



## Rise & Dine: Breakfast After the Bell Menu Inspirations and More





## Housekeeping

- Webinar is being recorded
- Recording + Slides
  - Located on Center for Best Practices website
  - Follow-up email
- Put questions in Q&A box

## AGENDA

- Welcome and overview
- Introductions & meet Panelists
- Hear from Our Panelists
- Q&A
- Wrap up



**Jeannine Rios, PhD,  
MPH**

Senior Program Manager,  
No Kid Hungry

Center for Best Practices  
[jrios@strength.org](mailto:jrios@strength.org)

## Breakfast Changes Lives

- Kids who eat school breakfast...
  - **Miss less school** – they attend an average **1.5 more days** per year
  - **Do better in math** – they average **17.5% higher** math test scores
  - **Are 20% more likely** to graduate high school

*Source: Ending Childhood Hunger: A Social Impact Analysis, Deloitte*



# Common Barriers to Breakfast Participation

There are common barriers that prevent students from accessing school breakfast when it's served in the cafeteria before the start of the school day:

- Students don't arrive with enough time to eat before class starts.
- Stigma that school breakfast is for students from families with low-incomes.
- Middle and high school students may not be hungry first thing in the morning.
- The cafeteria location or set up is not convenient for or appealing to students.
- Students would rather socialize with their friends.

## Making breakfast part of the school day:

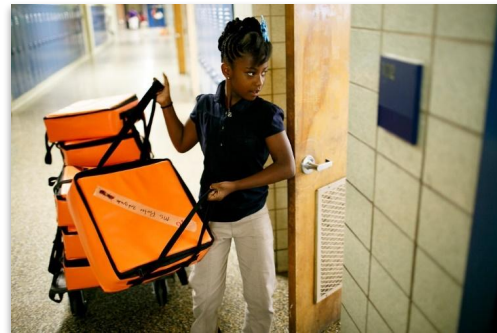
- Addresses the common barriers of traditional cafeteria breakfast.
- Ensures more students are able to start the day with a healthy meal.

**Breakfast After the Bell:** alternative service models that shift the time breakfast is served so that it's part of the school day and moves breakfast from the cafeteria to where students are, like classrooms and common areas:

- Breakfast in the Classroom
- Grab and Go
- Second Chance Breakfast



# Breakfast in the Classroom



# Grab and Go





# Second Chance Breakfast



Grab and Go



or

Traditional Cafeteria



**Breakfast**  
After The  
**BELL** 



**GRAB** and  
**Go**  
breakfast



# Menu Planning

Donna S. Martin, EdS, RDN, LD, SNS ,  
FAND

School Nutrition Consultant

[donnasmartin@gmail.com](mailto:donnasmartin@gmail.com)

# Burke County Public Schools

## Who we are

- Rural County
- County Population: 22,243
- Poverty Level: 100% of students eat at no cost
- Unemployment rate: 5.9%
- School System Enrollment: 4,000 students
- Schools: 5 schools
- We serve Breakfast, Lunch, After-school snack, Fresh Fruit and vegetable Grant, Supper and Summer Feeding
- Breakfast Participation 71.3%
  - We do Grab and Go and Breakfast in the Classroom
- Lunch Participation 86.3%



# Basics of Menu Planning

- The menu drives everything!
- Reflects students' preferences
- Allows students to build healthy school meals
- Increases consumption
- Reduces waste
- Follows USDA Meal Pattern



## Breakfast Menu

Apple or Orange Juice and 1% or FF Chocolate Milk Served



Monday	Tuesday	Wednesday	Thursday	Friday
Hot Breakfast of The Day	Hot Breakfast of The Day	Sensational Smoothies	Hot Breakfast of The Day	Hot Breakfast of The Day
Egg Sandwich/ Pancakes/ Waffle	Egg Sandwich/ Pancakes/ Waffle	Hot Breakfast of The Day	Egg Sandwich/ Pancakes/ Waffle	Egg Sandwich/ Pancakes/ Waffle
Blueberry or Choc Chip whole grain Muffins	Blueberry or Choc Chip whole grain Muffins	Egg Sandwich/ Pancakes/ Waffle	Blueberry or Choc Chip whole grain Muffins	Blueberry or Choc Chip whole grain Muffins
Whole Grain Bagels With Cream Cheese	Whole Grain Bagels With Cream Cheese	Blueberry or Choc Chip whole grain Muffins	Whole Grain Bagels With Cream Cheese	Whole Grain Bagels With Cream Cheese
Pillsbury Cinni-Melts	Pillsbury Cinni-Melts	Whole Grain Bagels With Cream Cheese	Pillsbury Cinni-Melts	Pillsbury Cinni-Melts
GM Low Sugar Cereals	GM Low Sugar Cereals	Pillsbury Cinni-Melts	GM Low Sugar Cereals	GM Low Sugar Cereals
Fresh Fruit Daily	Fresh Fruit Daily	GM Low Sugar Cereals	Fresh Fruit Daily	Fresh Fruit Daily
Apple Juice	Apple Juice	Fresh Fruit Daily	Apple Juice	Apple Juice
Orange Juice	Orange Juice	Apple Juice	Orange Juice	Orange Juice
		Orange Juice		





# Meal Pattern

## School Breakfast Program Meal Pattern

	Grades K-5	Grades 6-8	Grades 9-12
Food Components	Amount of Food <sup>a</sup> per Week		
	(minimum per day)		
Fruits (cups) <sup>b c</sup>	5 (1)	5 (1)	5 (1)
Vegetables (cups) <sup>b c</sup>	0	0	0
Dark green	0	0	0
Red/Orange	0	0	0
Beans and peas (legumes)	0	0	0
Starchy	0	0	0
Other	0	0	0
Grains (oz eq) <sup>d</sup>	7-10 (1)	8-10 (1)	9-10 (1)
Meats/Meat Alternates (oz eq) <sup>e</sup>	0	0	0
Fluid milk <sup>f</sup> (cups)	5 (1)	5 (1)	5 (1)
<b>Other Specifications: Daily Amount Based on the Average for a 5-Day Week</b>			
Min-max calories (kcal) <sup>g h</sup>	350-500	400-550	450-600
Saturated fat (% of total calories) <sup>h</sup>	<10	<10	<10
Sodium Target 1 (mg)	≤ 540	≤ 600	≤ 640
<i>Trans</i> fat <sup>h</sup>	Nutrition label or manufacturer specifications must indicate zero grams of <i>trans</i> fat per serving.		

## School Breakfast Calorie Range Average Calories/Week

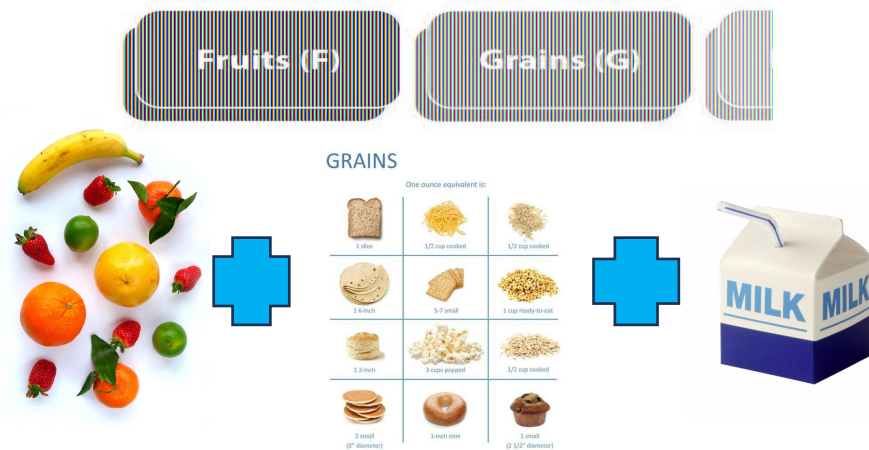
Grades K–5	Grades 6–8	Grades 9–12
350–500	400–550	450–600

School Breakfast  
Calorie Range

(450-500 calories works  
for all grades)

# Food Components for School Meals

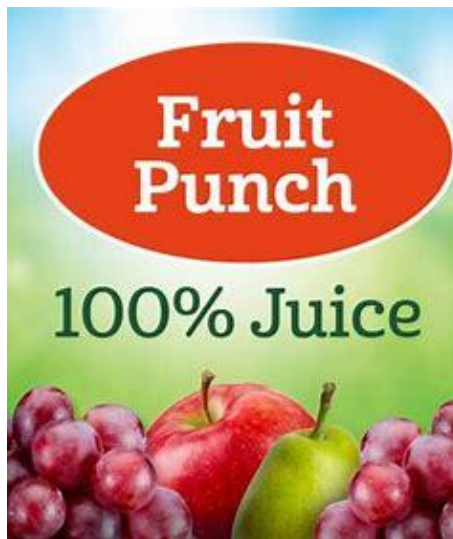
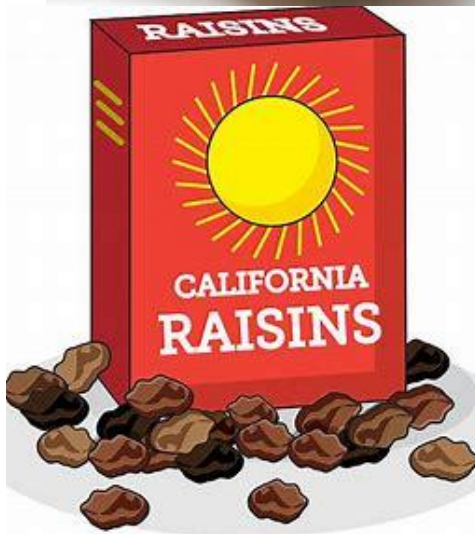
Three required food components for breakfast



# School Breakfast Fruit Requirements

## Reimbursable School Breakfast Fruit Component

	Daily Minimum Requirements Offered	Weekly Minimum Requirements Offered
Grades K–5	1 cup	5 cups
Grades 6–8	1 cup	5 cups
Grades 9–12	1 cup	5 cups

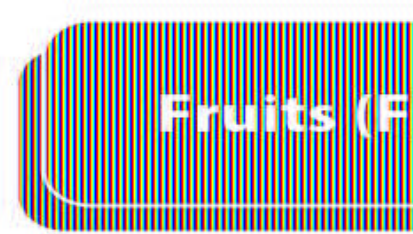


## Fruit Component

- Required component for reimbursable breakfast meal
  - Fresh
  - Frozen (with or without added sugar)
  - Canned in light syrup, water, or juice
  - Dried
  - Pasteurized, 100% fruit juice
  - Substitute a vegetable for part of the fruit

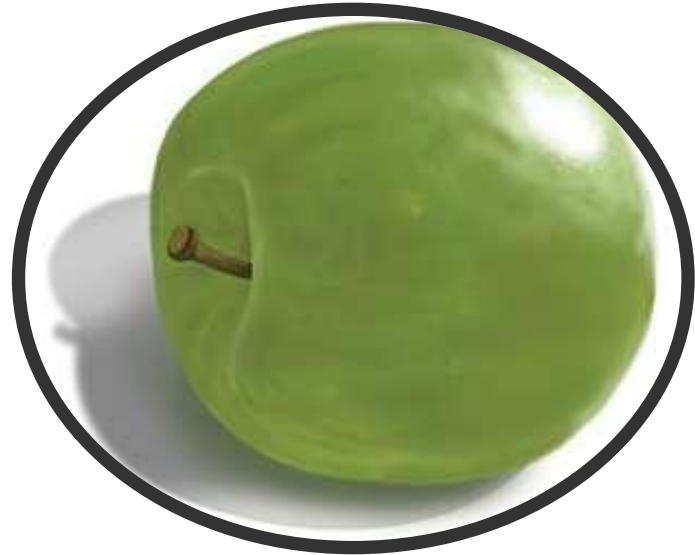
# Juice

- Pasteurized, 100% full-strength fruit juice may also be offered
- No more than half of the weekly fruit offering may be in the form of juice





Fruit Catch – Students can decline one, but not both

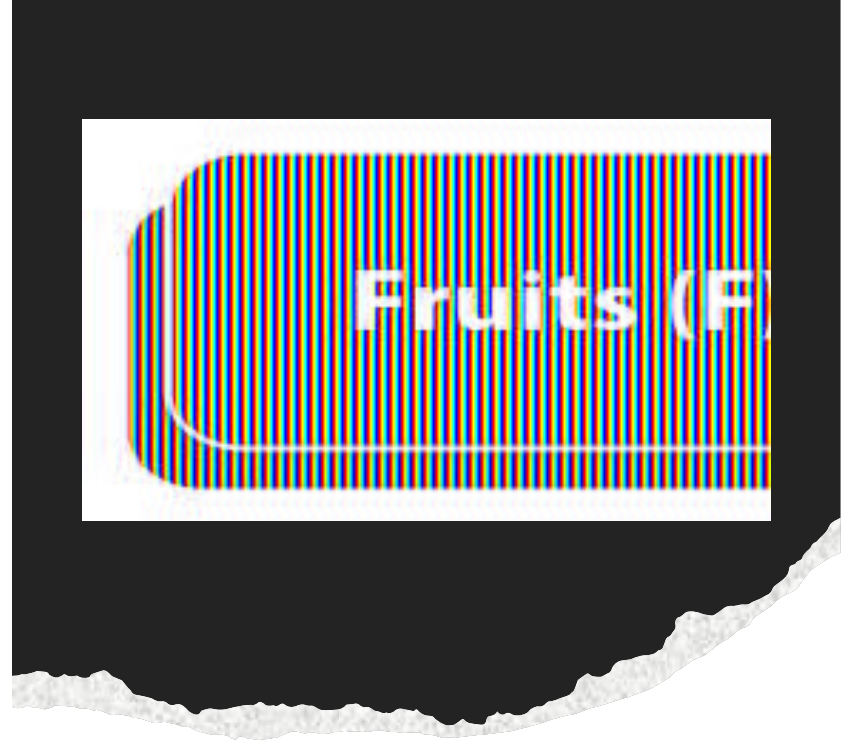


# Dried Fruit



Whole dried fruit pieces  
credit as twice as much

- $\frac{1}{4}$  cup raisins/craisins  
contributes  $\frac{1}{2}$  cup  
toward fruit  
requirements





# School Breakfast Grains Requirements

Reimbursable School Breakfast Grains Component		
	Daily Minimum Requirements Offered	Weekly Minimum Requirements Offered
<b>Grades K–5</b>	1 ounce equivalent	7–10 ounce equivalents
<b>Grades 6–8</b>	1 ounce equivalent	8–10 ounce equivalents
<b>Grades 9–12</b>	1 ounce equivalent	9–10 ounce equivalents

Schools are only required to meet the **daily and weekly minimum** requirements for this food component. To meet the minimum weekly requirements, grades K–5, grades 6–8, and grades 9–12 will need to offer more than the minimum daily requirements on some days during the week.

# Breakfast M/MA



and



Minimum daily grain requirement is 1 oz eq

or



Or M/MA can count as an extra food

# Fluid Milk Requirements

- Requirement same for lunch and breakfast
- 1 cup of fat-free or low-fat (1%) fluid milk must be offered daily
- Weekly minimum of 5 cups
- Unflavored milk must be offered at each meal service



# A menu that works

Monday	Tuesday	Wednesday	Thursday	Friday
Waffle & Sausage (1 grain-1 M/MA)	Pancake Sandwich (Chicken sausage & Cheese) (1 grain-1 M/MA)	Muffin & Yogurt (1 grain-1 M/MA)	English Muffin Sandwich (Canadian bacon, egg, cheese) (1 grain-1 M/MA)	Cinnamon Toast & Yogurt (1 grain-1 M/MA)
Fruit Juice (1/2 cup)	Fruit Juice (1/2 cup)	Fruit Juice (1/2 cup)	Fruit Juice (1/2 cup)	Fruit Juice (1/2 cup)
Banana (1/2 cup)	Raisins (1/4 cup)	Applesauce (1/2 cup)	Orange (1/2 cup)	Blueberries (1/2 cup)
Assorted Milk	Assorted Milk	Assorted Milk	Assorted Milk	Assorted Milk

Nutrient	Target	Actual	Goal Met?
Calories	450-500	457	✓
Sodium	570	525	✓
Fat/Sat Fat %	30/10	17/5	✓

# Breakfast in the Classroom

	Monday	Tuesday	Wednesday	Thursday	Friday
Entree	Big Bowl Cereal (2 grains)	Meat Biscuits (1 grain-1 M/MA)	Waffles (2 grains)	Yogurt and Granola (1 grain-1 M/MA)	Pancakes (2 grains)
Fruit	Banana	Applesauce	Frozen Strawberries	Blueberries	Craisins
Fruit Juice	Juice	Juice	Juice	Juice	Juice
Milk	Assorted Milk	Assorted Milk	Assorted Milk	Assorted Milk	Assorted Milk





# Grab and Go Breakfast



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Cold Breakfast</b>	Choice of Big Bowl Cereal (2 grains)	Choice of Big Bowl Cereal (2 grains)	Choice of Big Bowl Cereal (2 grains)	Choice of Big Bowl Cereal (2 grains)	Choice of Big Bowl Cereal (2 grains)
	Muffins and Cheez-it Crackers (2 grains)	Yogurt w/ Nutri-Grain Bar (1 grain-1 M/MA)	String Cheese w/ Banana Muffin Mini Loaf (1 grain-1 M/MA)	PB&J Uncrustables (1 grain-1 M/MA)	Smoothie and Teddy Grahams (1 grain-1 M/MA)
<b>Hot Breakfast</b>	Egg and Cheese Biscuit (1 grain-1 M/MA)	Waffles (2 grains)	Sausage Biscuit (1 grain-1 M/MA)	Pancake Pups (1 grain-1 M/MA)	Breakfast Burrito (1 grain-1 M/MA)
	Clementines	Fruit Cocktail	Plums	Dried Cherries	Bananas
	Apple Juice	Orange Juice	Fruit Juice	Orange Pineapple Juice	Grape Juice



# Last Chance Breakfast

Chocolate Chip Breakfast Bar (2 grains)	Sausage/Egg/Cheese Burrito (1 grain-1 M/MA)	Apple or Cherry Frudel (2 grains)	Dutch Waffle (2 grains)	Banana Muffin String Cheese (1 grain-1 M/MA)
Applesauce	Orange	Pear	Raisins	Apple Slices
Orange Juice	Pineapple Juice	Apple Juice	Grape Juice	Fruit Punch Juice
Assorted Milk	Assorted Milk	Assorted Milk	Assorted Milk	Assorted Milk





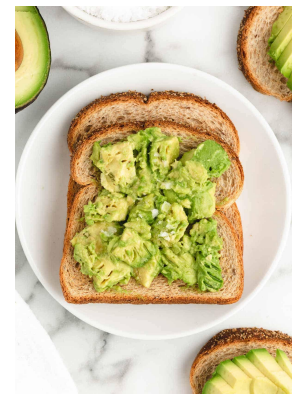
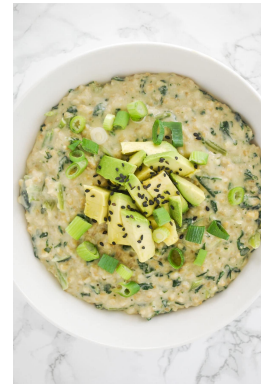
# Culturally Relevant Breakfast Ideas



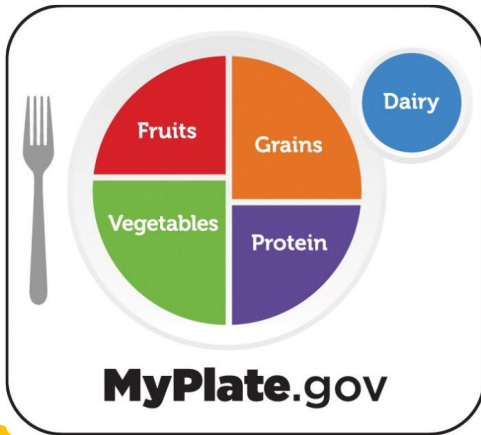
<b>Somali</b>	Feta Cheese and Spinach Bourekas	Grilled Cheese	Whole Wheat Bagel with Creme Cheese	Egg and Cheese on a whole wheat Roll	Multi grain croissant
<b>Vegetarian</b>	Tofu Scramble and Cheese	Yogurt Parfait	Cheese Quesadilla	Peanut Butter Oatmeal	Pancakes
<b>Southern</b>	Cheese Grits	Meat Biscuits	Banana Muffins		
<b>Halal/Muslim</b>	Oatmeal	Chicken Biscuit	Yogurt Parfait	French Toast	Waffles
<b>Tribal</b>	Hard Boiled Eggs Hash Browns	Yogurt Granola Bars	Scrambled Eggs w/ pepperoni, tomatoes and cheese Hash Brown Patty	Omelet Toast	Muffin Sunflower seeds



# Culturally Relevant Breakfast Ideas



	Pancakes	Waffles	Cereal	Chicken Biscuit	Muffins
<b>Kosher</b>					
<b>Asian</b>	Egg Bhurji (Spiced Indian Scrambled Eggs)	Okayu (Japanese Rice Pudding)	Avocado Toast	Chicken Fried Rice	Miso Oatmeal
<b>Gluten Free</b>	Yogurt and Gluten Free Granola	Grilled Cheese (Gluten Free Bread)	Scrambled Eggs and Toast (Gluten Free)	Gluten Free Breakfast Bar and String Cheese	Cheese Omelet and gluten free muffins
<b>Hispanic/Latino</b>	Egg and Sausage Burrito	Cheese Quesadilla	Breakfast Enchiladas	Breakfast Taquitos	Breakfast Tacos



# OVS Breakfast

All students, at any grade level, must select:

- At least three food **items not components**
- The minimum daily required serving for grains (or M/MA offered for this component) and milk
- At least  $\frac{1}{2}$  cup of fruit, vegetables, or fruit/vegetable combined

# Combination Foods

- Combination of foods contains more than one menu item
- Examples
  - Pre-plated waffle with fresh fruit topping must select both the waffle and fresh fruit topping
- Yogurt parfait, breakfast burrito, milk and fruit smoothie





# Smoothies

- 1 cup milk and ½ cup fruit, vegetable, or fruit/vegetable combined
- May count as two food items

Fluid Milk

Fruits (F)

- If you use yogurt it counts as a M/MA not milk and fruit

Meats/Meat  
Alternate  
(M/MA)

Fruits (F)



# Coffee Bars – It counts as a milk!



Fluid Milk






**Donna S. Martin, EdS, RDN, LD, SNS ,  
FAND**

**School Nutrition Consultant  
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## Feeding Hungry Tigers With Pride



*Candy Biehle  
Child Nutrition Director  
Smithville ISD  
Smithville, Texas*



54% FREE / REDUCED  
UNIVERSAL FREE BREAKFAST  
NO CEP--CURRENTLY  
ALL BREAKFAST ARE SERVED  
IN THE CAFETERIA

Rural District  
Enrollment 1807  
5 cafeterias and  
4 kitchens



We Let The Chain Restaurant do the Advertising For US!!





**Pizza  
Hut.**

**FORBESLIFESTYLE DINING**  
**Pizza Hut Launches Hot Honey Pizza With A  
Spicy New Campaign**



Sonic now has tater tot nachos called totchos

We have got to try these!



*New*  
**Totchos**







[Taco Bell's Crunchwrap Supreme Back by Popular Demand](#)

# Smithville High School CRUNCHWRAP







Apple Empanadas  
(Spanish Apple Hand Pies)







ARCHIVE

IHOP launches chicken and  
waffles LTO

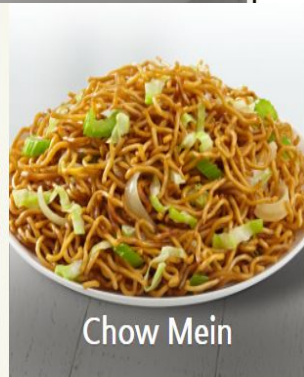




Orange Chicken



Fried Rice



Chow Mein



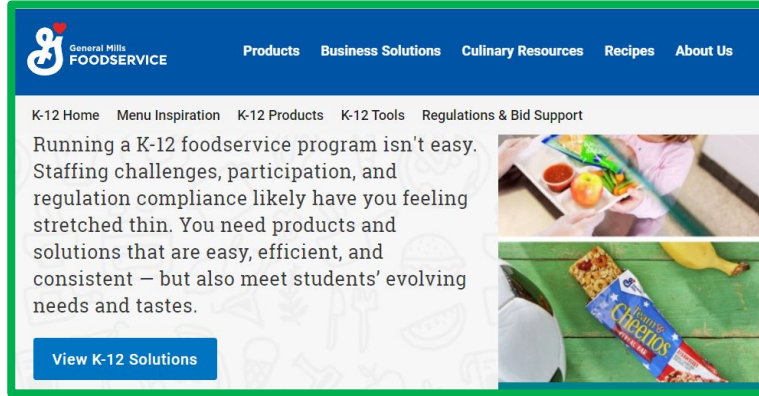


## STUDENT FAVORITES – ALL GRADES

- Walking Tacos
- Breakfast for Lunch
- Chunky Monkey Parfait



# MENU INSPIRATIONS FROM MANUFACTURES



**General Mills FOODSERVICE**

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K-12 Home Menu Inspiration K-12 Products K-12 Tools Regulations & Bid Support

Running a K-12 foodservice program isn't easy. Staffing challenges, participation, and regulation compliance likely have you feeling stretched thin. You need products and solutions that are easy, efficient, and consistent – but also meet students' evolving needs and tastes.

[View K-12 Solutions](#)

*Images: A person in a pink shirt holding a plate of food, and a box of Cheerios cereal.*



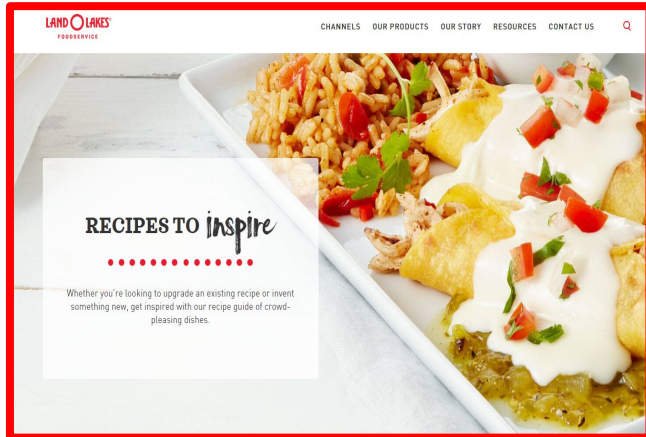
**J.T.M.**

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Home | Recipe Ideas | K-12

## K-12 Recipes

Filter By: **MENU CATEGORY**



**LAND O' LAKES FOODSERVICE**

CHANNELS OUR PRODUCTS OUR STORY RESOURCES CONTACT US Q

## RECIPES TO inspire

Whether you're looking to upgrade an existing recipe or invent something new, get inspired with our recipe guide of crowd-pleasing dishes.

*Image: A plate of food featuring rice, beans, and a sauce.*



**RICH'S** INFINITE POSSIBILITIES. ONE FAMILY.

PRODUCTS BUSINESS SOLUTIONS RESOURCES ACADEMY ABOUT US Q

HOME / BUSINESS SOLUTIONS /

## FUELING THE FUTURE.

**RICH'S FOODSERVICE FOR K-12**

*Image: A package of Rich's Chocolate Chip Cookies.*



A photograph of a garden bed. The bed is filled with lush green leafy plants, likely parsley or cilantro. The plants are growing in a bed bordered by grey concrete blocks. Some of the blocks have small plants growing in them. In the background, there is a grey stone wall and a blue object, possibly a person's clothing. The text "LET'S TALK GARDEN" is overlaid in the center of the image.

**LET'S TALK GARDEN**



# Smithville ISD Operates 3 school gardens



Gardens are maintained by the students



Classroom Training and Taste Testing



Korean Melon



# FIRST CARROT HARVEST







## Smithville High School

This Garden is located in the school parking lot.

This makes it accessible for the students with disabilities.

All of the produce raised in this garden is used in the Cafeteria.

This year we are serving oriental cabbage and bok choy.

**THANK YOU FOR LETTING ME  
SHARE OUR SUCCESSES AT  
SMITHVILLE ISD WITH YOU..**

If you have any questions please email me:  
[cbiehle@smithvilleisd.org](mailto:cbiehle@smithvilleisd.org)

Located in the San Gabriel Valley

78% free and reduced

K-12

Declining enrollment with a school reorganization this past summer.

Reorganized in the 23-24 school year from 16 school sites to 11 sites

District-wide Community Eligibility Provision

Member of the San Gabriel Purchasing Cooperative

Member of the Super Coop

Lower socio- economic demographic

97% of the population is Hispanic

Opted into the 40% freshly prepared KIT Funding

Supply Chain Assistance Funding

Local Foods for Schools Funding

## Daily Meal Counts

- 3000 Breakfast Meals
- Breakfast before the bell and during recess and passing period.
- 5500 Lunch Meals
- 1200 afterschool supper meals
- Lunch participation at middle school has increased by 25% since August



# Spotlight: Azusa USD





# Implementing Scratch Cooking



Prior to 23-23 school year, we were semi scratch cooking but mostly heat and serve



Received the California Kitchen Infrastructure and Training (KIT) funds from California Department of Education. The KIT funding is intended to help school districts increase the amount of freshly-prepared meals they serve, which studies show students are more likely to consume. A portion of the KIT funds are dedicated to school districts that commit to at least 40% freshly-prepared meals onsite by the 2023-24 school year.

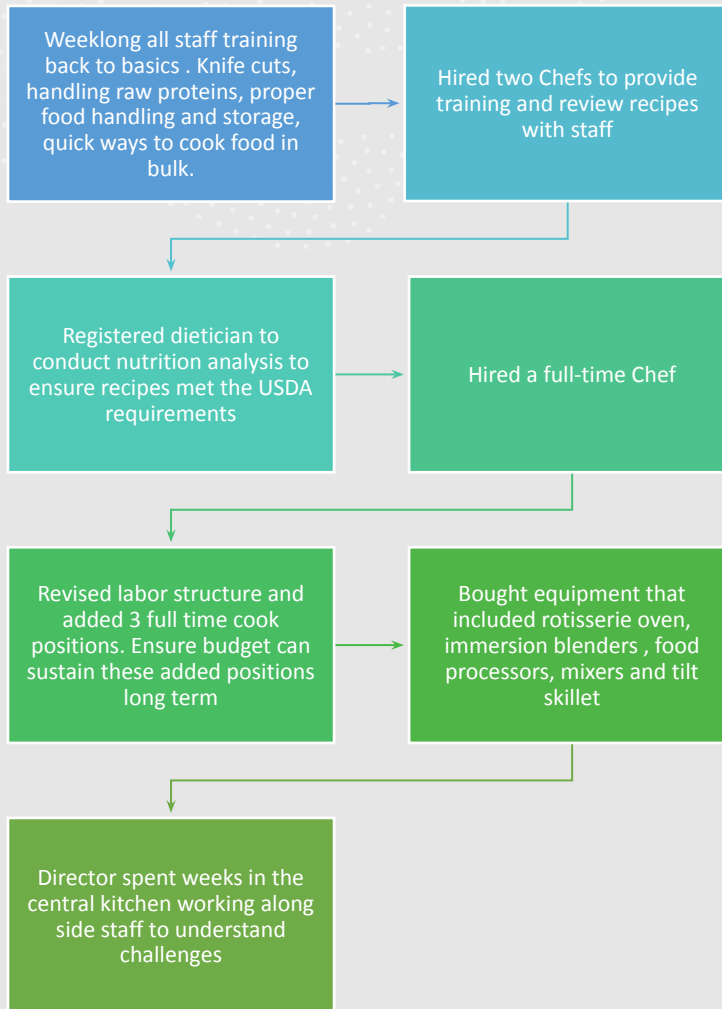


The KIT program started in the 2021 state budget with \$150M and continued in 2022 with \$600M. By April 2023, \$585M of the 2022 KIT funds had been allocated to school districts.



*California's Kitchen Infrastructure and Training (KIT) program provides school districts with noncompetitive funds to upgrade deteriorating school kitchens, purchase equipment, and train staff.*

# Utilizing Our KIT Funding



Staff  
Training  
Back to  
Basics



# Procurement



Strictly follow USDA procurement regulations.



Review all solicitations and bids with District Purchasing Supervisor for accuracy.



Completed formal bid process using CAFF bid template with TA from FoE and CAFF - connected via FoE) and now purchasing Mary's Organic/Non-GMO/Humanely-raised chicken as well as Cream Co. regenerative beef and Old Grove Orange Farms Produce.



Made submission of documents to CDE relatively easy during our recently completed procurement review.



Promoting and building relationships with local small business farmers. We publicize this on our menus, website and social media platforms.

Mary's Organic  
and free-range  
Chicken  
Rotisserie  
Wings  
Drumsticks











Preparation overseen by Chef

# Social Media Posts/Marketing

**Azusa Unified School District**  
Aug 17, 2023 · 🌐

Our Nutrition Services team worked hard preparing for the first day of school with some scratch cooking! They are serving grass-fed burgers and freshly baked whole grain items. [#WeAreAUSD](#) [#AzusaUSD](#) [#AUSDgoesTheDistance](#)



👍❤️ Chef Kent Getzin Consulting and 432 others

👍 433    🔍 46    ↻ 8

**Azusa Unified School District**  
Oct 20, 2023 · 🌐

Coming soon to an elementary school cafeteria near you - chicken pot pies made from scratch! This delicious lunch menu item will begin makin... See more




👍❤️ 135

👍 135    🔍 31    ↻ 2

**Azusa Unified School District**  
Nov 17, 2023 · 🌐

Thanksgiving started early at GMS with a delicious fresh lunch of turkey, chicken wings, mashed potatoes, green beans, farm to school persimmons, a... See more



👍❤️ 117

👍 117    🔍 10    ↻ 4







# Staff Motivation

- Trips to local farms on staff development days
- Surprise guests honoring staff
- [https://drive.google.com/file/d/1UbrSqQ-DTcvlPXdHD\\_7jArYKl5N6x9qz/view?usp=sharing](https://drive.google.com/file/d/1UbrSqQ-DTcvlPXdHD_7jArYKl5N6x9qz/view?usp=sharing)





And the  
winner  
was...



# Feedback

01

<https://drive.google.com/file/d/1kNXuc0mhuz5lynOrpdqCKqwzKFByeV7x/view?usp=sharing>

02

<https://drive.google.com/file/d/1bLsgMDkaIJD7CjIQ1C3V0DhiZYoNd3Mq/view?usp=sharing>

03

<https://drive.google.com/file/d/1-7MmpU9v0qwm9CsQ0muTQl7FDeenqzDs/view?usp=sharing>

# Student Taste Testing



# Recipe Resources

- [USDA Recipe Standardization Guide for School Nutrition Programs – Culinary Institute of Child Nutrition \(theicn.org\)](https://www.theicn.org/recipe-standardization-guide)
- [K12 Recipes for School Foodservice - Healthy School Recipes](#)
- [Recipe Library - School Nutrition Association](#)
- Other school districts have great recipes and will be willing to share . Don't reinvent the wheel if you don't have to.
- Our distributor Gold Star foods recently created a menu inspiration and recipe program tool where they share Chef-Tested and Dietitian approved recipes.



# Trainings

Trainings | Chef Kent  
Getzin Consulting

School Food Rocks –  
Home

(10) Michelle Curry, SNS  
| LinkedIn



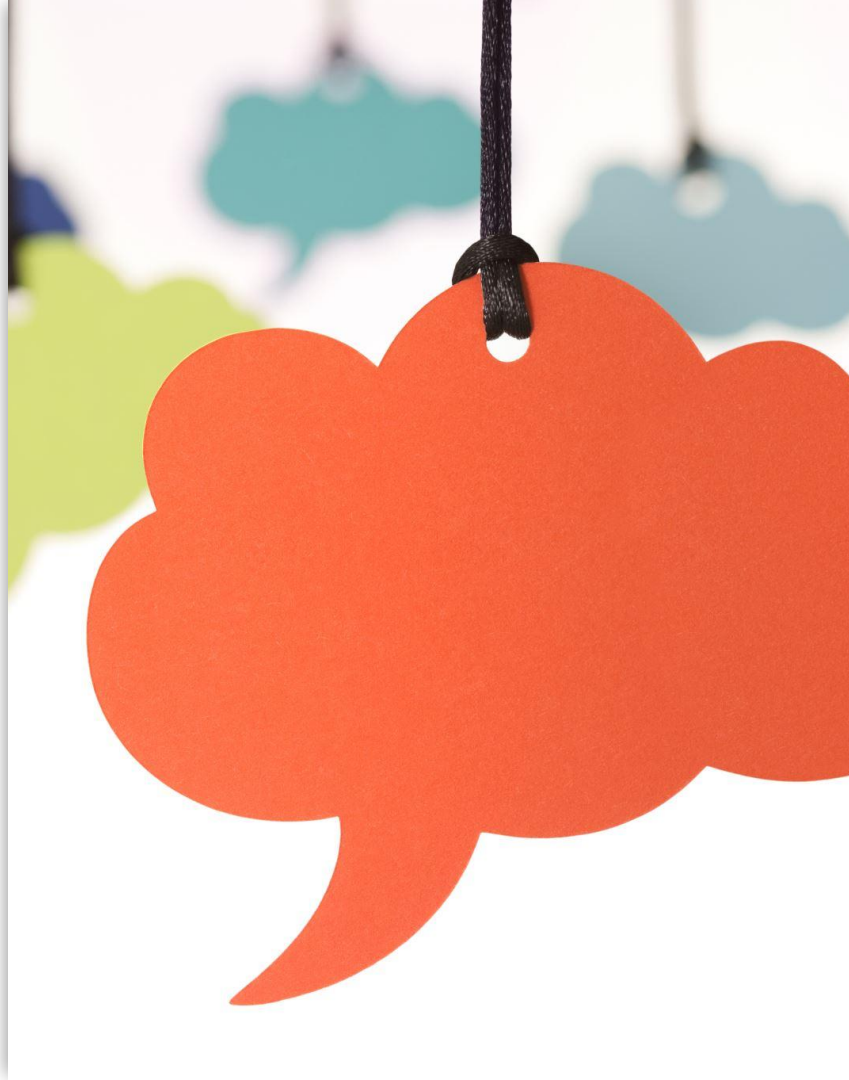
# CNP Operators Share Resources. We learn from each other

Please feel free to contact me if you would like  
additional information

Stella Ndahura

Email: [:sndahura@azusa.org](mailto:sndahura@azusa.org)

Telephone: (626)732-8057





## Resources

- [Center for Best Practices bi-weekly newsletter](#)
- [National School Breakfast Week 2024 video resources](#)
- [Study on Chronic Absenteeism and Breakfast After the Bell](#) (micro-report)
- [Breakfast After the Bell: Myths vs. Facts](#)
- [Innovative Breakfast Delivery Options](#)
- [School Breakfast Promotion Strategies](#)
- [Strategies for Increasing Breakfast Participation at Middle and High Schools](#)

## Question & Answer

Sign up for our newsletter at  
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