

St. Marys City Schools Rural, St. Marys, Ohio Auglaize County



Breakfast & Beyond-2022

Collaborators

- District Administrators
- Teachers, Students
- Child Nutrition Staff

School District Instructional & Meal Options

SY 2021-2022- In-person instruction

- Breakfast is offered in the cafeteria for all school buildings.
- 2nd Chance Breakfast at the Middle and High School.
- Breakfast and Lunch are offered at no charge.

Goals

- Increase access, speed of service and participation in the School Breakfast Program.
- Streamline menu options for easy pick-up.

Results

- Breakfast participation has increased by 600% at the middle/high school building. 68% of students eat breakfast daily districtwide.

SY2021-22- For the current school year, school breakfast and lunch are offered at no-cost districtwide. The school nutrition department met with administrators to determine methods to increase school breakfast participation at all buildings. With administrative support, the nutrition department streamlined menu options to increase the speed of service at breakfast in all buildings. At the middle/high school building, 2nd Chance Breakfast was implemented after the 2nd bell to accommodate students that normally aren't hungry first thing in the morning.

Elementary School: Students were spending too much time waiting in the cafeteria line to pick up breakfast. This discouraged some students from eating a daily breakfast. To speed up service, food choices were added to the menu that was easy for students to pick up as they moved through the cafeteria line. Students have more time to pick up breakfast and eat in the cafeteria, resulting in more students eating breakfast every day.

Middle/High School: About 100 students eat a hot breakfast in the cafeteria before the bell. The school implemented a 2nd chance breakfast at 9:00 am (after the 2nd bell) and at 9:45 am (for the band and choir students). This additional breakfast time helped to serve students tight on time or not at school early for breakfast. Menus were also streamlined to include more choices students enjoy. Increasing access to breakfast and new menu items increased participation from 100 to 600-800 students eating breakfast every day! The nutrition department added an additional hour for 2 staff members, to prepare and serve breakfast. The increase in participation has advanced the fiscal health of the department and has benefited students' nutritional well-being. Students enjoy breakfast and are "upset" if there is a 2-hour delay, and they can't eat breakfast at school.

The district would like to continue to offer meals at no charge in the future. Using alternative meal service times and streamlining the menu has contributed to a successful breakfast program that will continue to expand over time.

St. Marys City Schools



Second chance breakfast has been very successful at St. Marys City Schools. Many of our students come from homes, where food is limited or not available. Having the second chance breakfast allows these students the chance to get something to eat in addition to the two meals we feed them. We also have many students who do not like to eat first thing in the morning, so this gives them the opportunity to have that snack mid-morning. As the school nurse, I would estimate that 80 percent of the students I see in a day just need a small snack. I can share a small story with you; I have a student who takes medication every day and she always needs milk and a muffin to get her meds down. This student comes from a very low-income home and on 2-hour delay days, we do not offer breakfast. That particular morning was a 2-hour delay day, and this student was very emotional and beside herself because she wasn't going to get that meal. I was able to provide her with a snack thanks to our amazing cafe staff, but what we learn in that moment is that these kiddos depend on those meals. Sometimes the meals we provide here at school are the only ones they get in a day. So, what I want to say is PLEASE do not take away the second chance breakfast or limit any of the meals these kiddos receive, because I have seen an improvement in attendance and the number of students remaining here at school due to this addition. Thank you for caring about OUR kids.

*Deanna Halko RN, BSN, MSN-CNP
St. Marys City Schools District Nurse*

Our second chance breakfast option for our students has been incredibly successful and greatly benefited the health and wellness of our students and even improved the morning culture of our schools. Our Middle School and High School start their day early at 7:25am so many kids don't have time or an opportunity to eat breakfast before school. The students are excited in mid-morning to find out what's on the day's menu and grab it as they head to their next class.

Bill Ruane, St. Marys City Schools Superintendent

I feel strongly that a hungry stomach can lead to an unfocused mind. I believe our second chance breakfast has led to improved classroom performance and better behavior. The students at Memorial High School are blessed to have this opportunity and have experienced only positive benefits from this program. Thank you for enabling our students to be at their best.

John Zerbe, Assistant Principal



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