

# WHAT'S FOR BREAKFAST?

What types of things can be served for breakfast? It can be very simple. For example, USDA has found that some of kids' favorite school breakfasts are:

**Cereal**

**Toast**

**Muffins**

**Sweet Rolls**

**Pancakes**

**Waffles**

**Hot Cereal**

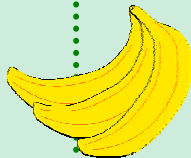
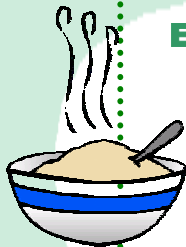
**Bagels**

**English Muffins**

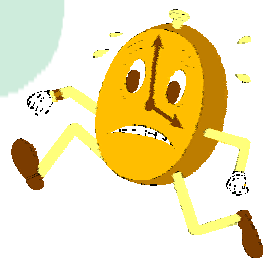
**Fruit**

**Yogurt**

**Milk**



You may also choose to do more than one of the above.



## There's More Than One Way to Serve Breakfast

- Besides the traditional serving in the cafeteria, breakfast can be served in the classroom. This option allows students to eat breakfast while the teacher takes attendance or collects homework. Your staff places food items and paper products in milk crates and/or small coolers, students pick up food in the cafeteria, serve themselves and clean up by placing trash in a small garbage bag. Trash and leftover food is placed in the hallway. The janitor returns the food to the kitchen and disposes of the trash.
- Another option is breakfast after first period and can be served either in the cafeteria or the classroom. This option would eliminate the "milk break" that is not reimbursed by USDA.
- Particularly popular in high schools is the Grab 'n Go breakfast. Bagged breakfasts can be placed in high traffic areas throughout school where students can pick them up and eat between classes.

Thank you to the North Dakota Head Start-State Collaboration Office for its support.

[www.headstartnd.com](http://www.headstartnd.com)



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## Discover School Breakfast, North Dakota!



# North Dakota School Food Service Professionals

## DISCOVER THE BENEFITS OF SCHOOL BREAKFAST

### State Officials Support School Breakfast

Recently State Superintendent of Public Instruction Wayne Sanstead said, "Research has shown that breakfast is the most important meal of the day for all of us. There is clearly a link between eating breakfast and being ready to learn. One of the state's primary objectives is to provide a healthy learning environment, and I believe it is very important to have school breakfast available to as many students as possible."



### Breakfast is Good for Kids, Parents and Educators

Studies show that there is a link between nutrition and learning. Students are more alert and can actively participate once their brains are fueled. Parents are pleased when breakfast is available at school for those mornings when family schedules are rushed or children don't feel like eating. Educators notice that students have improved attendance and fewer tardiness and discipline referrals. Be a part of the educational team by providing a nutritious breakfast.

### Serving Breakfast Can Be Simple

Dixie Schultz, Food Service Director for the Mandan Public Schools, serves cereal, toast, juice and milk every day except Wednesdays when she varies the menu slightly by adding a cheese slice or a hot item. She charges 90 cents for breakfast and has determined that her cost to produce a breakfast is 70-75 cents.

Food service staff have reported no behavior problems as students are just waking up and are happy to sit with friends or siblings.

### Serving Breakfast is not A Financial Burden

Your school can provide breakfast without financially burdening the school food service program. Like lunch, breakfast is reimbursed by USDA and the paperwork is minimal. Adding breakfast provides additional revenue to the program, with costs that can be easily controlled with careful planning.

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### Tips for Efficient Food Production

Here are some hints to help you plan for efficient food production:

- Arrange breakfast foods on the serving line (pre-portioned cereals) the day before
- Mix juices or open canned fruit during off-peak moments the day before; cover and refrigerate carefully
- Prepare quick breads and muffins the day before when ovens are still hot
- Incorporate USDA commodity items into the menu
- Prepare quick bread dry ingredients the day before and simply add the other ingredients in the morning.

### Start the School Breakfast Program

For the health and well-being of your students, begin a School Breakfast Program in your school. For assistance, contact Linda Glaser of the Department of Public Instruction at 1-888-338-3663.

