

Northern Local School District
Sheridan High
Rural – Thornville, Ohio, Perry County
Meal Quality



Collaborators:

- District Superintendent
- Business Manager in charge of Food Service
- Principal
- Staff
- Student Group
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Serving Strategy

- Update Menu with student input
- Update Marketing Strategies

Goals:

- Increase breakfast participation
- Increase academic success

Results:

- Breakfast participation increased 25-30% over the previous 2 years
- Increased revenue in food service department
- Students are achieving more academically
- The number of daily discipline referrals have decreased



“Teachers have expressed that they see a significant improvement in student’s mood and energy levels as a result of the increased (breakfast) participation”

*Thomas Perkins, Superintendent,
Northern Local School District*

The Story

The Northern Local School District’s superintendent understands the correlation between breakfast and academic success. They recognized that high school students were coming to school without the nourishment needed to be productive academically. So, the Northern Local team, superintendent, building principal, business manager in charge of food service, and a group of 25 students, collaborated to develop new menu ideas and marketing strategies to attract more students to eat breakfast every day. The students gave their input on breakfast foods they thought would entice more students to eat breakfast at school. With student input, breakfast now includes more hot items and breakfast foods that students enjoy as their BREAK “FEAST.” Over the last two years participation has increased by 25 to 30%, with nearly 75% of students eating breakfast every day. More importantly, staff report that breakfast has made a significant impact on student learning. The superintendent believes that by taking care of basic needs like hunger, students are better prepared to focus on lessons taught at school. The academic and behavior data indicate that a significant number of students are achieving more academically while the number of daily discipline referrals have decreased. Another benefit is that the overall increase in breakfast participation has increased revenue to the food service department helping them remain in the black. Breakfast has had a considerable positive influence on the school environment as students are well-nourished and better prepared to learn.

“The results have exceeded expectations as the most needed students are able to focus for longer periods of time and therefore able to get more out of their educational experience.”

Thomas Perkins, Superintendent, Northern Local School District