

Kettering City School District
Kettering Middle
Suburban - Kettering, Ohio, Montgomery County
Innovative Breakfast Programs



Collaborators:

- District Food and Nutrition Manager
- Middle School Food and Nutrition Staff
- Assistant Principal
- Custodial Staff

Serving Strategy

- Grab-n-Go breakfast cart offered in 6th grade lobby
- Expanded menu offered in cafeteria (fruit smoothies and a whole grain products)

Goals:

- Increase total number of students eating breakfast
- Improve accessibility of breakfast to 6th grade students

Results:

Breakfast participation increased 59% over the previous year.

The Story

The Kettering Middle School cafeteria is located in a building detached from the classrooms. Students must walk outside in all weather to have breakfast or lunch. Participation for breakfast was a dismal 7%! Realizing the separate location creates time constraints, efforts are focused on bringing the breakfast TO the students furthest from the cafeteria. A successful Grab n Go breakfast cart piloted convinced the team to make the cart permanent. They chose the 6th grade classes as they had the lowest breakfast participation and were the furthest from the cafeteria. Everyday the breakfast cart was taken, rain or shine, to a corner of the 6th grade lobby which is transformed into a Grab n Go area with the breakfast cart, milk cooler, table and point of sale. Update: the cart traffic is so high a larger area was needed. Food and Nutrition manger worked with the principal who then dedicated an entire room in the 6th grade building to serve breakfast from the cart.

“Everyone worked together to overcome significant barriers to ensure breakfast is accessible to all students so they are ready to learn each day.”

Louise Easterly, Food and Nutrition Manager