

# CHEF

Designed School Breakfast





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This book was designed to:

- ✓ *Promote the importance of the breakfast meal*
- ✓ *Provide information on alternate serving style options*
- ✓ *Offer recipes that appeal to students' tastes and meet the National School Breakfast (SBP) Meal Pattern (implemented July 1, 2013) for Grades K-12*
- ✓ *Encourage cost control requirements by utilizing USDA Foods (USDA Commodities)*

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## The School Breakfast Program

The School Breakfast Program (SBP) is funded by the federal government through cash reimbursement for meals served. Any public school, nonprofit private school, or residential child care institution can participate in the School Breakfast Program. Schools set their own prices for breakfast, but meal services must operate as nonprofit programs and all meals are reimbursed at a defined rate. Any student attending a participating school or institution may eat breakfast, but the amount they pay for the meal depends on family income. Children from families with incomes at or below 130% of the federal poverty level are eligible for free meals. Those with incomes between 130% and 185% of the poverty level are eligible for reduced price meals. Families may submit a meal application to the school district to evaluate if a student qualifies for free or reduced price meals.

For more information on the operation of the School Breakfast Program in Idaho contact the Idaho State Department of Education Child Nutrition Programs.

## FRAC'S SCORECARD FOR IDAHO

SY 2013.2014

-  Average daily FRP SBP Participation: **57,615**
-  Ratio of FRP Participation in SBP for every 100 in NSLP: **55.7:100**
-  Percent of Schools Participating in NSLP that Participate in SBP: **94.4**

*(FRP = free and reduced price)*



Source: Food Research and Action Center  
[http://frac.org/frac\\_map/](http://frac.org/frac_map/)





## Student Benefits of Eating Breakfast

- Eating breakfast can help improve math, reading, and standardized test scores.
- Children who eat breakfast are more likely to behave better in school and get along with their peers than those who do not.
- Breakfast helps children pay attention, perform problem-solving tasks, and improves memory.
- Children who eat school breakfast are likely to have fewer absences and incidents of tardiness than those who do not.
- By eating breakfast, students get more of important nutrients, vitamins and minerals such as calcium, dietary fiber, folate, and protein.
- Studies have shown that children who eat breakfast on a regular basis are less likely to be overweight.
- Eating breakfast as a child is important for establishing healthy habits for later in life.
- Schools that provide Breakfast in the Classroom to all students have shown decreases in tardiness and suspensions as well as improved student behavior and attentiveness.
- What you eat for breakfast can have an impact on learning. One study showed that eating food high in fiber and low in sugar for breakfast helped students sustain the cognitive effects of breakfast.
- School breakfast provides  $\frac{1}{4}$  of the recommended amounts of protein, calcium, iron, vitamin A, and vitamin C for the day.

Source: Benefits of Breakfast handout found at <http://www.fns.usda.gov/sites/default/files/benefitsbreakfast.pdf>



### **BEST – BREAKFAST ENCOURAGES SCHOLASTIC TALENT**

*Idaho students need a good breakfast to maximize learning, minimize negative behaviors, and for the future health of Idaho.*

## Coming to School Hungry

3 out of 4 public school teachers say that students regularly come to school hungry.

81% say it happens at least once a week. Even though 94% of public schools offer breakfast, 50% of teachers still say the problem has increased.

Educators agree that kids need to start the day with a healthy breakfast in order to do well in school.



# BENEFITS OF BREAKFAST

Teachers see  
**THE BENEFITS**  
of breakfast:



**76%**

**HEALTHIER**  
students



**93%**

helps students  
**CONCENTRATE**  
throughout the day



**87%**

better **ACADEMIC**  
performance



**74%**

**PREVENTS** headaches  
and stomachaches



**68%**

Better **BEHAVED**  
students

Source: <http://hungerinourschools.org/img/NKH-HungerInOurSchoolsReport-2015.pdf>

## Every Student Needs Breakfast

If breakfast is so important to academic success, why are students still hungry? The problem is that student participation is impacted by the way breakfast is served at most schools. Breakfast programs often fail because they are too early or students are embarrassed to participate. A simple, effective solution is to serve breakfast as part of the school day, instead of in the cafeteria, early in the morning before school begins.



When students eat Breakfast in the Classroom, educators see a profound change for the better.



75% of educators with Breakfast in the Classroom say that the program has been positive for students, because:

- ① Students have been fed
- ② Students are energized and ready
- ③ No one is singled out

Breakfast in the Classroom isn't the only way to make breakfast part of the school day. Grab 'n Go and Second Chance Breakfast service styles have also proven to be successful.

## Universal Free Breakfast

To make sure all of their students have the opportunity to enjoy a healthy breakfast at the start of the school day, many schools have opted to provide a universal free breakfast to all students. This can often be implemented without any additional financial burden using special reimbursement programs such as Provision 2 or the Community Eligibility Provision (CEP) option. Another great benefit of universal free breakfast is that it can reduce administrative costs by decreasing application burdens and simplifying meal counting and claiming procedures. As all students eat for free, there is less possibility to stigmatize students due to income status.

To learn more and see if your school site is a good candidate for universal free breakfast contact the Idaho State Department of Education, Child Nutrition Programs.

### PROVISION 2

Provision 2, established in the National School Lunch Act (Section 11(a)(1), 42 USC 1759(a); 7 CFR 245, allows schools to offer breakfast, lunch, or both free of charge to all students for up to 4 consecutive years with the ability to extend for additional four-year cycles. During the first year, or “base year” of the program, there is no change with administrative procedures, but during the subsequent years, districts save on administrative costs by no longer having to collect, process, and verify school meal applications or track meals by eligibility.

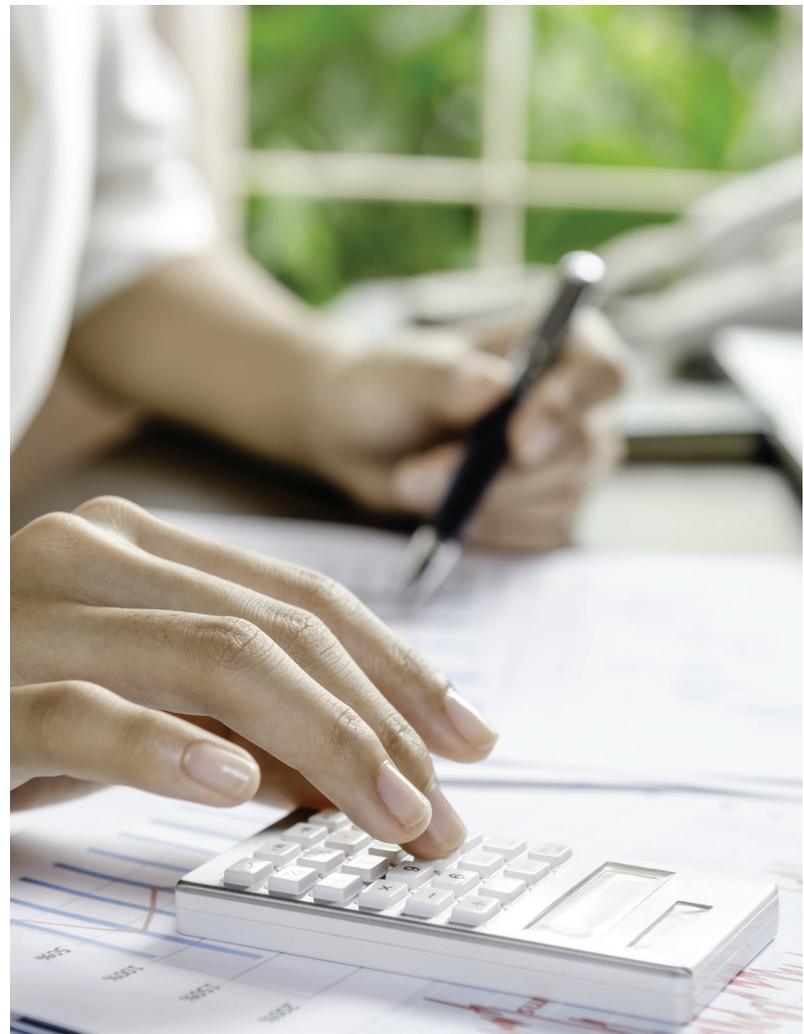
After the base year, schools only count the number of reimbursable meals served each day and are reimbursed for meals by the percentages of free, reduced price, and paid meals identified during the base year. The school must make up any difference between federal reimbursement and meal cost with non-federal funds. Schools with high percentages of low-income students are often able to implement Provision 2 without losing money. Most schools realize administrative costs savings when at least 75% of their students qualify for free or reduced priced meals.

### THE COMMUNITY ELIGIBILITY PROVISION (CEP)

The Community Eligibility Provision (CEP), established in the Healthy, Hunger-Free Kids Act of 2010 and implemented nationwide in the 2014-2015 school year, allows schools to offer breakfast and lunch free of charge to all students for up to four consecutive years with the possibility

of renewal. Districts save on administrative costs by no longer having to collect, process, or verify school meal applications or track meals by eligibility. In order to qualify for CEP, any district, school, or groups of schools must have 40 percent or more “identified” students eligible for free school meals through Direct Certification. Directly certified students are those students from households that receive SNAP, TANF, or FDPIR, or have been identified as being homeless, migrant, or in foster care.

Schools are reimbursed for meals at the free and paid rates. To calculate reimbursement for the served meals, the percentage of identified students is multiplied by a predetermined factor to get the total meals reimbursed at the free rate. The remaining percent is reimbursed at the paid rate. The predetermined factor is set by USDA and can be adjusted between 1.3 to 1.6. For example, if the predetermined factor is 1.6, a school with 45 percent identified students would be reimbursed for 72 percent ( $45\% \times 1.6 = 72\%$ ) of the meals at the free rate and 28 percent at the paid rate ( $100\% - 72\% = 28\%$ ). The school must make up any difference between federal reimbursement and meal cost with non-federal funds.



# 4 DAY MEAL PATTERN

4-DAY BREAKFAST MEAL PATTERN						
SERVE ONLY	OFFER VS. SERVE (OVS)					
<ul style="list-style-type: none"> <li>Minimum 3 items daily. Must prepare each milk, fruit/vegetable, and grain item in the required amount.</li> </ul>	<ul style="list-style-type: none"> <li>Minimum 4 items daily. Must prepare milk, fruit/vegetable, grain, and 1 additional item (either grain, fruit/vegetable, or meat/meat alternate) in the required amount.</li> <li>Students must have at least 3 items on tray at POS; 1 item must be at least ½ cup fruit/vegetable.</li> </ul>					
REQUIRED TO PREPARE	Grade K-5	Grade 6-8	Grade K-8	Grade 9-12	Grade K-12	
<b>1 item of Fluid Milk</b> Must offer two varieties in fat content and/or flavor: Fat-free flavored, Fat-free plain, 1% plain. 	1 cup daily	1 cup daily	1 cup daily	1 cup daily	1 cup daily	
<b>1 item of Fruit/Vegetable</b> Juice must be 100% full-strength. No more than half weekly offering may be juice. In order to count starchy vegetables, must serve 2 cups of vegetables from any non-starchy subgroup in the same week. 	1 cup daily	1 cup daily	1 cup daily	1 cup daily	1 cup daily	
<b>1 item of Grain</b> Daily and weekly minimums must be met. All of grains offered must be whole grain-rich. 	1 oz eq daily 5.5 oz eq weekly	1 oz eq daily 6.5 oz eq weekly	1 oz eq daily 6.5 oz eq weekly	1 oz eq daily 7 oz eq weekly	1 oz eq daily 7 oz eq weekly	
OPTIONAL TO PREPARE						
<b>1 item of Meat/Meat Alternate</b> No daily or weekly requirement. Item can count towards weekly grain requirement. 	0	0	0	0	0	
Calories Weekly Average	350-500	400-550	400-500	450-600	450-500	
Sodium (mg) Target 1 (SY 14-15) Weekly Average	<540	<600	<540	<640	<540	
Sodium (mg) Target 2 (SY 17-18) Weekly Average	<485	<535	<485	<570	<485	
Sodium (mg) Target 3 (SY 22-23) Weekly Average	<430	<470	<430	<500	<430	
Saturated Fat (% of total calories) Weekly Average	<10					
Trans Fat Daily	0g/serving					

# 5 DAY MEAL PATTERN

5-DAY BREAKFAST MEAL PATTERN						
SERVE ONLY	OFFER VS. SERVE (OVS)					
<ul style="list-style-type: none"> <li>Minimum 3 items daily. Must prepare each milk, fruit/vegetable, and grain item in the required amount.</li> </ul>	<ul style="list-style-type: none"> <li>Minimum 4 items daily. Must prepare milk, fruit/vegetable, grain, and 1 additional item (either grain, fruit/vegetable, or meat/meat alternate) in the required amount.</li> <li>Students must have at least 3 items on tray at POS; 1 item must be at least ½ cup fruit/vegetable.</li> </ul>					
REQUIRED TO PREPARE	Grade K-5	Grade 6-8	Grade K-8	Grade 9-12	Grade K-12	
<b>1 item of Fluid Milk</b> Must offer two varieties in fat content and/or flavor: Fat-free flavored, Fat-free plain, 1% plain. 	1 cup daily	1 cup daily	1 cup daily	1 cup daily	1 cup daily	
<b>1 item of Fruit/Vegetable</b> Juice must be 100% full-strength. No more than half weekly offering may be juice. In order to count starchy vegetables, must serve 2 cups of vegetables from any non-starchy subgroup in the same week. 	1 cup daily	1 cup daily	1 cup daily	1 cup daily	1 cup daily	
<b>1 item of Grain</b> Daily and weekly minimums must be met. All of grains offered must be whole grain-rich. 	1 oz eq daily 7 oz eq weekly	1 oz eq daily 8 oz eq weekly	1 oz eq daily 8 oz eq weekly	1 oz eq daily 9 oz eq weekly	1 oz eq daily 9 oz eq weekly	
OPTIONAL TO PREPARE						
<b>1 item of Meat/Meat Alternate</b> No daily or weekly requirement. Item can count towards weekly grain requirement. 	0	0	0	0	0	
Calories Weekly Average	350-500	400-550	400-500	450-600	450-500	
Sodium (mg) Target 1 (SY 14-15) Weekly Average	<540	<600	<540	<640	<540	
Sodium (mg) Target 2 (SY 17-18) Weekly Average	<485	<535	<485	<570	<485	
Sodium (mg) Target 3 (SY 22-23) Weekly Average	<430	<470	<430	<500	<430	
Saturated Fat (% of total calories) Weekly Average	<10					
Trans Fat Daily	0g/serving					

## Assessing Your School's Potential to Expand the Breakfast Program

Participation in the School Breakfast Program is important – primarily as a way to help meet the nutritional needs of students, but also to help schools receive maximum reimbursement and run a successful program. Before expanding the breakfast program, schools should assess their breakfast potential by analyzing the current program and

identifying new strategies to expand the program. These two objectives can be met by building a school breakfast expansion team, identifying strengths and barriers to increasing participation, creating an action plan to address program improvements, and incorporating marketing strategies to make school breakfast healthier and more appealing to students.

### STEP 1:

#### Create a School Breakfast Expansion Team

Important changes generally occur when one person sees the need for change and is willing to take action. Most likely, you will find other individuals who are interested in expanding the School Breakfast Program to help more children get the nutrition they need during the school day. A good first step is to discuss your ideas about school breakfast expansion with an existing health-focused team such as a school health committee or the district's local wellness committee.

### STEP 2:

#### Assess Your Current Breakfast Program

Once you have a group dedicated to expanding school breakfast participation, you will want to examine how well the School Breakfast Program is working in your district or school. Before you move forward with an action plan, conduct a needs assessment by considering these factors:

- **Current Breakfast Participation Rates:** *What is the current participation? Compare your participation rates for breakfast and lunch with the total enrollment for each school. You may want to use data from your October claim for reimbursement to calculate your participation rates.*
- **Student Demographics:** *Are there specific populations that are under-served? Which specific populations have high participation rates?*
- **Possible Barriers:** *What barriers might exist that keep students from participating in the breakfast program? What are some of the reasons breakfast participation does not reach its potential? See chart on right identifying possible participation barriers.*
- **Strengths:** *What strengths does your school or district have that the school breakfast team can utilize? What aspects of your current school breakfast program work well? What individuals and groups are interested in promoting healthier school nutrition environments?*
- **Team Members:** *Are there key stakeholders missing from the wellness committee or breakfast expansion team?*
- **Overall Goals:** *Expanding breakfast participation is one strategy to help improve the overall health and academic performance of students. Are there other goals, such as improved behavior or visits to the school nurse, that you can measure?*
- **Operating Costs:** *School districts face many challenges in serving healthy meals within tight financial constraints. When school meal participation levels fall short of expectations, the school or district may need to support the program with funding sources other than federal reimbursement or cash payments. Some organizations offer funding to help schools expand their breakfast programs.*



### STEP 3:

#### Develop an Action Plan

Review the school's strengths and weaknesses and select areas for improvement. Use results from your needs assessment to create necessary changes in food, timing or method of service.

- *Decide which areas to tackle first, and which to do later.*
- *Outline specific activities and realistic timeframes to achieve the desired improvements. Borrow ideas from other districts that have increased breakfast participation.*
- *Assign responsibilities to specific team members.*
- *Determine what materials and resources are needed to complete the activities.*
- *Gain support from key stakeholders.*
- *Set a timeline for reviewing successes, resolving problems, and include a method for evaluating progress.*

### STEP 4:

#### Put the Plan Into Action

Get the activities under way. Enlist the team members' help to promote the School Breakfast Program and meet regularly to keep momentum going toward completing each objective. Monitor progress and adjust your timelines as necessary.

### STEP 5:

#### Evaluate Your Plan

Review your progress—recognize your successes and resolve problems that arise. Your team may need to revise the plan as you go along to make sure you accomplish your goals.

### STEP 6:

#### Share Your Success Story

Let other people in the community (including the media) know about your activities. Invite them to participate as often as possible. This will help you win support for your goals, gain recognition for your school, and encourage others to join the team.

## BARRIERS THAT AFFECT SBP PARTICIPATION

#### Administrative Support

- *Insufficient time allowed for eating breakfast, either before school or in class. Or, insufficient time between breakfast and lunch.*
- *Tight bus schedules limit time to eat breakfast when students arrive.*
- *Lack of personnel and/or funding for security to supervise students during breakfast.*
- *Lack of administrative support for implementing alternative breakfast methods.*
- *Is school breakfast offered only during exam week?*
- *Custodial issues, such as arrangements for trash removal if students eat in classrooms.*

#### Nutrition Quality for School Meals

- *The school sells other foods and beverages that compete with the School Breakfast Program.*
- *Breakfast offers limited, less healthy choices.*

#### Nutrition Environment

- *The cafeteria is not viewed as a welcoming place for students to eat.*
- *Students prefer to socialize with friends outside the school building before school starts.*
- *Stigma felt by students, especially when breakfast is offered only in the cafeteria.*