

D. The Dietary Guidelines have limits for total fat, saturated fat and cholesterol.

NSBP requires the average total calories from fat are $>30\%$ and average total calories from saturated fat are $>10\%$. The Idaho Guideline for cholesterol is 75 mg average per breakfast.

The challenge is to provide protein rich foods to help balance the energy sources of breakfast with these limits (fat, saturated fat and cholesterol) in mind.

What are some menu planning considerations to keep in mind?

Which foods will you include more often?

C. Dietary Guidelines to limit sodium and increase potassium-rich foods.

The Idaho Guideline for sodium is 2 mg per calorie average for breakfast, based on age/grade groups.

The challenge is to provide protein rich foods that help balance the energy sources of breakfast with these sodium limits in mind.

What are some menu planning considerations to keep in mind?

Breakfast foods need to be prepared and served quickly, usually with fewer staff members than lunch menus. How can the goals be met with this information in mind?

Which foods will you include more often?

B. The Dietary Guidelines encourage whole grains (half grains as whole) and colorful vegetables.

NSBP guidelines in Idaho include 1 gram of fiber per 100 calories for age/grade groups.

The challenge is to provide fiber rich foods to help balance the energy sources of breakfast with these food options in mind.

What are some menu planning considerations to keep in mind?

Breakfast foods need to be prepared and served quickly, usually with fewer staff members than lunch menus. How can the goals be met with this information in mind?

Which foods will you include more often?

A. The Dietary Guidelines encourage whole fruit (less juice) and milk/calcium-rich foods.

NSBP requires that vitamin C levels must be met (25% of need). Fluid milk must be offered and calcium needs must be met (25% of need).

The challenge is to provide vitamin C rich foods to students will select these options. Juice is an easy option; how can you encourage more whole fruit?

The challenge is to provide milk and other calcium rich foods to students will select these options. Since offering fluid milk is required, the question is how to encourage more students to take and drink milk.

Some students do not choose milk. What menu options can be considered to help meet the needs of these students?

What are some menu planning considerations to keep in mind?

Which foods will you include more often?