



School Breakfast Program Quick Facts

What is the School Breakfast Program?

The School Breakfast Program is a federally assisted meal program operating in public, nonprofit private schools and residential child care institutions. It is administered at the Federal level by the Food and Nutrition Service. At the State level, the program is usually administered by State education agencies.

Nutritional Requirements

The decisions about what specific food to serve and how they are prepared are made by local school food authorities.

School breakfasts must meet the applicable recommendations of the Dietary Guidelines for Americans which recommend:

- No more than 30 percent of an individual's calories come from fat (less than 10% from saturated fat.)
- Breakfasts must provide one-fourth of the Recommended Dietary Allowance for protein, calcium, iron, Vitamin A, Vitamin C, and at least minimum level of calories.



Qualifications

Any child at a participating school may purchase a meal through the School Breakfast Program. Children from families with incomes at or below 130 percent of the Federal poverty level are eligible for free meals. Those with incomes between 130 percent and 185 percent of the poverty level are eligible for reduced-price meals.

Reimbursements



Most of the support USDA provides to schools in the School Breakfast Program comes in the form of a cash reimbursement for each breakfast served.

Schools may qualify for higher "severe need" reimbursements if 40% of their lunches are served free or at a reduced price in the second preceding year.

USDA provides schools with technical training and assistance to help school food service staffs prepare healthful meals, and with nutrition education to help children understand the link between diet and health.

For more information visit:

<http://www.fns.usda.gov/cnd/Breakfast/>