

# Good Morning Pulses

## School Breakfast & Pulses

Start your students' day right with a nourishing breakfast featuring pulses – the nutritionally dense, edible seeds of legumes including dry peas, beans, lentils, and chickpeas. Pulses, no matter the variety, provide your students with a high-quality source of plant-based protein, fiber, and other vital nutrients like folate, potassium, and iron. Students who participate in school breakfast show improved attendance, behavior, and academic performance.<sup>i, ii, iii, iv</sup> Pulses provide the long-lasting energy that students need to fuel their growing bodies and minds. Any way you cook it, pulses are perfect for school breakfast!

## Pulses Crediting at Breakfast

Pulses even credit at breakfast! With unique nutrient compositions, pulses can credit as a meat/meat alternate, vegetable, or fruit. When crediting as a meat/meat alternate or a vegetable, they may not credit as both in the same breakfast meal. The [School Breakfast Program Guidelines](#) now allow vegetables, like chickpeas, beans, dry peas and lentils, to credit towards the fruit requirement at breakfast.

Once the weekly grain requirement is met, schools may use pulses that credit as a meat/meat alternative (1 oz or ¼ cup of pulses), to credit towards the grain requirement at breakfast. For preschool students, pulses may substitute for grains up to 3 times per week for breakfast. For grades K-12, pulses may substitute for grains at breakfast if at least 1 oz. eq. of grains is offered during breakfast.

## Required daily servings of food components in the School Breakfast Program

### COMPONENT #1



One serving of  
**MILK**

### COMPONENT #2



One serving of  
**FRUITS**  
(or vegetable  
substitutions)<sup>1</sup>

### COMPONENT #3



One serving of  
**GRAINS**  
(or meat/meat  
alternate substitutions)

<sup>1</sup> Due to COVID-19, meal pattern requirements have been waived since March 2020. Check current federal and state regulations for updated meal pattern requirements.

## What's For Breakfast?



## Pulse Breakfast Inspiration

Check out these nutritious and delicious school breakfast recipes featuring pulses.



Breakfast Lentil Quesadilla



"Ramarkable" Apple Muffins



Chickpea Granola & Pumpkin Parfait

## Adding More Pulses at Breakfast

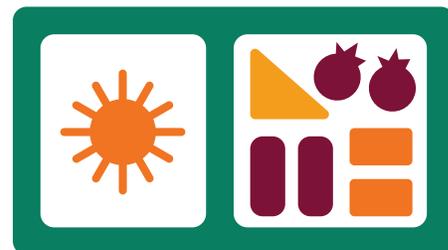
Pulses are a great, versatile option at breakfast and can easily be incorporated into existing recipes. Consider some of these tips and tricks to transform your recipes with pulses!

- Looking for a dip or spread to accompany a breakfast menu item? **Consider using hummus.** You can even make your own from scratch allowing you to mix up flavors to best match what is being served.
- **Breakfast tacos** are often a big hit with staff and students so add lentils or beans for a fuller option.
- Move over avocado toast, **hello split pea toast!** Instead of using avocados, make your own split pea spread to put on toast, topping it with eggs and seasonings for a well-balanced, and delicious, breakfast option.
- **Breakfast bowls** are a great catch all option to include all the required meal pattern components at once. Consider adding pulses to your breakfast bowls which are easy to serve in the cafeteria, grab and go, in the classroom, or curbside!



## Marketing Pulses at Breakfast

Pulses are a nutrient-dense and tasty option to incorporate into your school breakfast option. Pulses are a good source of plant-based protein and because they contain fiber, they will help keep students fuller longer to power them for learning. Because they may be an unfamiliar breakfast food to your staff and students, introduce them through taste tests and incorporate them into pre-existing, and popular, recipes. Use creative names when creating new pulse-centric recipes to peak student interest.



i Murphy, J. M. (2007). Breakfast and Learning: An Updated Review. *Journal of Current Nutrition and Food Science*, 3(1), 3-36.

ii Basch, C. E. (2011). Breakfast and the Achievement Gap Among Urban Minority Youth. *Journal of School Health*, 81 (10), 635-640.

iii Murphy, J. M., Pagano, M., Nachmani, J., Sperling, P., Kane, S., & Kleinman, R. (1998). The Relationship of School Breakfast to Psychosocial and Academic Functioning: Cross-sectional and longitudinal observations in an inner-city sample. *Archives of Pediatric and Adolescent Medicine*, 152,899-907.

iv Powell, C. A., Walker, S. P., Chang, S. M., & Grantham-McGregor, S. M. (1998). Nutrition and education: a randomized trial of the effects of breakfast in rural primary school children. *American Journal of Clinical Nutrition*, 68, 873-9.

For more pulse-inspiration, including recipes, to help you serve more pulses in your programs visit us online at [www.usapulses.org/schools](http://www.usapulses.org/schools) and sign up for our school foodservice newsletter [here](#).