

Southern Local School District Rural – Racine, Ohio in Meigs County Innovative Breakfast Model & Meal Quality 2020 Champion of Breakfast



Collaborators

- Superintendent, administration, union representatives
- Building Principals, teachers, nurse, custodians, bus driver, and support staff
- School Meal Program Director and child nutrition staff
- Healthy Advisory Council, parents, PTO, education specialist and students
- Partners for Breakfast in the Classroom (PBIC) and Children’s Hunger Alliance



Serving Strategy

- Pre K-2-Breakfast in the Classroom (BIC)
- Grades 3 thru 6- Grab-n-Go from the cafeteria to eat in the classroom
- 7-12-Grab-n-Go from Kiosk carts strategically placed to eat in the classroom
 - 3 additional Kiosk carts placed in hallway for easy access and to increase speed of service

Goals

- Increase variety of food choices, access and participation in breakfast
- Survey students to add new menu items
- Provide a healthy breakfast so *all* students are nourished and prepared to learn

Results

- Districtwide 70% of students eat school breakfast every day. Participation increased 6% over the previous year.
- Breakfast revenue increased by 6%, providing improved management and sustainability of the program
- Attendance continues to rise especially at the high school and fewer disciplinary referrals have been made
- Fewer nurse visits: 1,780 less visits to the nurse from the previous year, 5,125 in 2018 to 3,345 to 2019.

As a 2019 Champion of School Breakfast, Southern Local implemented breakfast in the classroom districtwide for 740 students. Students ate breakfast in the classroom after the bell where classroom teachers either have “bell ringer” activities or start daily lessons while students eat breakfast.

In school year 2019-20, the district took the challenge of ramping up breakfast to the next level. Child nutrition staff worked with all previous partners, to make adjustments to menus and increase access and speed of service to improve breakfast participation. At the secondary school, additional kiosks carts were strategically placed in hallways to increase speed of service and access to breakfast. Surveys were conducted with all students to add new menu choices. A smoothie maker and other equipment were purchased to add more variety of hot and cold menu items. Yogurt smoothies were added to the cycle menu for all grades and biscuits and gravy were added daily to the high school menu.

As a result, the district increased breakfast participation 6% over the previous year. Districtwide, 70% of students eat breakfast every day! The additional number of students eating breakfast, efficient use of USDA foods, and menu changes, has increased revenue without an increase in labor costs. The success of the breakfast program, provides revenue needed to manage and sustain the child nutrition budget.

Breakfast as a part of the school day has helped shape a positive school climate. The district has experienced less behavior problems, better attendance and less visits to the nurse. The goal has been met; students are well nourished and prepared to learn.

“Kids look forward to breakfast....when they all eat they have a productive day, and that happens nearly every day. Kids look forward to breakfast now and they are more productive academically.”

Chris Stout, Teacher



Southern Local

