

Cafeteria Chronicles: Richland Bean Blossom Community School Corporation

Understanding your students' taste preferences is a sure-fire way to make successful changes in your school breakfast menu. Just ask Richland Bean Blossom (RBB) Community School Corporation in Ellettsville, IN, who was awarded the Breakfast Trailblazer Award as part of the USDA's Healthy Meals Incentives (HMI) Initiative.

Nutrition Services Director for RBB, Vickie Coffey, worked alongside a Registered Dietitian (RD) consultant to understand which adjustments could be made to RBB's breakfast menu in order to reduce added sugars and sodium.

After identifying new recipes lower in added sugars and sodium, RBB students were given the chance to get involved by trying the newly developed recipes. To do this, Coffey set up taste testing for RBB students. With over 850 students participating in the taste tests, it's safe to say the students' voices were heard.

New recipe favorites from the taste tests included Baked Banana Oatmeal (from Chef Ann Foundation's ["The Lunch Box" recipe collection](#)) Bannock Bread, Peanut Butter Overnight Oats, Frozen Yogurt Bark and Apple Cinnamon Sheet Pancake. According to Coffey, some students enjoyed the new recipes so much they kept asking for more! Along with these recipes, RBB added a Homemade Hot Breakfast Sandwich and Homemade Breakfast Burrito in an effort to reduce sodium in their breakfast offerings.

See how RBB developed new recipes to reduce added sugars and sodium in this [video](#).

Other changes RBB made to reduce added sugars on their menu included swapping fresh fruit for dried fruit, reducing the frequency of serving grain-based desserts at breakfast and switching to cereals all with lower added sugars, to comply with the USDA's Updates to the School Nutrition Standards which take effect July 1, 2025.

Let's acknowledge Vickie Coffey and her staff at RBB on their successful menu changes to reduce added sugars and sodium! Their efforts will no doubt improve the overall health and well-being of students at RBB.

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