

The Benefits of STARTING THE SCHOOL DAY WITH A HEALTHY BREAKFAST



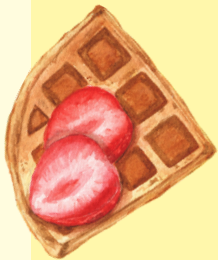
HEALTH

Skipping Breakfast has a Negative Effect on Health: When students miss a healthy morning meal they go to class hungry. Hunger is associated with lower physical activity, stomachaches, headaches, depression, anxiety and a decreased ability to focus.

ACADEMIC ACHIEVEMENT

Skipping Breakfast has a Negative Impact on Learning: Studies show that students who skip breakfast generally have slower memory recall, make more errors and are more likely to be absent or tardy and to repeat a grade.

Higher Rates Of Attendance: Studies show that universal school breakfast program participation is associated with higher rates of attendance and declines in tardiness.

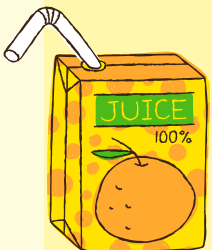


SCHOOL BREAKFAST PROGRAM (SBP)

Is a federally assisted meal program operating in public schools, nonprofit private schools, and residential child care institutions. It provides nutritionally balanced, low-cost or free breakfasts to children each school day. The program ensures that all children have access to a healthy breakfast at school to promote academic achievement and healthy eating behaviors.

BREAKFAST MEAL SERVICE MODELS

One of the most effective ways to significantly boost school breakfast participation is to make it part of the school day. Innovative models of serving school breakfast that have proven to be successful in expanding access to school breakfast include: Breakfast in the Classroom, Grab N' Go, Second Chance Breakfast, and Breakfast Vending.



SCHOOL BREAKFAST PROGRAM (SBP)

MEAL PATTERN

Required Meal Components	Grades Pre-K 3-5 years	Grades K-5		Grades 6-8		Grades K-8		Grades 9-12	
		Daily	Weekly	Daily	Weekly	Daily	Weekly	Daily	Weekly
Fruits (Cups)	1/2*	1	5	1	5	1	5	1	5
Grains (oz. eq.)	1/2	1	7-10**	1	8-10**	1	8-10**	1	9-10**
Milk (Cups)	3/4	1	5	1	5	1	5	1	5

FRUITS:

SFAS MUST OFFER A MINIMUM OF 1 CUP OF FRUIT DAILY TO ALL GRADE GROUPS.

VEGETABLES MAY BE SUBSTITUTED FOR FRUIT, INCLUDING POTATOES AND OTHER STARCHY VEGETABLES, IN PLACE OF FRUIT, WITHOUT INCLUDING VEGETABLES FROM OTHER SUBGROUPS IN THE WEEKLY MENUS.

FULL-STRENGTH PASTEURIZED JUICE (FRUIT OR VEGETABLE) CANNOT EXCEED HALF (50%) OF THE WEEKLY FRUIT REQUIREMENT (NO MORE THAN 2-1/2 CUPS OF JUICE PER WEEK FOR ALL GRADE LEVELS)

FRUITS INCLUDE FRESH, FROZEN, CANNED IN LIGHT SYRUP, WATER OR JUICE OR DRIED. DRIED FRUIT COUNTS AS TWICE THE VOLUME SERVED.

ADDITIONAL FRUIT MAY BE OFFERED IF THE CALORIE LEVEL IN THE AVERAGE BREAKFAST OFFERED OVER THE WEEK IS WITHIN THE CALORIE RANGE ESTABLISHED IN THE MEAL PATTERN FOR EACH AGE/GRADE GROUP.

**WEEKLY GRAINS RANGE:

THERE IS NO MAXIMUM GRAIN REQUIREMENT. MENUS MUST MEET THE MINIMUM REQUIREMENT AND STAY WITHIN THE CALORIE RANGE. THE WEEKLY MAXIMUM PROVIDES A GUIDE TO HELP SCHOOLS PLAN AGE-APPROPRIATE MEALS THAT MEET THE CALORIE, SATURATED FAT AND SODIUM REQUIREMENTS.

GRAINS:

AT LEAST 80% OF THE GRAINS SERVED IN SCHOOL MEALS PER WEEK MUST BE WHOLE GRAIN-RICH (CONTAINING AT LEAST 50% WHOLE GRAINS).

ALL GRAINS MUST MEET THE SERVING SIZES SPECIFIED IN THE WHOLE GRAIN-RICH OUNCE EQUIVALENCY REQUIREMENTS FOR SCHOOL MEAL PROGRAMS (FORM #33).

MEAT/MEAT ALTERNATES:

THERE IS NO SEPARATE REQUIREMENT TO OFFER A MEAT/MEAT ALTERNATE COMPONENT IN THE SBP. SCHOOLS MAY SUBSTITUTE A MEAT/MEAT ALTERNATE IN PLACE OF PART OF THE GRAIN COMPONENT AFTER THE MINIMUM 1 OZ. DAILY GRAINS REQUIREMENT IS MET. A 1-OUNCE EQUIVALENT (OZ. EQ.) OF MEAT/MEAT ALTERNATE MAY CREDIT AS 1 OZ. EQ. OF GRAINS. A MEAT/MEAT ALTERNATE MAY ALSO BE OFFERED AS AN "EXTRA" AND NOT COUNTED AS ANY COMPONENT. CALORIES AND SATURATED FAT WILL BE INCLUDED IF A NUTRIENT ANALYSIS IS CONDUCTED DURING AN ADMINISTRATIVE REVIEW.

A 1 OZ. MEAT/MEAT ALTERNATE EQUALS:

- 1 OZ. LEAN MEAT, POULTRY, FISH OR CHEESE
- ¼ CUP COOKED BEANS/PEAS (LEGUMES)
- ½ LARGE EGG
- 2 TBSP. NUT BUTTERS
- 1 OZ. NUTS OR SEEDS
- ½ CUP YOGURT OR SOY YOGURT
- ¼ CUP COMMERCIAL TOFU CONTAINING AT LEAST 5 GRAMS PROTEIN

MILK:


AT LEAST TWO VARIETIES MUST BE OFFERED DAILY FROM THE CHOICES LISTED BELOW. PLEASE NOTE, ONE OF THE SELECTIONS MUST BE UNFLAVORED MILK.

LOW FAT (1%) UNFLAVORED OR FLAVORED
FAT FREE UNFLAVORED OR FLAVORED

Making Breakfast Part of the School Day


WHAT'S THE RIGHT ALTERNATIVE BREAKFAST SERVICE MODEL FOR MY SCHOOL?

BREAKFAST IN THE CLASSROOM (BIC)




Breakfast in the Classroom is a service delivery model where students eat breakfast in their classroom after the official start of the school day. Students or staff may deliver breakfasts to classrooms from the cafeteria via coolers or insulated rolling bags, or school nutrition staff can serve breakfast from mobile carts in the hallways. Breakfast in the Classroom typically takes 10–15 minutes and can happen during morning tasks such as attendance or it can be integrated with other instructional activities. BIC is ideal for lower-grade levels where children start the day in the same classroom with the same teacher each day, making delivery, counting, and claiming smoother for teachers and school nutrition staff.

GRAB N' GO




Grab N' Go is a service delivery model where students pick up conveniently packaged breakfasts from mobile service carts in high traffic areas, such as hallways, entryways or cafeterias, when they arrive at school or between classes. Students can eat in the cafeteria, the classroom or elsewhere on school grounds. The Grab n' Go model is often used in middle and high schools because it is so flexible and can accommodate varying schedules and students who are on the move. "Grab and go" works well for schools that do not have the capacity to deliver food to each classroom or have infrastructure obstacles (e.g., multiple stories) that make delivery impracticable.

SECOND CHANCE BREAKFAST



Second Chance Breakfast refers to a meal service model where students eat breakfast during a break in the morning, often after first period or midway between breakfast and lunch. Schools can serve breakfast in the same manner as they would with traditional Grab N' Go breakfast. This model can be particularly effective for older students who may not be hungry first thing in the morning or may opt to hang out with friends. Second Chance Breakfast may be referred to by a variety of names, such as Breakfast After First Period, School Brunch or Mid-Morning Nutrition Break.

BREAKFAST VENDING



Breakfast Vending allows students to access breakfast foods through vending machines. This model is most often implemented in high schools and vending machines are usually only available prior to the start of the school day.

HIGH SCHOOL