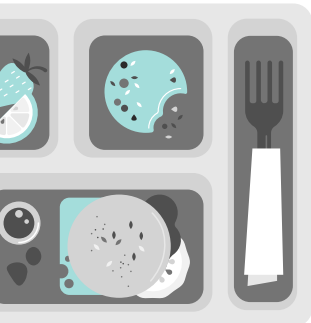


One  
Serving  
of **Grain**



OPTIONAL  
NOT  
REQUIRED

**Meat or  
Meat  
Alternate**



- The Summer Meal Pattern is **much simpler** than the National School Lunch Program (NSLP) or the School Breakfast Program (SBP) meal patterns.
- No requirement for **nutrient analyses** in the SFSP
- If not implementing OVS, you must serve **every component** of the meal pattern to each child.

## SFSP BREAKFAST

1 Cup Milk

Offering one Type of Milk  
is acceptable

## SCHOOL BREAKFAST PROGRAM

1 Cup Milk

Must offer a Variety of Milk



# Meal Pattern Comparison - FRUIT

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## SFSP BREAKFAST

½ Cup Fruit

## SCHOOL BREAKFAST PROGRAM

K-8: ½ Cup Fruit

9-12: 1 Cup Fruit



## SFSP BREAKFAST

1 slice bread or

1 serving  
cornbread/biscuit/roll/muffin or

$\frac{3}{4}$  cup cold dry cereal or

$\frac{1}{2}$  cup hot cooked cereal or

$\frac{1}{2}$  cup pasta/noodles/grain

## SCHOOL BREAKFAST PROGRAM

1 oz eq. Grain



**Any Questions  
before we move on?**



# Field Trips

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## Key Points to Consider




1. Notification
2. Approval



- Must **notify SA** prior to meal service for a field trip
- Field trip **must be approved** before the Field trip takes place
- Failure to meet requirement results in the disallowance of meals
- Field trips are submitted in MARS for approval
- SA should receive the notification 24 hours before the Field trips and approved

# You Cannot Enter a Field Trip into MARS until your Application is Approved

The proceeding slides will demonstrate how to add Field Trips to MARS

Applications | Claims | Compliance | Reports | My Account | Search  Programs | Year | Help | Log Out

Applications > Application Packet > Program Year: 2020 - 2021

### 2020 - 2021 Application Packet

00C      Status: Active

**OOO DIST**

DBA:      Street

Type of Agency: Educational Institution

Type of SFSP Organization: School Food Authority


Packet Submitted Date: 12/03/2020


Packet Approved Date: 12/04/2020

Packet Original Approval Date: 11/02/2020

Packet Status: Approved

**Annual Audit form has not been submitted for this Organization's prior fiscal year.**

 Packet Assigned To: Deborah Newton

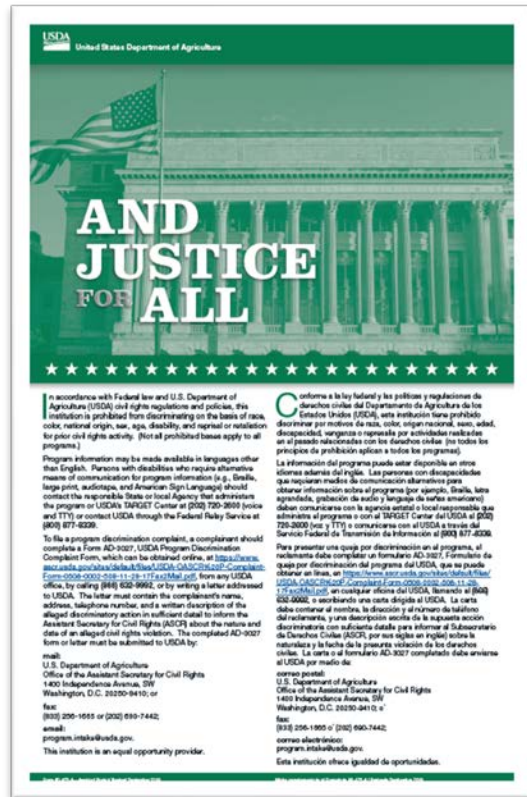
Action	Form Name	Latest Version	Status
View   Revise	✓ Organization Application	Original	Approved
View   Revise	✓ Budget Detail	Original	Approved
Details	✓ Management Plan	Original	Approved
Details	Food Production Facility List		
Details	Checklist Summary		
Details	Site Field Trip List		
Details	Application Packet Notes		
View	Application Packet Notes for Organization		
Details	Attachment List (3)		



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Full Non-Discrimination Statement link:

<https://mdek12.org/sites/default/files/documents/ocn/usda-nondiscrimination-statement-2016.pdf>



The image shows the USDA Non-Discrimination Statement Form AD-9027. The top section features the USDA logo and the title "AND JUSTICE FOR ALL" in large, bold letters. Below the title is a row of stars. The form is divided into two columns of text, one in English and one in Spanish, providing information about the USDA's commitment to non-discrimination and the process for filing a complaint. The bottom section contains contact information for the U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights.

**USDA**  
United States Department of Agriculture

## AND JUSTICE FOR ALL

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To file a program discrimination complaint, a complainant should complete a Form AD-9027, USDA Program Discrimination Complaint Form, which can be obtained online, at <https://www.ams.usda.gov/ocn/usda-ad-9027-complaint>; Form 0008-0000-000-11-20-1174-001.pdf. From any USDA office, by calling (866) 632-6962, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-9027 form or letter must be submitted to USDA by:

email:  
U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410; or  
fax:  
(800) 255-1955 or (202) 690-7442;  
email:  
[program.info@usda.gov](mailto:program.info@usda.gov).  
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La información del programa puede estar disponible en otros idiomas además del inglés. Las personas con discapacidades que requieren medios de comunicación alternativos para obtener información sobre el programa (por ejemplo, Braille, letra grande, grabación de audio o lenguaje de señas americano) deben comunicarse con la agencia estatal o local responsable que administra el programa o con el TARGET Center del USDA al (202) 720-6989 (voz y TTY) o comunicarse con el USDA a través del Servicio Federal de Transmisión de Información al (800) 877-8339.

Para presentar una queja por discriminación al programa, el reclamante debe completar un formulario AD-9027. Formulario de queja por discriminación del programa del USDA, que se puede obtener en línea, en <https://www.ams.usda.gov/ocn/usda-ad-9027-complaint>; Form 0008-0000-000-11-20-1174-001.pdf. Desde cualquier oficina de USDA, por teléfono al (866) 632-6962, o escribiendo una carta dirigida al USDA. La carta debe contener el nombre, la dirección y el número de teléfono del reclamante, y una descripción escrita de la supuesta acción discriminatoria en suficiente detalle para informar al Subsecretario de Derechos Civiles (ASCR) por sus signos en inglés sobre la naturaleza y la fecha de la presunta violación de los derechos civiles. La carta o el formulario AD-9027 completado debe enviarse al USDA por medio de:

correo postal:  
U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410; o  
fax:  
(800) 255-1955 o (202) 690-7442;  
correo electrónico:  
[program.info@usda.gov](mailto:program.info@usda.gov).  
Esta institución ofrece igualdad de oportunidades.

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# Questions?



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