

Making Breakfast Better

What Vermont Schools Are Doing to Increase Breakfast Participation



*"A food service director has to be flexible and willing to try anything to improve the program."
— Food Service Director, Orleans Elementary*

Being flexible about when & where you offer breakfast

Serving the best breakfast means knowing how to reach the most children. The School Breakfast Program allows for flexibility: you can determine where and when to serve the meal. The key is to do what works for your kids and for your school's schedule.

What works best in Vermont schools?



Serve breakfast at snack time or during a break in the morning schedule



Serving breakfast in the classroom so students can settle into their rooms and prepare for the day



Offering a "grab and go" bagged meal from a cart or kiosk so students with busy schedules can grab breakfast throughout the morning

*"Teachers were initially concerned about the "grab n' go" breakfast in the classroom, but they are very pleased with the program, especially knowing that children have nutritious food in their stomachs to start the day."
— Principal, Fayston Elementary*

"The timing of breakfast is really important. Schools should find whatever time works best for them. For [our school] the mid-morning breakfast idea works."

— Food Service Director, Weybridge Elementary



A classroom breakfast might be:

1/2 pint milk
1 apple
1 Peanut butter sandwich

1/2 pint of milk
4 oz of juice
1 2oz muffin

1/2 pint of milk
1 banana
1 bagel with cream cheese

A hot breakfast might be:

1/2 pint of milk
1/2 cup applesauce
2 pancakes

1/2 pint of milk
1/2 cup fresh fruit
1 oz of cereal
1 slice toast

1/2 pint of milk
1/2 cup of juice
1 oz of scrambled egg
1 slice of toast

Contact Vermont's "Best in Breakfast"

Breakfast as a mid-morning snack / bagged meal to go:

Linda Poirier, Weybridge Elementary
802-545-2113, lpoirier@acsu.k12.vt.us

Breakfast in the classroom:

Rosanna Pallotta, Orleans Elementary
802-754-6650

Debra Merrill, Lowell School
802-744-6641, djm20041@netzero.net

Breakfast as a mid-morning snack (Middle & High School):

Elaine Roth, Rochester School
802-767-3161, x3116,
ebroth@earthlink.net

Traditional breakfast in the cafeteria:

Don Crum, Blue Mountain Union School
802-757-2711 x217,
don.crum@bmuschool.org

Creating a buzz

- ✓ Offer choices and change menu for variety
- ✓ Get input on menu preferences from students
- ✓ Provide a welcoming social environment
- ✓ Use themes, contests, and promotions






"My advice is to keep it simple. Offer favorite items on a regular basis for the kids to choose from. We offer bagels, cereal and muffins, as well as two kinds of juice every day. Everyone seems to find something they like."

— Food Service Manager, South Royalton

Making breakfast easy in high school

Serving breakfast in a high school can be particularly challenging. In order to increase participation rates, directors of Vermont's most successful high school breakfast programs suggest:

-  Leave the cafeteria open all or most of the morning so students can pick up breakfast between classes
-  Offer convenient, easy-to-eat choices like bagels or yogurt & granola parfaits
-  Set up a breakfast cart or kiosk at a convenient location for students



Vermont Campaign to End Childhood Hunger
180 Flynn Avenue, Burlington, Vermont 05401
Phone: 802-865-0255 www.vtnohunger.org
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