

There's More Than One Way to Serve Breakfast



Alternative Breakfast Service Methods

What's Your Serving Method?

Step 1: Select the appropriate serving method for your school

Step 2: Examine your current serving method for potential challenges and opportunities to create solutions

Step 3: Present idea to Superintendent or School Board for approval and support

Step 4: Develop a plan using available resources to communicate to target audiences

Traditional Breakfast



Traditional Breakfast

- Breakfast consumed in the cafeteria at the same time for all students or in shifts
- Served before school starts
- Provides an option for students to eat a nutritious meal before the school day begins
- Time: at least 15 minutes before school starts



Traditional Breakfast

Advantages

- Students have an opportunity to socialize and interact with one another
- Multiple serving lines can be more efficient
- Ease of cleanup - consumption of the meal is in one area



Breakfast in the Classroom



Breakfast in the Classroom

- Breakfast delivered to the classroom
- Consumed in a familiar classroom setting
- School Food Service provides papergoods, trash bags and wipes for easy clean-up in each classroom
- Time: 7 - 15 minutes



Breakfast in the Classroom

Advantages

- Provides nutritious meals to students who do not have time to eat breakfast before school
- Children eat in the comfort of familiar surroundings
- More students can participate if cafeteria is too small or crowded
- Can be served and eaten during announcements, roll time or break time

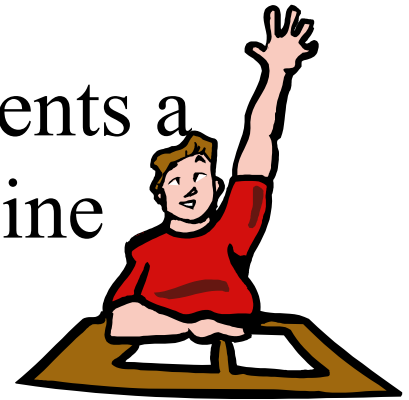


Breakfast after 1st Period



Breakfast After 1st Period

- Breakfast served following the first instructional period provides students a nutritious break
- A mid-morning breakfast gives students a healthy choice versus vending machine options
- Time: depends on breakfast service method



Breakfast After 1st Period

Advantages

- Purchasing breakfast to eat after 1st period encourages students to make breakfast a part of their daily routines
- Some students are just not ready to eat first thing in the morning
- Provides time for Food Service Staff to prepare breakfast



Grab 'n' Go Breakfast



Grab 'n' Go Breakfast

- Convenient for the student and you – takes less time to prepare than most traditional breakfasts
- Hand-held breakfast items
- Picked up by students in high traffic areas
- Served from mobile carts
- Time: when students begin arriving at school



Grab 'n' Go Breakfast

Advantages

- A bagged breakfast can be enjoyed on the go, before or during break when the student is hungry
- Secondary students like Grab 'n' Go for the flexibility and choices
- Fast and nutritious way to get the nutrients students need



Breakfast on the Bus



Breakfast on the Bus

- Breakfast handed brown bag style to students as they step on the bus in the morning
- Hand-held breakfast can be enjoyed before arriving at school
- School Food Service coordinates with Bus Drivers about routes and schedules
- Time: at least 15 minutes on the bus ride to school



Breakfast on the Bus

Advantages

- Students who ride the bus for long periods of time are able to get the nutrition they need
- Hand-held food items means kids can save something for a mid-morning snack between classes if they aren't very hungry yet
- Prepackaged items are individually wrapped and easy to eat
- Students throw out trash upon leaving the bus



Resources

- Talk to other schools who are currently operating the school breakfast program
- Seek assistance from your State agency
- Cultivate support from all stakeholders before beginning the program
- Collaborate with various organizations or schools to brainstorm ideas