

Welcome to Our Webinar!

**Breakfast Menus That Students Love**



- Thank you for joining us!
- As we wait to get started, please add your name and state/program in the chat and add an emoji to describe your mood 😊!
- Visit our website to find more resources & webinars  
<https://bestpractices.nokidhungry.org/>



## Breakfast Menus That Students Love

Speakers featured:

- **Sally Spero**, Interim Child Nutrition Director, San Ysidro Unified School District, San Diego, CA
- **Kelly Shortsleeve**, Director of School Nutrition, Lamoille North School District, Hyde Park, VT
- **Phylicia Burford**, Director of Food Services, Thornton Fractional District 215, Lansing, IL
- **Moderator**: Jeannine Rios, No Kid Hungry

February 13, 2025 2pm EST



## Housekeeping

- This webinar is being recorded
- Recording and slides
  - Will be sent to you in a follow up email
  - Located at the center for Best practices  
<https://bestpractices.nokidhungry.org/webinars>
- Please put questions in the Q&A box
- Please fill out survey you will receive after the webinar. Feedback helps us.

## Resources

- [The CBP School Breakfast page](#)
  - [Breakfast Success Stories](#)
- [What's New Newsletter](#)
- [Breakfast Bites](#)

### SPOTLIGHT Resource:

#### STUDENT INVOLVEMENT IN SCHOOL

#### BREAKFAST



Student involvement can directly help improve breakfast participation and create long-lasting relationships between students and school nutrition professionals. Incorporating youth voices can shape food service initiatives to promote healthier food and create more inclusive meal options.

[This resource](#) contains best and promising practices that schools and districts can test out and incorporate what resonates with them in order to connect with student voices to improve breakfast participation.





# School Breakfast Success with Local Favorites

**Sally Spero, SNS**  
**Interim Child Nutrition Director**  
**San Ysidro CA School District**

# New Meal Pattern=New Opportunities

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Greater variety of foods

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More opportunities to serve protein-rich products

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Lower costs

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Easier to incorporate vegetables

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Chance to rethink breakfast goals

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And...of course...less sugar





## San Ysidro CA A Case Study



- Home to the busiest border crossing in the world
- Unique Mexican-American culture
- Goal: to serve breakfasts with less sugar
- Goal: to serve more vegetables at breakfast
- Goal: to reflect student's culture in the meal

# Rethinking Breakfast

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Breakfast in the  
local  
community



Recipe  
research



Student ideas



Staff input



# Important to Keep

## Chocolate milk

- Reduced sugar formula from dairy

## Cereal

- Switch to low-sugar or unsweetened

## Pastry

- Mexican pan dulce



# Getting Student Ideas

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- Focus group with older students
- Student surveys
- Chicken and waffles
  - Controlling the syrup
- Bacon
  - Hold on, we're getting there!





# Our Staff Chimes In

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- Students prefer white cheese over yellow cheese
- Burritos
- Salsas, peppers and cilantro familiar flavors
- Pork products well accepted



# So...What's on the Menu?

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- Cereal with graham crackers daily



# So...What's on the Menu?

- Pan dulce with potatoes





# So...What's on the Menu?

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- Scrambled eggs with green chilis, jack cheese and cilantro



# So...What's on the Menu?

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- Bean and cheese burrito with pico de gallo (tomatoes, onions, peppers)



# So...What's on the Menu?

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Chicken and waffles







# And That Bacon?

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- Eliminating quick breads and muffins lowered sodium
- Adding vegetables upped calories and lowered saturated fat percentage
- Cheese omelet with bacon!

# Transforming School Nutrition



Lamoille North Supervisory Union

# Who am I?

## Kelly Shortsleeve

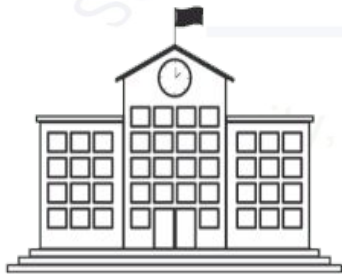


# Lamoille North At a Glance

Our school district is made up of 8 schools, with 6 cafeterias.



1 District



1 High  
School



1 Middle  
School



5 Elementary  
Schools

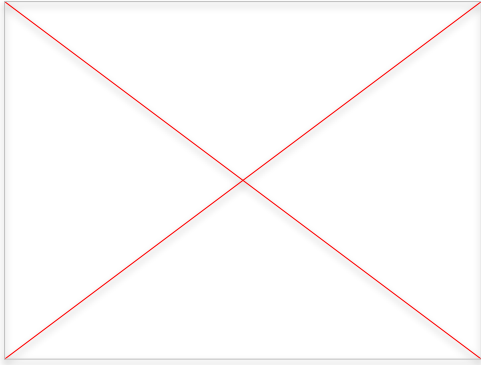
+ A TECHNOLOGY AND  
CAREER CENTER

Our district has roughly 1,800 students spread across 6 communities.



# Embracing Scratch Cooking

Transition to scratch cooking for better taste and nutrition.



- Fresh, locally sourced ingredients.
- Meals made in-house daily.
- Starting to eliminate prepackaged items and plastic waste (silverware).



Pictured: Gwen at Johnson Elementary School with their scratch made strawberry muffins!

# Reducing Sodium and Sugars



EAT LESS  
**SUGAR**



Proactively reducing sodium and added sugars to meet upcoming USDA guidelines.

Reformulated recipes.

Focus on whole, unprocessed foods.

Visuals: Before-and-after comparison of recipes, nutrition labels.



# Saying Goodbye to flavored Milks

- Transitioning to plain milk options
  - Eliminating unnecessary sugars
  - Promoting healthier drink choices
- Student engagement w/ emails & education during meals



# Partnering with Students

- Taste tests and surveys
- Lobby sampling events
- High School Student Council & Nutrition Committee
- Clear student engagement = happier student's eating



# Building a Better Kitchen

New equipment purchased w/ HMI grant funding: Combi ovens, hobart mixer, potato picker

Plans to transform Middle School serving area into a bakery.

Focus on eliminating as many packaged items as possible by baking in-house - reduces sugar and sodium requiem for July 2025 changes





# HMI Grant Next Steps



Expanding scratch recipes.

Further reducing sodium/sugars.

Increasing student participation in menu development.

Bridging the gap between staff and students.

# Gratitude



Gratitude for the HMI grant, AFHK, SNAVT, No Kid Hungry and our spectacular team:

- Recognition of LNSD staff and partners for support of changes.
- Commitment to continued improvement.



**School Nutrition Association of Vermont**



**Food and Nutrition Service**  
U.S. DEPARTMENT OF AGRICULTURE



# Switching up your Breakfast Style



Thornton Fractional  
HIGH SCHOOL DISTRICT 215  
BURNHAM • CALUMET CITY • LANSING • LYNWOOD




# What we had done in the past for Breakfast:

- Prepackaged pancakes
- Assorted cereal
- Assorted breakfast bars
- Whole grain muffins
- Prepacked French toast
- 12% participation




# **What we noticed about our Breakfast Program:**


- Participation was low
  - Mostly sugary breakfast items
  - Limited protein rich breakfast items
  - It seemed like we were serving the same thing
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- A decorative graphic at the bottom of the slide consisting of several overlapping, wavy, horizontal bands in various shades of blue, creating a fluid, water-like effect.

# So we decided to survey the students

And here is what they had to say:

- *“Provide more warm prepared breakfast instead of heated eggos or eggo pancakes.”*
  - *“I think you can make fresh food like eggs, pancakes, sausage, etc.”*
  - *“hot breakfast on cold morning would be awesome”*
  - *“Better breakfast options”*
  - *“Make the food more nutritious and beneficial for the body.”*
  - *“For breakfast, more options or actual breakfast items.”*
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# How can we implement the changes?

- We decided to remove cereal for a whole month
  - Add 6 new breakfast items
  - Met with our student ambassador group to get ideas
  - Held a breakfast taste test and collected feedback
  - Removed all flavored milk from breakfast
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# New Items we tried


- Avocado Toast
- Breakfast charcuterie
- Veggie Scramble
- Breakfast quesadilla
- Baked Chilaquiles
- Egg bites with tater tots



# New items.....



# What were the responses?

- We received feedback on our new items
  - No one complained about switching the milk
  - More students began trying the new options
  - *Hot breakfast is a hit!*
  - 20% participation
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**Because of our efforts we were  
awarded**

**FEATURING:**

**THORNTON FRACTIONAL HIGH SCHOOL DISTRICT 215**  
*Winner of this award*






In the new school year we continued our efforts

- We limit sugary breakfast items in the month
- We add at least 1-2 new items
- We still ask for feedback
- We make 2-3 scratch breakfast items a week



# **Some additional items we have tried this school year:**

- Overnight oats
  - Yogurt parfait
  - Baked oatmeal
  - Breakfast burrito bowl
  - Breakfast sandwich
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# Some additional pictures




# A few more





# What we plan to do going forward

- Continue to make nutritious meal options
  - Continue our efforts in reducing sugar in breakfast
  - Meet with our student ambassadors
  - Hold more taste tests
  - Also seek additional feedback on items we have served
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- A decorative graphic at the bottom of the slide consisting of several overlapping, wavy horizontal bands in various shades of blue, creating a modern, fluid look.

# Contact info

Phylicia Burford

Director of Food Services

708-585-2338

[pburford@tfd215.org](mailto:pburford@tfd215.org)





Questions?





THANK YOU

Jeannine Rios

Senior Program Manager

[jrios@strength.org](mailto:jrios@strength.org)