



Breakfast Boosts Brainpower Checklist

Date _____ School Name _____ Completed by _____

The Breakfast Boosts Brainpower Checklist is a list of simple, no-cost or low-cost strategies that may increase participation, reduce food waste, and increase selection and consumption of healthy meals at school. It can be used as a training or goal setting tool for your breakfast program.



INSTRUCTIONS

1. Review the checklist before beginning.
2. Observe a breakfast period. Check off the statements that you meet.
3. Tally the score. Compare your total to the Self Check ranges.
4. Discuss the results with staff, students and other partners.
5. Choose any unchecked strategies as possible goals to put into action.
6. Identify your top 2 strategies and write those in the goal section at the bottom of page 2.

Focus on Fruits & Vary the Vegetables

1. At least 2 types of fruit are offered.
2. Sliced or cut fruit is offered.
3. Fresh fruits are offered at least 3 days per week.
4. A variety of mixed whole fruits are displayed in attractive bowls or baskets.
5. A variety of vegetables are offered at breakfast as an entree item or served as a side dish (e.g. black bean breakfast burrito).

Move More White Milk

6. White milk is displayed in front of other beverages in all coolers.
7. White milk represents at least half of all milk offered in each milk cooler.

Brain Boosting Menu

8. A protein (meat/meat alternate) is offered with each breakfast meal.
9. The weekly menu includes hot entrees 3 or more times per week.
10. The menu has one or more "made from scratch" item(s) per week.
11. All cold cereal options contain less than 6 grams of total sugar per dry oz. (28 gram) serving.
12. Yogurt containing less sugar is served with the goal of no more than 15 grams of total sugar per 4 oz. serving and no more than 31 grams of total sugar per 8 oz. serving.
13. White milk (unflavored milk in skim or 1%) is the only dairy milk option offered at breakfast.
14. Sweetened grains (e.g. sweet rolls, donuts, pop tarts) are limited to twice a month on the breakfast menu.

Boost Reimbursable Meals

- 15. Cafeteria staff politely prompt students who do not have a reimbursable meal to select a fruit or vegetable.
- 16. Signs show students how to make a reimbursable breakfast meal on each service line (e.g., signage states, "Choose 3 of 4 items to build a complete breakfast!").
- 17. A reimbursable meal is served as part of the school day in expanded locations such as: breakfast in the classroom, grab and go, or breakfast after 1st period.
- 18. A share table has been approved by the county sanitarian and is available for the reuse of unopened milk or juice, or other packaged items.

Cafeteria Atmosphere

- 19. Students are warmly welcomed when they arrive for breakfast and are kindly encouraged to finish eating when meal time ends.
- 20. Students have at least 10 minutes of seat time to eat (in the cafeteria and/or classroom).
- 21. Students are allowed to keep nonperishable, packaged items for later consumption.
- 22. Students who arrive to school late are allowed and encouraged to eat school breakfast.

Student & Community Involvement

- 23. Students provide feedback (e.g., verbal feedback through the line, suggestion box, student advisory committee or surveys) to inform menu development.
- 24. A school breakfast promotion program, campaign, or event is held at least once a year.
- 25. School staff, food service and community collaborate to make the breakfast program successful.
- 26. Information about the benefits of school breakfast is provided to families annually.

Add up the total number of checked statements: ►

SELF CHECK

Nutrition Bases Covered

1 – 12 points

Great job!
This breakfast program
is off to a strong start.

Shining Star

13 – 20 points

Excellent!
Think of all the kids that
are inspired to eat healthier!

School Breakfast Rock Star

21 – 26 points

Top Notch!
Thank you for boosting students'
academic potential! Keep
reaching for the top!

What are your goals for your Breakfast Program?

1. _____

2. _____

