



# Early Morning Breakfast Pilot Program Report

Presented to the  
Board of Trustees  
June 18, 2012

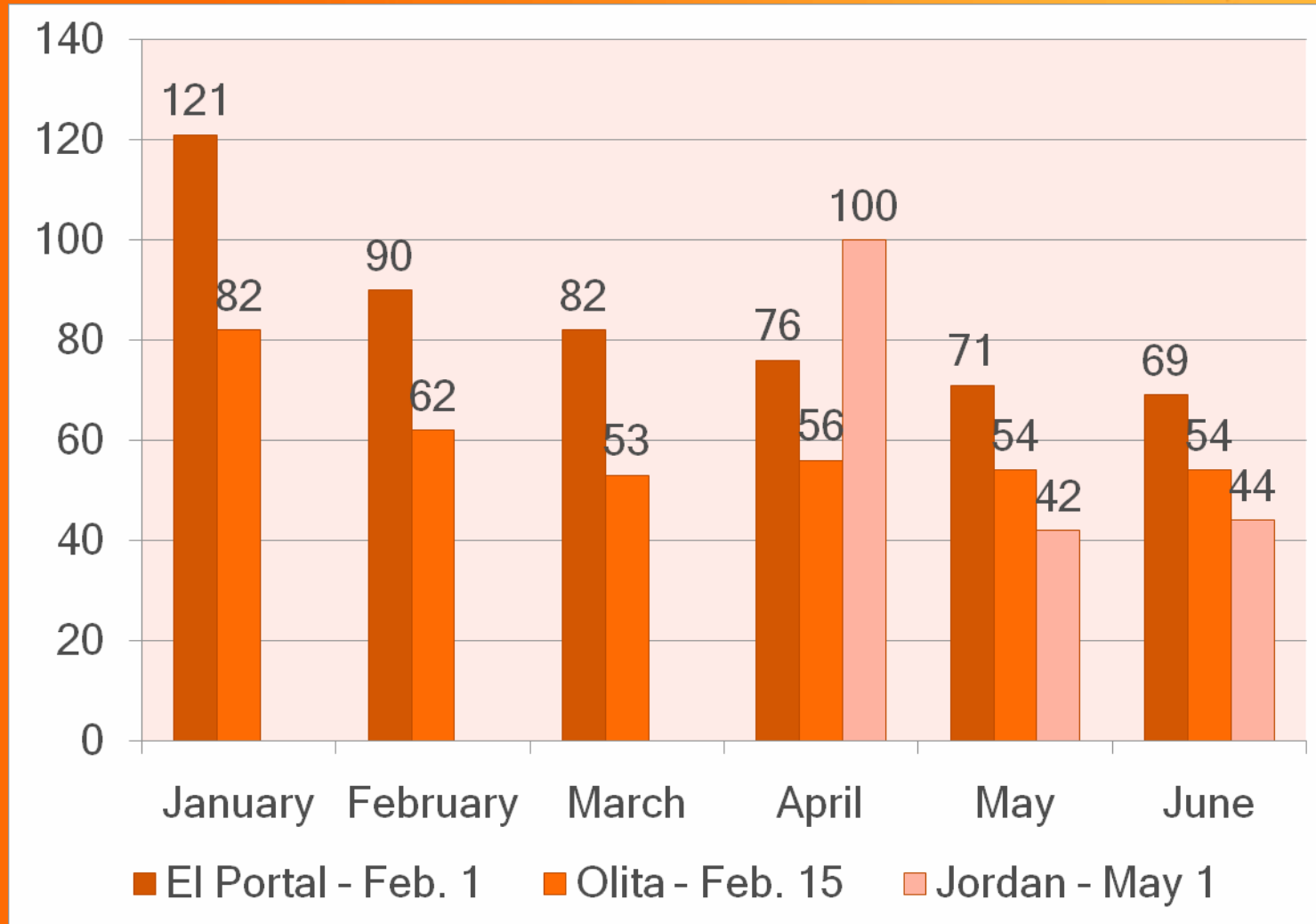
# Early Morning Breakfast



- Teachers requested in January, 2012
- Students were hungry until Grab & Go was served at approximately 10:15 a.m.
- Some students had complained of stomach aches from being hungry in the mornings
- Allows students more time to play during recess
- Provides a longer time between breakfast and lunch

# Early Morning Breakfast

## Number of Meals Served



# Impact of the Early Breakfast Program



## Pros

- Students served breakfast before school
- Students get to play for a longer time during recess
- Fewer student visits to see the nurse
- Longer time between meals
- Initial slight increase in the lunch meals served

# Impact of the Early Breakfast Program



## Cons

- Fewer breakfast meals served
- Some students go hungry until lunch
- Increase in staff hours

## Cons

- Decrease in potential revenue
  - El Portal \$1,139/mo, \$11,390/yr
  - Jordan \$1,496/mo, \$14,960/yr
  - Olita \$688/mo, \$6,880/yr
  - District-wide estimate \$70,000/yr
  - Cost offset of approximately 70%

# Parent Survey Results



Combined survey results over 466 responses:

- 96% Parents are aware of the Early Morning Breakfast Program
- 25% Participate in the program
- 83% Students eat before school
- 48% Parents do not allow students to participate in the program
- 93% Prices are reasonable

# Survey Comments

## Parents



- Prefer “Grab & Go” morning snack
- More time for students to eat
- More choices
- Great - No changes needed
- Healthier foods
- More fruits, less fat/sugar, more protein
- More side entrees
- Lower the price

# Survey Comments

## School Staff Members



- The staff members love the breakfast program
- Students who don't eat at home have the ability to eat before school
- Allows students to play at recess instead of sitting and eating
- No staff member indicated he/she wants to have Grab & Go reinstated
- Concern that not all Nutrition Services staff members can start work early
- Students should have the opportunity to eat breakfast in the morning



# Recommendation



- Reinstate Grab & Go Program
- Fewer students will be hungry until lunch time
- Less financial loss in the Nutrition Services Fund

# Alternatives to Consider Exploring



- Breakfast in the Classroom
- Serve Grab & Go earlier in the day
- Continue to serve Early Morning Breakfast only at selected sites



# Required Meal Changes

Effective 2012/13

- Offer fruit daily
- Offer vegetable subgroups weekly
- Half of grains must be whole grains
- Offer weekly meat/meat alternate
- Offer only fat-free (flavored or unflavored) and low-fat unflavored) milk
- Calorie range restrictions
- Saturated fat limit less than 10% of calories
- Zero grams of trans fat per portion
- A single Food-Based Menu Planning approach
- Establish age/grade groups K-5, 6-8
- Reimbursable meals must contain a fruit or vegetable
- State agencies conduct a weighted nutrient analysis of one week menus
- 3-year administrative review cycle

# Questions

