



School Breakfast: Menu Options for Alternative Breakfast Models

January 10, 2019



Today's Presenters



Ellen Dillon

Senior Field Manager
Action for Healthy Kids

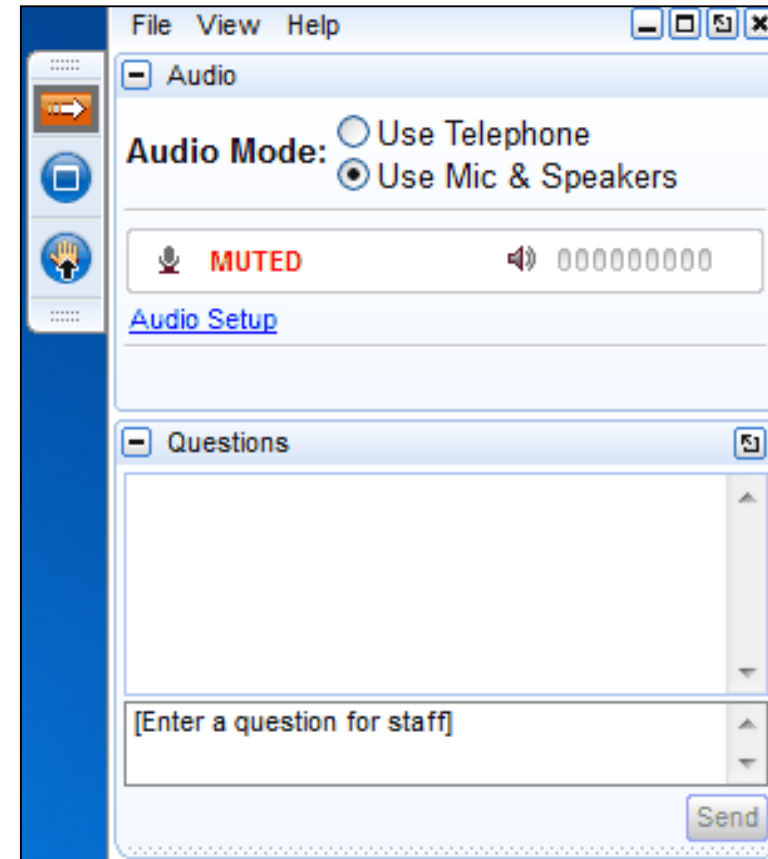


Grace Perry

Southern Regional Manager
Action for Healthy Kids

Logistics

- Telephone or speakers
- Everyone is muted
- Submit a question
- This call is being recorded
- Link to recording and handouts will be sent out following the call



Agenda

- Who We Are: Action for Healthy Kids
- What is Alternative Breakfast?
- What Issues Do Alternative Models Face re. Healthy Menus
- Strategies for Success
 - Speakers' Lessons Learned
- Q & A
- Additional Resources



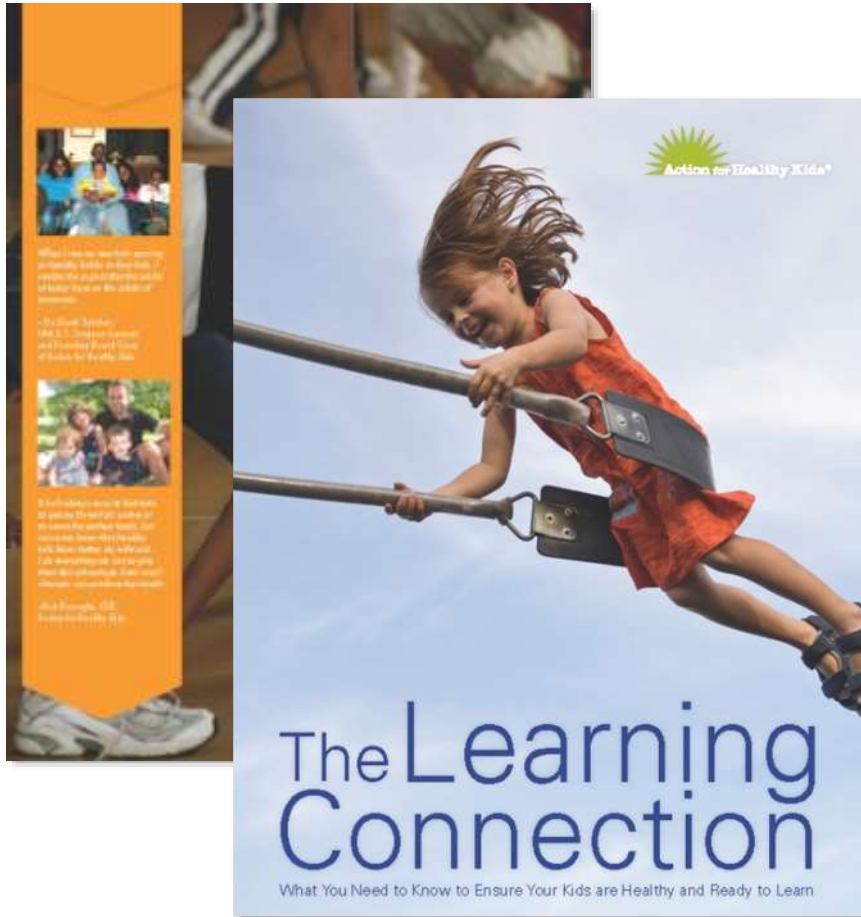
Who Are We?



AFHK's vision is a world in which every kid is healthy, active and ready to learn.

We work to mobilize school professionals, families and communities to take actions that lead to healthy eating, physical activity and healthier schools where kids thrive.

The Learning Connection



Integrating health and wellness into schools gives students the opportunity for an academic advantage – what AFHK calls The Learning Connection.

- Physical activity has a positive impact on academic achievement. It leads to more focused classroom behavior and improved test scores.
- Participation in breakfast programs are associated with increased grades specifically math and arithmetic scores.
- There is a positive association between healthy dietary consumption and mental processes including cognition.

Tell Us About Yourself!

What is your role at your school or district?

- a. School Nutrition Director
- b. School Nutrition personnel
- c. Principal or other administrator
- d. Non-profit supporting schools on school breakfast
- e. Other



Why Alternative Breakfast?

High need and low participation, why the gap?



- Breakfast served in the wrong place:
 - Students want to avoid the stigma of school breakfast
 - Cafeteria is not easily accessible (far from students' first classes) or where they enter the building
 - Cafeteria lacks the capacity to serve students quickly (long lines, inadequate seating)

Why Alternative Breakfast?

How increase participation?

- Decreased tardiness and absenteeism
- Decreased disciplinary problems
- Increased motivation
- Improved academics
- Decreased school nurses visits



What is Alternative Breakfast?

Breakfast Delivery to Classroom:

- Using insulated bags or containers, all components are brought to the classroom

Grab and Go

- Using kiosks or carts located in high traffic areas, students pick up their breakfast and take it to another location to eat

Reimbursable Vending

- Using strategically placed vending machines, all components of a reimbursable meal are provided

Breakfast on the Bus

- Meets needs of students who spend a great deal of time on a bus getting to school: breakfast provided on bus

Second Chance

- Usually includes Grab and Go and/or cafeteria breakfast after first period or during an extended break

- **Other?**



Tell Us About Yourself!

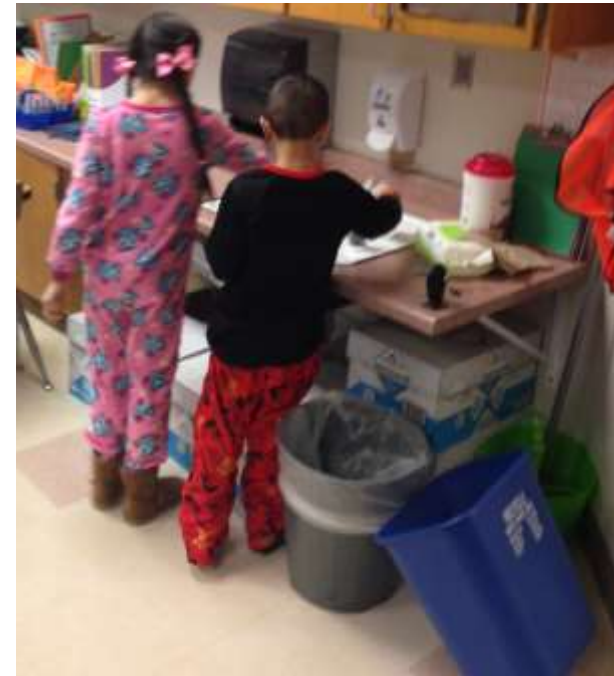
What does your school breakfast model look like?

- a. We are implementing via grab and go.
- b. We are implementing via breakfast delivery to the classroom.
- c. We serve breakfast in the cafeteria before the bell.
- d. I am not directly involved in schools
- e. Other alternative model



What do schools need to consider?

- Safety:
 - Hot foods stay hot and cold foods stay cold!
- Ease of Transport
- Clean Up: need to provide equipment and process for clean up
- Student Culture – provide foods kids are familiar with



What are the issues?

- Age of students
- Avoid Mess – drips, spills, stickiness and rolling items
- Portability– Able to take and eat on the go.
- Making it healthy -- Adhering to USDA meal requirement guidelines and reimbursable meal requirements
- Food Allergies – avoiding allergens in menus and creating a plan in classrooms for students to be safe
- Appealing Menu Options



Tell Us About Yourself!

What has been your greatest challenge related to menus with alternative breakfast models?

- a. Appealing options
- b. Food allergies
- c. Making it healthy
- d. Portability
- e. Other



Guest Speaker

Kim Johnson, MSW

Grants, Nutrition Education, & Summer Food Manager
Orange County Public Schools
Orlando, FL



Guest Speaker: Kim Johnson

- Orange County Public Schools is 9th largest district in country
- 194 schools
- 50+ schools implementing Grab and Go



Guest Speaker: Kim Johnson

How are alternative breakfast needs different than in cafeteria needs when it comes to menus?

- Items require pre-wrapping or packaging for ease of transport and easy eating
- Easy eating is key
- Minimizing mess and easy clean up (shows teachers we care about them)

Guest Speaker: Kim Johnson

What type of items do you incorporate?

- Easy eat items
- Hand held on the go meals
- Ex:
 - Breakfast sandwiches
 - Parfaits
 - Whole fruits

Sample Elementary Menu

07 Mon	08 Tue	09 Wed	10 Thu	11 Fri
Entree (pick one) <i>Apple Cinnamon Scone or Orange Passion Scone or Apple Fritzel</i>	Entree (pick one) <i>Chicken Breakfast Slider</i>	Entree (pick one) <i>WG Apple Cinnamon Texas Toast</i>	Entree (pick one) <i>Maple Beef Sausage Breakfast Sandwich</i>	Entree (pick one) <i>French Toast Sticks</i>
<i>Cereal Or Cereal Bars with String Cheese or Whole Grain Toast</i>	<i>English Muffin</i>	<i>Cereal or Cereal Bars with String Cheese or Whole Grain Toast</i>	<i>Peaches N Cream Parfait</i>	<i>Cereal or Cereal Bars offered with Whole Grain Toast or String Cheese</i>
Fruit (One of Each)	<i>Cereal or Cereal Bars with Whole Grain Toast or String Cheese</i>	Fruit (One of Each)	<i>Cereal or Cereal Bars with Whole Grain Toast or String Cheese</i>	Fruit (One of Each)
Fruit Juice	Fruit (One of Each)	Fruit Juice	Fruit (One of Each)	Fruit Juice
<i>Strawberry Cup</i>	<i>Fruit Juice</i>	<i>Sliced Apples</i>	<i>Fruit Juice</i>	<i>Pineapple Tidbits</i>
Choice of Milk	<i>Applesauce</i>	Choice of Milk	<i>Banana</i>	Choice of Milk
<i>Milk</i>	Choice of Milk	<i>Milk</i>	Choice of Milk	<i>Milk</i>
	<i>Milk</i>		<i>Milk</i>	

Guest Speaker: Kim Johnson

How do you meet needs and interests of students?

- Serve what kids want
- Kids are our customers and need their input
- Mindful of student ages
- Conduct Taste Tests of EVERY new item
 - Breakfast Ambassadors
 - Items must score an 80% approval rating
 - Use Social Media to promote (especially to older students)



Product: _____

If this item was on the menu, would you eat it?

Yes

No

Maybe

Guest Speaker: Kim Johnson

What resources do you use?

- Sharing with other school districts
- SNA, Food Management & other magazine articles
- Focus groups (kids know what they want/like)
- Vendors

Product: _____

If this item was on the menu, would you eat it?

Yes

No

Maybe

Questions?

Questions? Let us know!
GameOn@ActionforHealthyKids.org



Guest Speaker

Dr. Shannon Chiasson

School Food Service Supervisor

Iberville Parish School District

Plaquemine, LA



Guest Speaker: Dr. Shannon Chiasson

- Iberville Parish School District
- South of Baton Rouge
- 83.8% of students eligible for free and reduced priced meals
- 10 schools
- Implementing Grab and Go



Guest Speaker: Dr. Shannon Chiasson

Our breakfast program...

- Grab and go
- Roll out the cart with both hot and cold items
- Students carry items in bag to eat

Guest Speaker: Dr. Shannon Chiasson

How are alternative breakfast needs different than in cafeteria needs when it comes to menus?

- Took our normal menu and tweaked to make it mobile
- Ease of eating & hand held
- Successes:
 - Combination of items: scratch cooked and prepackaged
 - Sausage biscuits, breakfast pizza
- Challenges:
 - Some scratch cooked hot items haven't been able to go mobile (YET): grits, eggs

Guest Speaker: Dr. Shannon Chiasson

What tips would you have for schools just starting?

- Engage students
 - Working with some students who have 'complained' to determine other interests and desires
- Find ways to incorporate both hot and cold items
- Menus that are age appropriate

Questions?

Questions? Let us know!
GameOn@ActionforHealthyKids.org



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