

THE KENTON COUNTY BOARD OF EDUCATION

1055 EATON DRIVE, FORT WRIGHT, KENTUCKY
41017

TELEPHONE: (859) 344-8888 / FAX: (859) 344-1531 WEBSITE: www.kenton.kyschools.us Dr. Henry Webb, Superintendent of Schools

KCSD ISSUE PAPER

DATE:

July 5, 2019

AGENDA ITEM (ACTION ITEM):

Consider/Approve The contracts with the Northern Kentucky Community Action Commission Head Start/Early Head Start to provide meals and afternoon snacks to Head Start students at Ft. Wright and Taylor Mill Elementary for the 2019-20 school year.

APPLICABLE BOARD POLICY:

Support Services 07.1

HISTORY/BACKGROUND:

The Student Nutrition department will furnish meals to Head Start participants that are compliant with the Child Adult Care Food Program Rules and Regulations while following local Health Department Policy. Northern Kentucky Community Action Commission Head Start/Early Head Start will be billed monthly at \$2 for breakfast, \$2.75 for lunch, and \$.88 for afternoon snack.

FISCAL/BUDGETARY IMPACT:

None.

RECOMMENDATION:

Approval of contracts with Northern Kentucky Community Action Commission Head Start/Early Head Start to furnish meals to Head Start students at Ft. Wright and Taylor Mill Elementary for the 2019-20 school year.

CONTACT PERSON:

Elizabeth Hord, Student Nutrition Director

Principal

District Administrator

Sundrintendent

Use this form to submit your request to the Superintendent for items to be added to the Board Meeting Agenda.

Principal –complete, print, sign and send to your Director. Director –if approved, sign and put in the Superintendent's mailbox.

Child Care Food Program Meal Service Agreement With District School Board/School Food Service

	Name of Sponsor/Ins		mmission Head Start/Ea	rly-Head Start	CNIP	S ID:		
	Contact-Person: Cryst		(M) (133) OTHER EDW STATES	Hy Fiedd Start	-	ne No.	ATT ATT	
	Address: 13 West 7th	Street Covington KV	41011	- AMAPI	859-	655-2983		
	-			stort		- Marian		
	-	Wright				12011		
	The henry car		istrict Food Service agre			daily to the above	child care cente	r for the period from:
•			cept for holidays or othe	r days of in-op-	eration	complete with req		
	(Date)	(Date) Base		Menton	, ,	District Se	MENOBL	. /
	*AGES 1_5 N/I	EALS RASED ON PO	ORTION SIZES FOR AGE	Paper.	produ	ctsc	ondiments	milk
	Meal Type/Age	Estimated	Estimated No. of	Unit Price	per	Total Price	Delivery or	
		Total No. of	Serving Days per	Meal	,		Pick-up	
		Meals Per Day	Year				Time	
	Breakfast(1-5)*	45	140	2,00	· · · · · · · · · · · · · · · · · · ·	90		
	Lunch(1-5)*	45	140	2.75	-	123,75	-	
	PM Snack(1-5)*	45	140	• 88		39,60		
	· Monocon a o			RAND TOTAL P	RICE:	25390	J	
	1.2	*	,			m	iox per do	7
	The Kenton C	scho	ol District Food Service	e agrees to:				•
	·		11-1	-1 Days 8:1-		t f Cl-11-l	(- ++ \	ě
			ild and Adult Care Food					
	Vienu must be in	weekly format w	with Whole Grain f	or the day	dear	ly marked. (ex	ample attach	ied)
	Nutrition Labels fo	or whole wheat,	grain rich product	ts, cereals,	yogu	rts and combin	nation foods	must be sent with
T	nonthly invoice.	/	, i					
F	Provide meals in:	bulk or un	itized					
			nter or deliver	v bv School Di	strict	Food Service at th	e time(s) indica	ted above.
			delivery slip form or e	N .5				
)=/-			to ma	ailing address prov	ided by center	
	_		records for a period of				•	
			he KY CACFP, represen			-		
	The Kentucky Office o			itatives of the	0.5.	behar timent of Ag	inculture, the ch	ind care center and
1	ne kentucky office o	i die inspector den	et al.			*		
The	Snancar/Institution	agrees to pay for m	eals based on the abo	va unit prical	-) savi+k	in 20 days of roce	int of invoice	
								iability is severed up n
ec	elpt of means. If for a	ny reason, this agre	ement is no longer de	sireu, either p	larty i	nay terminate the	ese services with	a 30 day notificatio .
AL V	MITMESS MULEDEAE +	ha partice harata h	ave caused said agree	mont to be au		d by the air deller are	thaniand officer	_
I-W V	WITHNESS WHEREOF, C	ne parties hereto n	ave caused said agree	ment to be ex	ecute	to by their duly au	thorized officer	5-
3				1				
Зу:		prized Signature	Date	by:		Authorized Sign		Date
	Autho		Date			Authorized sign	lature	Date
	- Automatical	VV		Mirror			anni e contra	
		Title				Title		
	Child C	are Center	A House of the last of the las			School District C	and Cond	
	Child C	are Center				School District Fo	ou service	

Child.Ca	re C	ente	r/Sp	ousor
27				

WEEKLY MENU RECORD

ייומיזין		
Week:		

	ie of Center/Sponsor	NKCAC H	lead Start Site:		Month:	
Menn Hem	Monday Date	Tuesday Dale	Wednesday Date	Thursday		Priday Date .
Brenkfast-M	ust Serve 3 Components					
Milk						
Meat/All.						
Vegetable/ Fruit						
Grains	WG	WC		WG	WG	WG
Lunch-Must	Serve 5 Components		IN. I HELET			
Milk	A. J. Carlotte and					
Meat/All.	:					
Vegetable						
Fruit/ Vegetable						
Grains	WG	We	3	WG	WG	WG
P.M. Snack-l	Must Serve 2 Components			- Arrest	Company Company	- baceajie
Milk						
Meat/Alt.			497			
Vegetable			1			
Fruit						
Grains	WG	WC	7	WG.	WG	, \YG

	Lunch and	l Supper for a rembursal		
Food Components and Food Items	Ages 1-2	:: Ages 3-5	Ages 6-12	Ages 13-18 ²
				(at-riskafterschool programs)
Fluid Milk ³	4 fluid ounces	6 fluid ounces	8 fluid ounces	8 fluid ounces
Meat/meat alternates	THIS CALLED	1 0 maia odinaco	o naid benees	O HOLL GULLGES
Lean meat, poultry, or fish	1 ounce	1% ounce	2 ounces	2 ounces
Tofu, soy product, or	No.			LUCE TO THE TOTAL OF THE PARTY
alternate protein products ⁴	1 ounce	1½ ounce	2 ounces	2 ounces
Cheese	. 1 ounce	1½ ounce	2 ounces	2 ounces
Large egg	7/2	3/4	1	1
Cooked dry beans or peas	1/4 сир	⅓ cup	1/2 сир	½ cup
Peanut butter or soy nut	1 100	AND		
butter or other nut or seed	2 tbsp	3 tbsp	4 tbsp	4 tbsp
butters .	·	•	•	
Yogurt, plain or flavored	4 ounces or	- 6 ounces or	8 ounces or	8 ounces or
unsweetened or sweetened ⁵	½ cup	¾ сир	1 cup	1 cup
The following may be used				
to meet no more than 50%				
of the requirement:				
Peanuts, soy nuts, tree				
nuts, or seeds, as listed				
in program guidance, or	½ ounce =	% ounce =		
an equivalent quantity of	50%	50%	1 ounce = 50%	1 ounce = 50%
any combination of the	50,0	24,0	*	
above meat/meat				
alternates (1 ounces of		*		
nuts/seeds = 1 ounce of				
cooked lean meat,				
poultry, or fish)	7/	1/	½ cup	½ cup
Vegetables ⁶	½ cup	1/4 cup		72 cup
Fruits ^{6,7}	1/2 cup	⅓ cup	14 cup	74 CU P
Grains (oz eq) ^{3,9}	· · · · · · · · · · · · · · · · · · ·			
Whole grain-rich or	1/2 slice	⅓ slīce	1 slice	1 slice
enriched bread				1
Whole grain-rich or enriched bread product, such as biscuit, roll	½ serving	½ serving	1 serving	1 serving
or muffin	72 3GI VII 18	72.50,111.5		
Whole grain-rich, enriched				
or fortified cooked breakfast	1/4 cup	1/4 cup	⅓ cup	1/2 cup
cereal of cereal grain, and/or pasta			- Jan Sanat rigic	

Must serve all five components for a reimbursable meal. Offer versus serve is an option for at-risk afterschool participants.

- ²Larger portion sizes than specified may need to be served to children 13 through 18 years old to meet their nutritional needs.
- ³ Must be unflavored whole milk for children age one. Must be unflavored low-fat (1 percent) or unflavored fat-free (skim) milk for children two through five years old. Must be unflavored low-fat (1 percent), unflavored fat-free (skim), or flavored fat-free (skim) milk for children six years old and older.
- ⁴ Alternate protein products must meet the requirements in Appendix A to Part 226.
- ⁵ Yogurt must contain no more than 23 grams of total sugars per 6 ounces.
- ⁶ Pastenrized full-strength juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day.
- ⁷A vegetable may be used to meet the entire fruit requirement. When two vegetables are served at lunch or supper, two different kinds of vegetables must be served.
- At least one serving per day, across all eating occasions, must be whole grain-rich. Grain-based desserts do not count towards the grains requirement.
- ⁹ Beginning October 1, 2019, ounce equivalents are used to determine the quantity of the creditable grain.
- ¹⁰ Breakfast cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21.2 grams sucrose and other sugars per 100 grams of dry cereal).

(Select wo of	Sna the five compon	the state of the s	(rsabie snack)	
Food Components and Food Items ¹ ,	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18 ² (at risk afterschool programs) and emergency shelters!
Fluid Milk ³		4 fluid ounces	8 fluid ounces	8 fluid ounces
Meat/meat alternates				
Lean meat, poultry, or fish	½ ounce	½ ounce	1 ounce	1 ounce
Tofu, soy product, or alternate protein products ⁴	. ½ ounce	½ ounce	1 ounce	1 ounce
Cheese	½ ounce	½ ounce	1 ounce	1 ounce
Large egg	3/2	1/2	3/2	1/2
Cooked dry beans or peas	⅓ cup	1/8 cup	% cup	1/4 cup
Peanut butter or soy nut butter or other nut or seed butters	1 tbsp	1 tbsp	2 tbsp	2 tbsp
Yogurt, plain or flavored	2 ounces or	2 ounces or	4 ounces or	4 ounces or
unsweetened or sweetened ⁵	% cup	% cup	½ cup	½ cup
Peanuts, soy nuts, tree nuts, or seeds	½ ounce	¾ ounce	1 ounce	1 ounce
Vegetables ⁶	½ cup	½ cup	¾ сир	¾ cup
Fruits ⁶	½ cup	½ cup	¾ cup	¾ cup
Grains (oz eg) ^{7,8}		x 8		
Whole grain-rich or enriched bread	1½ slice	1/2 slice	1 slīce	1 slice
Whole grain-rich or enriched bread product, such as biscuit, roll or muffin	½ serving	½ serving	1 serving	1 serving
Whole grain-rich, enriched or fortified cooked breakfast cereal ⁹ , cereal grain, and/or pasta	½ cup	½ cup	½ cup	½ cup
Whole grain-rich, enriched or fortified ready-to-eat breakfast cereal (dry, cold) ^{9,10}				
Flakes or rounds	½ cup	½ cup	1 сир	1 cup
Puffed cereal	¾ cup	% сир	1% cup	1 % cup
Granola	⅓ cup	½ cup	74 cup	½ cup

¹ Select two of the five components for a reimbursable snack. Only one of the two components may be a beverage.

² Larger portion sizes than specified may need to be served to children 13 through 18 years old to meet their nutritional

Must be unflavored whole milk for children age one. Must be unflavored low-fat (1 percent) or unflavored fat-free (skim) milk for children two through five years old. Must be unflavored low-fat (1 percent), unflavored fat-free (skim), or flavored fat-free (skim) milk for children six years old and older.

⁴ Alternate protein products must meet the requirements in Appendix A to Part 226.

⁵ Yogurt must contain no more than 23 grams of total sugars per 6 ounces.

⁶ Pasteurized full-strength juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day.

At least one serving per day, across all eating occasions, must be whole grain-rich. Grain-based desserts do not count towards meeting the grains requirement.

⁸ Beginning October 1, 2019, ounce equivalents are used to determine the quantity of creditable grains.

⁹ Breakfast cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21.2 grams sucrose and other sugars per 100 grams of dry cereal).

¹⁰ Beginning-October 1, 2019, the minimum serving sizes specified in this section for ready-to-eat breakfast cereals must be served. Until October 1, 2019, the minimum serving size for any type of ready-to-eat breakfast cereals is ¼ cup for children ages 1-2; 1/3 cup for children ages 3-5; and ½ cup for children ages 6-12.

(Selectal)	UNICE COMPONER	ISTOREMENT OF	able meal)	
Food Components and Food Items 1	Ages 1-Z	Ages 3-5	######################################	Ages 13-18 ² (atriskafterschool programs and emergency shelters)
Fluid Milk ³	4 fluid ounces	6 fluid ounces	8 fluid ounces	8 fluid ounces
Vegetables, fruits, or portions of both ⁴	% сир	1½ cup	½ cup	⅓ cup
Grains (oz eq) ^{5,6,7}				I
Whole grain-rich or enriched bread	1/2 slīce	⅓ slice	1 slīce	1 slīce
Whole grain-rich or enriched bread product, such as biscuit, roll or muffin	1½ serving	½ serving	1 serving	1 serving
Whole grain-rich, enriched or fortified cooked breakfast cereal ⁸ , cereal grain, and/or pasta	% cup	% сир	½ cup	½ cup
Whole grain-rich, enriched or fortified ready-to-eat breakfast cereal (dry, cold) ^{6,9}	4.4	·	,	
Flakes or rounds	½ cup	½ cup	1 cup	1 cup
Puffed cereal	¾ cup	¾ cup	1 ½ cup	1% cup
Granola	⅓ cup	⅓ cup	14 сир	1/4 cup

¹ Must serve all three components for a reimbursable meal. Offer versus serve is an option for at-risk afterschool participants.

²Larger portion sizes than specified may need to be served to children 13 through 18 years old to meet their nutritional needs.

Must be unflavored whole milk for children age one. Must be unflavored low-fat (1 percent) or unflavored fat-free (skim) milk for children two through five years old. Must be unflavored low-fat (1 percent), unflavored fat-free (skim), or flavored fat-free (skim) milk for children six years old and older.

⁴Pasteurized full-strength juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day.

⁵ At least one serving per day, across all eating occasions, must be whole grain-rich. Grain-based desserts do not count towards meeting the grains requirement.

⁶ Meat and meat alternates may be used to meet the entire grains requirement a maximum of three times a week. One ounce of meat and meat alternates is equal to one ounce equivalent of grains.

⁷Beginning October 1, 2019, ounce equivalents are used to determine the quantity of creditable grains.

⁸ Breakfast cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21_2 grams sucrose and other sugars per 100 grams of dry cereal).

⁹ Beginning October 1, 2019, the minimum serving size specified in this section for ready-to-eat breakfast cereals must be served. Until October 1, 2019, the minimum serving size for any type of ready-to-eat breakfast cereals is % cup for children ages 1-2; 1/3 cup for children ages 3-5; and % cup for children ages 6-12.

Child Care Food Program Meal Service Agreement With District School Board/School Food Service

Name of Sponsor/Insti				CNIPS ID:			
		mmission Head Start/Ea		11499			
Contact Person: Crysta	l'Noonchester			Phone No. 859-655-2983			
Address: 13 West 7th S	treet Covington KY	11011		000 000 2000		4.70.0000000000000000000000000000000000	
Site: Taylor/	Will Head	1 Start					
5907 Ta	ylor Mill P.	d Covingtor	1 KY L	11015			
		istrict Food Service agre	es to furnish m	eals daily to the			
	ex	cept for holidays or othe	r days of in-oper	ration complete	with requ	ired (indicate belo	ow):
(Date)	(Date) Rose	d on Vanton	Paper p	roducts	~/co	indiments	milk
*AGES 1-5 ME	ALS BASED ON PO	RTION SIZES FOR AGE					
Meal Type/Age	Estimated	Estimated No. of	Unit Price p	er Total:P	rice	Delivery or	
	Total No. of	Serving Days per	Meal			Pick-up	
	Meals Per Day	Year	,			Time	
Breakfast(1-5)*	23	140	2,00	46,	00		
Lunch(1-5)*	333	140	2.75	63.7			
PM Snack(1-5)*	23	740	. 88	30.2	24		
		G	RAND TOTAL PR	ICE: \$ 129.4	19	1	
	1				max	perday	
The Kenton Co	Scho	ol District:Food Service	e agrees to:				
Ensure meals will meet	or avecad the Chi	ld and Adult Care Eco	d Program Alas	l Pattorn for Ch	oildran (attached)	
							. 20)
Menu must be in w							
Nutrition Labels fo	r whole wheat,	grain rich product	ts, cereals, y	ogurts and c	ombin	ation foods n	nust be sent wit
monthly invoice.							
Provide meals in:	bulk or un	itized					
Prepare meals for:		-	y by School Dis	trict Food Servi	ce at the	time(s) indicate	ed above
Provide delivery slips u					00 00 000	, , , , , , , , , , , , , , , , , , ,	
Submit billing invoice fo				a mailing addr	nee provid	ided by center	
	E 251						ich thair martain
Maintain receipts and o		· ·	V		-		
These records will be m			itatives or the	u.s. Departmer	it oi Agr	iculture, the chii	d care center and
The Kentucky Office of	the inspector Gen	erai.					
<i>h</i>		1.1	(-)				¥ ,
Sponsor/Institution a							
Menton dountys							
eipt of meals. If for an	y reason, this agre	ement is no longer de	sired, either pa	arty may termin	iate thes	se services with	a 30 day notificatio
	1		001 N 14				
WITNESS WHEREOF, th	e parties hereto h	ave caused said agree	ment to be exe	ecuted by their	duly aut	horized officers.	
			by:			- 10 mm c	
Author	ized Signature	Date		Authori	zed Sign	ature	Date
	lītle		***************************************		Title		11./14/10/10/10/10/10/10/10/10/10/10/10/10/10/
	4	with the same of t					

Child	Care	Center/Sponsor
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<u>Child</u>	Care Center/Sponsor		WEEKLY MENUR	ECORD .		Weel	IC:		
Nan	ne of Center/Sponsor		NKCAC Head Start	Site:		Mont	h:		
Menu Ilem	Monday Date	Tuesday Date	We	dnesday Date	Th	ursday Date	Frida	y Date	
Brenkfast-M	ust Serve 3 Components								
Milk				: H . A					
Meat/Alt.									
Vegetable/ Fruit									# 1 W 2
Grains	WG	;	WG		WG	У	vG	WG	# CMD-1000
Lunch-Must	Serve 5 Components								
Milk									
Meat/Alt.									
Vegetable									
Fruit/ Vegetable		E-	1111						E DE CENT
Grains	WG	3	₩Ġ		WG	V	YG	WG	11 (7.6)
P.M. Snack-	Must Serve 2 Components	1							
Milk									
Meat/Alt,									
Vegetable	,								
Fruit					200				
Grains	wo		WG		WG	. 1	γG	WG	

(Selectal)	Lunch and			i edina diene en
Food Components and Food Items	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18 ²
Fluid Milk ³	4 fluid ounces	6 fluid ounces	8 fluid ounces	8 fluid ounces
Meat/meat alternates		7 3 11474 3 417022	O II.GIG DUITOLO	TO MAIN OUTLOCK
Lean meat, poultry, or fish	1 ounce	1½ ounce	2 ounces	2 ounces
Tofu, soy product, or alternate protein products ⁴	1 ounce	1½ ounce	2 ounces	2 ounces
Cheese	. 1 ounce	1½ ounce	2 ounces	2 ounces
Large egg	1/2	3/4	1	1
Cooked dry beans or peas	1/2 cup	3/s cup	½ cup	½ cup
Peanut butter or soy nut butter or other nut or seed butters	2 tbsp	3 tbsp	4 tbsp	4 tbsp
Yogurt, plain or flavored unsweetened or sweetened ⁵	4 ounces or ½ cup	- 6 ounces or ¾ cup	8 ounces or 1 cup	8 ounces or 1 cup
The following may be used to meet no more than 50% of the requirement: Peanuts, soy nuts, tree nuts, or seeds, as listed in program guidance, or an equivalent quantity of any combination of the above meat/meat alternates (1 ounces of nuts/seeds = 1 ounce of cooked lean meat, poultry, or fish)	½ ounce = 50%	% ounce = 50%	1 ounce = 50%	1 ounce = 50%
Vegetables ⁶	⅓ cup	¼ cup	1/2 cup	½ cup
Fruits ^{6,7}	⅓ cup	1/4 cup	¼ cup	14 сир
Grains (oz eq) ^{8,9}				
Whole grain-rich or enriched bread	½ slīce	1½ slice	1 slice	1 slice
Whole grain-rich or enriched bread product, such as biscuit, roll or muffin	½ serving	½ serving	1 serving	1 serving
Whole grain-rich, enriched or fortified cooked breakfast cereal 10, cereal grain, and/or pasta	¾ cup	½ cup	% сир	⅓ cup

Must serve all five components for a reimbursable meal. Offer versus serve is an option for at-risk afterschool participants.

- ²Larger portion sizes than specified may need to be served to children 13 through 18 years old to meet their nutritional needs.
- ³ Must be unflavored whole milk for children age one. Must be unflavored low-fat (1 percent) or unflavored fat-free (skim) milk for children two through five years old. Must be unflavored low-fat (1 percent), unflavored fat-free (skim), or flavored fat-free (skim) milk for children six years old and older.
- ⁴ Alternate protein products must meet the requirements in Appendix A to Part 226.
- ⁵ Yogurt must contain no more than 23 grams of total sugars per 6 ounces.
- ⁶Pasteurized full-strength juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day.
- ⁷A vegetable may be used to meet the entire fruit requirement. When two vegetables are served at lunch or supper, two different kinds of vegetables must be served.
- ⁸ At least one serving per day, across all eating occasions, must be whole grain-nich. Grain-based desserts do not count towards the grains requirement.
- ⁹ Beginning October 1, 2019, ounce equivalents are used to determine the quantity of the creditable grain.
- ¹⁰ Breakfast cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21.2 grams sucrose and other sugars per 100 grams of dry cereal).

(Select two of	She the five compon	ents for a reimbu	rsable snack)	
Food Components and Food Items	Aces 1.7	Ages 3-5	Ages 6-12:40	Ages 13-18 ² (at-risk arterschöolprograms
Fluid Milk ³		4 fluid ounces	8 fluid ounces	8 fluid ounces
Meat/meat alternates	184 To 18 18 18 18 18 18 18 18 18 18 18 18 18			
Lean meat, poultry, or fish	½ ounce	½ ounce	1 ounce	1 ounce
Tofu, soy product, or alternate protein products ⁴	. ½ ounce	½ ounce	1 ounce	1 ounce
Cheese	1/2 ounce	½ ounce	1 ounce	1 ounce
Large egg	1/2	1/2	1/2	1/2
Cooked dry beans or peas	⅓ cup	1/2 cup	1/2 cup	¼ cup
Peanut butter or soy nut butter or other nut or seed butters	1 tbsp	1 tbsp	2 tbsp	2 tbsp
Yogurt, plain or flavored	2 ounces or	2 ounces or	4 ounces or	4 ounces or
unsweetened or sweetened ⁵	½ cup	% cup	⅓ сцр	1/2 cup
Peanuts, soy nuts, tree nuts, or seeds	½ ounce	½ ounce	1 ounce	1 ounce
Vegetables ⁶	½ cup	½ cup	¾ cup	% cup
Fruits ⁶	½ cup	У сир	¾ cup	. 34 cup
Grains (oz eg) ^{7,8}				
Whole grain-rich or enriched bread	1½ slice	½ slice	1 slice	1 slice
Whole grain-rich or enriched bread product, such as biscuit, roll or muffin	½ serving	½ serving	1 serving	1 serving
Whole grain-rich, enriched or fortified cooked breakfast cereal ⁹ , cereal grain, and/or pasta	14 cup	% сир	½ cup	⅓ cup
Whole grain-rich, enriched or fortified ready-to-eat breakfast cereal (dry, cold) ^{9,10}				
Flakes or rounds	½ cup	% сир	1 сир	1 cup
Puffed cereal	¾ cup	¾ cup	1 ¼ cup	1 1/2 cup
Granola	⅓ cup	½ cup	¾ cup	1/4 cup

Select two of the five components for a reimbursable snack. Only one of the two components may be a beverage.

²Larger portion sizes than specified may need to be served to children 13 through 18 years old to meet their nutritional needs.

³ Must be unflavored whole milk for children age one. Must be unflavored low-fat (1 percent) or unflavored fat-free (skim) milk for children two through five years old. Must be unflavored low-fat (1 percent), unflavored fat-free (skim), or flavored fat-free (skim) milk for children six years old and older.

⁴ Alternate protein products must meet the requirements in Appendix A to Part 226.

⁵ Yogurt must contain no more than 23 grams of total sugars per 6 ounces.

⁶ Pasteurized full-strength juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day.

⁷ At least one serving per day, across all eating occasions, must be whole grain-rich. Grain-based desserts do not count towards meeting the grains requirement.

⁸ Beginning October 1, 2019, ounce equivalents are used to determine the quantity of creditable grains.

⁹ Breakfast cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21.2 grams sucrose and other sugars per 100 grams of dry cereal).

¹⁰ Beginning October 1, 2019, the minimum serving sizes specified in this section for ready-to-eat breakfast cereals must be served. Until October 1, 2019, the minimum serving size for any type of ready-to-eat breakfast cereals is ¼ oup for children ages 1-2; 1/3 cup for children ages 3-5; and ¾ cup for children ages 6-12.

Breakfast (Select all three components for a raimbursable meal)						
Food Components and Food Items	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18 ² (at risk afterschool programs		
Fluid Milk ³	4 fluid ounces	6 fluid ounces	8 fluid ounces	8 fluid ounces		
Vegetables, fruits, or portions of both ⁴	% сир	½ cup	½ cup	½ cup		
Grains (oz eg) ^{5,5,7}						
Whole grain-rich or enriched bread	1½ slīce	½ slīce	1 slice	1 slice		
Whole grain-rich or enriched bread product, such as biscuit, roll or muffin	1½ serving	½ serving	1 serving	1 serving		
Whole grain-rich, enriched or fortified cooked breakfast cereal ⁸ , cereal grain, and/or pasta	1/4 cup	¼ cup	½ cup	- ½ cup		
Whole grain-rich, enriched or fortified ready-to-eat breakfast cereal (dry, cold) ^{8,9}						
Flakes or rounds	½ cup	½ cup	1 cup	1 cup		
Puffed cereal	% сир	% cup	1 ¼ cup	1% cup		
Granola	⅓ cup	⅓ cup	% сир	¼ cup		

¹ Must serve all three components for a reimbursable meal. Offer versus serve is an option for at-risk afterschool participants.

²Larger portion sizes than specified may need to be served to children 13 through 18 years old to meet their nutritional needs.

Must be unflavored whole milk for children age one. Must be unflavored low-fat (1 percent) or unflavored fat-free (skim) milk for children two through five years old. Must be unflavored low-fat (1 percent), unflavored fat-free (skim), or flavored fat-free (skim) milk for children six years old and older.

⁴Pasteurized full-strength juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day.

⁵ At least one serving per day, across all eating occasions, must be whole grain-rich. Grain-based desserts do not count towards meeting the grains requirement.

⁶ Meat and meat alternates may be used to meet the entire grains requirement a maximum of three times a week. One ounce of meat and meat alternates is equal to one ounce equivalent of grains.

⁷Beginning October 1, 2019, ounce equivalents are used to determine the quantity of creditable grains.

^{8.} Breakfast cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21.2 grams sucrose and other sugars per 100 grams of dry cereal).

⁹ Beginning October 1, 2019, the minimum serving size specified in this section for ready-to-eat breakfast cereals must be served. Until October 1, 2019, the minimum serving size for any type of ready-to-eat breakfast cereals is ¼ cup for children ages 1-2; 1/3 cup for children ages 3-5; and ¾ cup for children ages 6-12.