

SCHOOL BREAKFAST PROGRAM

Lindsey Trawally, RD, CD



SEATTLE PUBLIC SCHOOLS

2018-19 Fast Facts & Figures

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102

Schools

4159

Educators*

6944

Full-Time Staff

*Includes all school-based staff



Student Enrollment**

27,272 (51.5%) – Elementary (K-5)

11,639 (22.0%) – Middle (6-8)

14,020 (26.5%) – High (9-12)

**Data as of October 2018



2018-19 Fast Facts & Figures

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150

Countries of Origin

147

Languages/Dialects



Top Ten Languages

English

Spanish

Somali

Vietnamese

Cantonese

Amharic

Tagalong

Oromo

Tigrinya

Mandarin

2018-19 Fast Facts & Figures

STUDENTS



31.1%
Free and Reduced Lunch



21.4%
Non-English Speaking Background



11.7%
English Language Learners



13.1%
Receiving Special Education Services



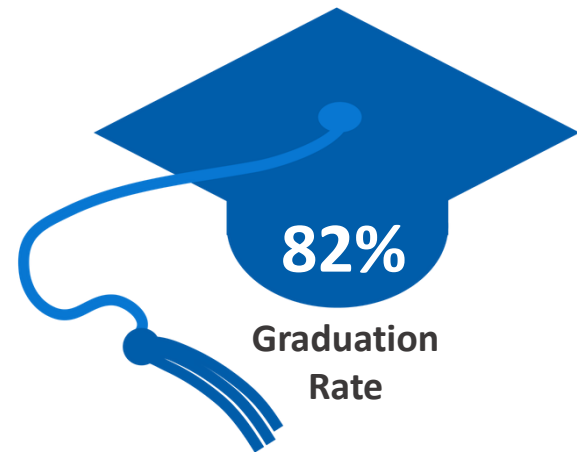
10.9%
Advanced Learners



9.0%
Highly Capable Programming



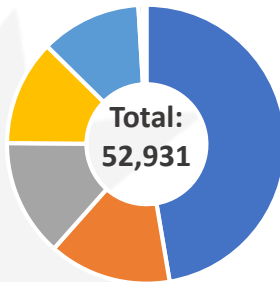
3.1%
Experiencing Homelessness



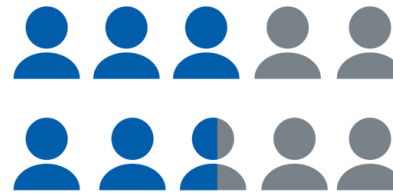
82%
Graduation
Rate

2018-19 Fast Facts & Figures

STUDENTS



- Caucasian/White (47.33%)
- African American/Black (14.21%)
- Asian (13.59%)
- Hispanic/Latino (12.26%)
- Multi-Racial (11.68%)
- American Indian/Alaska Native (0.51%)
- Native Hawaiian/Pacific Islander (0.42%)



51.5 %
Male



48.5%
Female

Seattle Public Schools Nutrition Services

- National School Breakfast Program
- National School Lunch Program
- Child & Adult Care Food Program
- After School Snack Program
- Fresh Fruit & Vegetable Program
- Catering
- Adult meals in district office Deli



Seattle Public Schools Nutrition Services

- Director: Aaron Smith
- Assistant Director: Charlotte Marrison
- Personnel Supervisor: Patty Dorgan
- Business Manager: Jodi Thomas
- Registered Dietitian: Lindsey Trawally, RD, CD
- Area Supervisors:
 - Annette Fritz
 - Jackie Palmer
 - Heidi Astley



Breakfast Programs

- Traditional breakfast
- Grab & Go breakfast
- Second chance breakfast

Traditional Breakfast



- Hot breakfast served in the cafeteria
 - Always given two options
 - 1 individually wrapped item
- Cereal offered daily

Traditional Breakfast

Elementary April 2019				
Monday	Tuesday	Wednesday	Thursday	Friday
1 Breakfast Breakfast Pizza OR Mini Pancakes Lunch Chicken Burger OR Cheese Quesadilla	2 Breakfast Waffle Sticks OR Turkey Sausage Wrap Lunch Savory Chicken Leg w/ Roasted Potatoes & WW Roll OR Mozzarella Cheese Breadsticks	3 Breakfast Mini Turkey Footballs OR Honey Wheat Breakfast Bar Lunch Beef & Cheese Burrito OR Bagel Munchable	4 Breakfast Egg & Cheese Muffin OR Strawberry Cereal Bar Lunch Beef Teriyaki Dippers w/ Brown Rice OR Veggie Burger	5 Breakfast Blueberry Buckle OR Cinnamon Buns Lunch Chef's Choice OR Toasted Cheese
8	9	10	11	12
Spring Break				
15 Breakfast Mini Pancakes OR Breakfast Egg Wrap Lunch Hamburger/Cheeseburger OR Bean & Cheese Burrito	16 Breakfast Breakfast Quesadilla OR Mini Turkey Footballs Lunch Chicken Nuggets w/ WW Roll OR Cheese Quesadilla	17 Breakfast Breakfast Pizza Bagel OR Mini Blueberry Waffles Lunch Pancakes, Egg Omelet, Hash Browns OR Mozzarella Cheese Breadsticks	18 Breakfast Egg & Cheese Muffin OR Strawberry Cereal Bar Lunch Baja Fish Sticks w/ Emoji Fries OR Cheese Pizza	19 Breakfast Turkey Sausage Wrap OR Egg & Cheese Muffin Lunch French Bread Pizza OR Veggie Burger
22 Breakfast Egg & Cheese Muffin OR Mini Pancakes Lunch Chicken Teriyaki over Brown Rice OR Toasted Cheese	23 Breakfast Breakfast Pizza OR Honey Wheat Breakfast Bar Lunch Lasagna Cheese Roll Up w/ Garlic Toast OR Bagel Munchable	24 Breakfast Egg Omelet & Toast OR Mini Blueberry Waffles Lunch Chicken Corn dog OR Veggie Burger	25 Breakfast Mini Turkey Footballs OR Strawberry Cereal Bar Lunch Chicken/Cheese Nachos OR Cheese Quesadilla	26 Breakfast Blueberry Buckle OR Turkey Sausage Wrap Lunch Fish Sandwich OR Bean & Cheese Burrito
29 Breakfast Turkey Sausage Wrap OR Mini Pancakes Lunch Hamburger/Cheeseburger OR Mozzarella Cheese Breadsticks	30 Breakfast Egg Omelet & Toast OR Breakfast Egg Wrap Lunch BBQ Chicken Fold Up OR Toasted Cheese	Lunch Breakfast Elementary 3.00 2.00 Secondary 3.25 2.25 Reduced No Charge Adult 4.75 3.25		

 = Scratch Made

Menus are subject to change

This is an equal opportunity provider and employer

Grab & Go Breakfast



- Served in the cafeteria and taken to classroom
- Sent in clear plastic bags
 - Able to see reimbursable components
- All IW entrees
- Easy grab & go fruit
- Mess-free foods

Grab & Go Breakfast



Second Chance Breakfast



- Secondary school model
- Served between 1st and 2nd period
- Breakfast cart or cafeteria
- Mess-free foods

Community Partners

- United Way of King County
 - Funding for the Grab & Go breakfast program
- Washington State Dairy Council
 - Breakfast carts
 - Breakfast promotions

United Way of King County

- Funds new Grab & Go breakfast programs to provide universal breakfast to all students within the school
- Currently funding 9 schools
- Provides volunteer staffing for new programs to ease workload early in the morning
- Conducts taste testing on different individually wrapped items to evaluate overall acceptability across the district
- Provides clear Grab & Go bags for service



Washington State Dairy Council

- Dairy served as an option at all meals
- In partnership with Fuel Up to Play 60, provides breakfast carts and marketing materials
- Breakfast with Blitz
- Breakfast promotions



Polling Question

Breakfast Promotions

- National School Breakfast Week
- Hot Chocolate Milk Program



SEATTLE
PUBLIC
SCHOOLS

National School Breakfast Week

- Lunch mangers promote their own programs
 - Decorations
 - Daily announcements
 - Hype in cafeteria
- Try to menu favorites & scratch made items



National School Breakfast Week

Mar-19					
Elementary Menu					
	Monday	Tuesday	Wednesday	Thursday	Friday
	↓ National School Breakfast Week ↓				
	4-Mar	5-Mar	6-Mar	7-Mar	8-Mar
Breakfast	Breakfast Pizza Bagel	Strawberry Cereal Bar	Yogurt Parfait	Mini Turkey Footballs	Blueberry Buckle
Breakfast B	Mini Pancakes	Turkey Sausage Wrap	Egg & Cheese Sandwich	Mini Blueberry Waffles	Breakfast Egg Wrap

- Homemade granola
- Homemade Blueberry Buckle
- Dairy Council's iBreakfast program throughout entire month

Hot Chocolate Milk Program

- Served only at secondary schools November-December
- Saw biggest jump in participation at middle schools
- Participation increased from 2%-22%



Challenges

- Each school building is set up differently
 - Not all schools have capacity for all service models
- Coordination & cooperation with school administrative staff
- Bell schedule
 - Some schools start really early, others start late
- Scheduling
 - Enough time in passing period for second-chance breakfast?
- Kitchen capacity
 - Staffing, ovens, menus, etc.

Menu Talking Points

- Try to incorporate Harvest of the Month to breakfast as well as lunch (berries, apples, grains, etc.)
- Local foods!
 - Dairy
 - Fruits
 - Scratch items
- Every effort is made to eliminate products containing high fructose corn syrup (HFCS), food dyes, and monosodium glutamate (MSG)

Questions?



Seattle Public Schools Nutrition Services
www.seattleschools.org/meals