LAFAYETTE PARISH SCHOOL SYSTEM
CHILD NUTRITION SERVICES

FREQUENTLY ASKED QUESTIONS
SCHOOL BREAKFAST PROGRAM

The following information is provided to give the benefits of not only eating breakfast every day, but eating breakfast at school. Information has also been provided to encourage alternate breakfast venues at the school site.

1. What are the benefits of eating breakfast at school?
    Students who eat breakfast at school have a better overall diet, consume a lower percentage of calories from fat, are less likely to have low intake of magnesium, and are less likely to have low serum levels of vitamin C and folate[1]. Eating breakfast at school has also been associated with lower body index levels[2].

2. Who should eat breakfast at school?
    Eating breakfast should be promoted and encouraged to all children, but special focus should be placed on older children and adolescents, teenage girls, minority children, and children of lower socioeconomic status[3].

3. What are the food components of a school breakfast?
    - *2 oz equivalents Bread/Grain **or** 1oz equivalent Bread/Grain & 1 oz equivalent Protein*
    - *Fruit/Fruit Juice = ½ c equivalent*
    - *Milk = 1 c equivalent*

4. What are the nutritional requirements of a school breakfast?
    - *All bread/grains are 51% whole wheat*
    - *All fruit juices are 100% juice with no added sugar*
    - *All canned fruit is in its own juices*
    - *A variety of milk choices (low-fat and fat-free)*
    - *Calorie requirements for age/grade groups*
    - *Restricted saturated fat, trans fat, and sodium amount*

5. What are the academic benefits of eating breakfast?
    Some of the documented benefits of eating breakfast are higher math scores, improved overall academic performance, and less mental distress[4,5]. In comparing breakfast skippers to breakfast eaters, research has shown that they have lower end-of-term grades and increased attention problems[6,7]. Additionally, teenagers who eat a regular breakfast are less likely to be suspended from school[7].

6. How is breakfast currently served to the students?
    Breakfast is currently served to the students either through a hot line or grab-to go meal service.

7. How can breakfast be incorporated at the school site outside of the cafeteria?
    Other options for incorporating breakfast into the school day could be through in-classroom breakfast distribution, mobile breakfast carts, or school vending machines.

8. *What are the benefits of in-classroom breakfasts?*
   In-classroom breakfast does improve the school culture and has a positive effect on student behavior. Eating breakfast in the classroom also assures that students have their required nutritional intake, and have a readiness to learn[8].

9. Are there any success stories with serving breakfast in the classroom?
   - *A K-8 elementary school site increased participation in breakfast by 50% from serving breakfast in the classroom during the first 15 minutes of the school day[8].*
   - *From 2010 to 2011, a middle school experienced a decrease in disciplinary referrals (377 to 171) when in-classroom breakfasts began[8].*
   - *In 2010, a high school increased breakfast participation from 50 to 950 by having mobile breakfast carts outside of the classroom doors for the second period of classes[8].*

10. Is there documented feedback from Principals who have implemented in-classroom breakfasts?
    - *"It gives students a healthy environment to eat without being rushed or missing instruction. Family Environment. We settle into our day quicker. Not as much fooling around. Kids get down to business. More organized. Breakfast in Bag assists with student responsibility. A culture of calm[8]."*
    - *"It was easy to implement. Students are hungry – almost every student takes a breakfast. It is convenient. The students have a relationship with the foodservice staff. It builds a relationship. We had to convince teachers. Now, they see the value. They eat breakfast too. It's a great program. Students seem more alert[8]."*

11. Is there documented feedback from Cafeteria Managers who have implemented in-classroom breakfasts?
    - *"It speeds up the process. Children are calmer[8]."*
    - *"I have less fighting – more calm at lunch[8]."*
    - *"Many students wouldn't wait in cafeteria lines[8]."*

12. *What are the other considerations for implementing breakfast outside the cafeteria?*
    - *Scheduling at the school site*
    - *Equipment purchases*
    - *Set-up & implementation of breakfast meals*
    - *Purchasing documentation of breakfast*
    - *Clean-up*

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[3]Rampersaud, G. C. (2009). Benefits of breakfast for children and adolescents: Update and recommendations for practitioners. *American Journal of Lifestyle Medicine, 3*(2), 86-103.

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[5]Lien, L. (2007). Is breakfast consumption related to mental distress and academic performance in adolescents? *Public Health Nutrition*, *10*(4), 422-429.

[6]Boschloo, A., Ouwehand, C., Dekker, S., Lee, N., de Groot, R., Krabbendam, L., & Jolles, J. (2012). The relation between breakfast skipping and school performance in adolescents. *Mind, Brain, and Education*, *6*(2), 81-88.

[7]The Wellness Impact Report – March 2013, National Dairy Council

[8] Rainville, A. J., King, A. D., & Nettles, M. F. (2013). Effectiveness of Breakfast in the Classroom in Five Exemplary Districts. *[8]National Food Service Management Institute, 31*(1). Retrieved November 6, 2013 from http://www.nfsmi.org/documentlibraryfiles/PDF/20130814104715.pdf