

TIPS FOR SERVING SCHOOL BREAKFAST

Benefits of Breakfast for Students

- Improves alertness and attentiveness.
- Decreases anxiety and hyperactivity.
- Increases levels of achievement in reading and math.
- Improves standardized test scores.
- Improves concentration and memory.
- Maintains healthy weight.



Increase Participation or Availability of School Breakfast

Include key stakeholders to discuss options for successfully implementing school breakfast.

- School nutrition director
- Superintendent
- Board of Education
- School board official
- Local wellness committee members
- Principals
- Teachers
- Custodians
- Nurses
- Parents
- Students



Implement Solutions for Breakfast During the School Day

- **Breakfast in the Classroom** – Students can actively participate within the classroom.
- **Grab-N-Go** – Serve in a central location during the school day with prepackaged meals.
- **Second Chance** – Offer a second time to serve breakfast during the school day. This could be in the cafeteria or on food carts throughout the school.



Be Creative and Involve Students With a New Breakfast Set Up

- Market and promote the breakfast changes.
- Taste test and plan menus with the students.
- Update food packaging and delivery to appeal to students.



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