Millcreek-West Unity Local School District
Rural – West Unity, Ohio in Williams County
Innovative Breakfast Program & Meal Quality

2019 Champion of Breakfast

Collaborators

- District Administrators & Treasurer
- Elementary Principal- Laurie Worline, Food Supervisor Manager-Ellie Shinhearl,
- Transportation Supervisor-Nate Siegel, Custodial Supervisor-Bill Williams
- Building Principals, teachers, custodians and food service staff, administrative assistants
- Students and parents

Serving Strategy

- Breakfast in the cafeteria before the first bell. Buses arrive 10 minutes earlier so students have time to eat breakfast
- Breakfast in the classroom for students arriving close to the first bell
- Menu Variety- 2-3 hot meals and 5 main dishes each day
- Friendly environment and willingness of food service staff to accommodate student needs

Goals

- Increase access and participation in breakfast
- Provide a variety of healthy breakfast choices to entice students to eat breakfast
- Remove stigma associated with eating breakfast
- Promote breakfast for ALL students

Results

- Districtwide breakfast participation increased 42.5% over 2 years
- Breakfast participation for "paid" category increased 102% over 2 years
- Menu variety reduced food waste by 33%
- Utilized USDA commodity foods to reduce food costs and increase the number of choices offered
- Less stomach aches, happier students
- District received Momentum Award from ODE-(continuous improvement on test scores which could be related to more students starting their day with breakfast)

Millcreek-West Unity Local School District increased breakfast participation by rearranging bus schedules to arrive 10 minutes earlier at school, offering a variety of menu choices and promoting school breakfast for ALL students. Administration worked with all school staff to provide a smooth transition to the new bus schedule. Students go directly to the cafeteria to eat breakfast and those arriving close to the bell can pick up breakfast in the cafeteria and take it to the classroom to eat.

The food service staff increased the variety of food offered and promote breakfast through daily announcements and emails to parents and guardians. Breakfast choices include 2-3 hot meals, cereal choices and 5 other main dishes each day! The variety has proven most successful as students can always find a meal that is appealing to them. Food Service stepped up in other ways by creating a friendly accepting atmosphere in the cafeteria that made students feel welcomed! Over the past two years, breakfast participation has increased by 42.5% with a 102% increase for students in the "paid" category. All this was accomplished with student enrollment decreasing by 5.3%!

The district reports that school nurse visits with morning stomach aches has decreased, students are happier and test scores have improved which could be attributed to students starting their day with breakfast.

Next school year, the district plans to offer breakfast after the 1st bell at both the middle and high school. Students will pick up a grab-n-go breakfast from carts for students to take to their second period class. This option will work well for students that aren't as hungry in the morning and eat a later lunch.

Future plans include adding smoothies to the menu for another protein option and collaborate with Future Farmers of America (FFA) to grow produce in a greenhouse!

The Millcreek-West Unity Food Service