

TYPES OF BREAKFAST PROGRAMS

Each school will have different needs and different resources. The best breakfast programs are available to all students, therefore there is no stigma towards utilizing the program. Here is a list of suggestions to find help find which one is right for you!

- **Breakfast foods in the school cafeteria:**

- Breakfast will be prepared in the cafeteria kitchen. Meals will be served in the cafeteria. With this option, students and staff can all eat together in a social environment.
- **Examples:** Multigrain toast, bagels, muffins, rolls, english muffins, free-run eggs, healthy cereals, yogurt, pancakes, fruit, milk, and 100% fruit juice.

- **Breakfast foods delivered to each homeroom class:**

- Breakfast will be prepared wherever the food is being stored or in a kitchen. Meals will be delivered to each homeroom class. This option can be helpful for schools that do not have a cafeteria where students can gather to eat. With this option, older students can be the volunteers to help deliver the breakfasts to each classroom.
- **Examples:** Multigrain toast, bagels, muffins, rolls, english muffins, yogurt, veggies & dip, healthy cereals, applesauce, milk, 100% fruit juice.

- **“Grab & Go” breakfast foods in the school lobby:**

- Food is placed on tables in the school lobby or entrance of the school. Students can grab the food as they enter the school and go off to their classrooms. This is option is helpful for schools without cafeterias or kitchens.
- **Examples:** Muffins, rolls, granola bars, cereal bars, fruit, 100% fruit bars, crackers, cheese, applesauce, trail mix, milk cartons, and 100% fruit juice boxes.



- **Baskets of “Grab & Go” food in each classroom:**

- Food is placed in baskets in each classroom and is available throughout the day for students. This option is helpful when students are hungry at different times during the day. It is another option for schools that do not have cafeterias or kitchens.
- **Examples:** Muffins, rolls, granola bars, cereal bars, fruit, 100% fruit bars, crackers, cheese, applesauce, trail mix, milk cartons, and 100% fruit juice boxes.

- **Breakfast served in the gym, library, home economics classroom, or resource center:**

- Food is served in larger areas of the school if no cafeteria is available. This is a helpful option when the school would prefer for the students to all eat in one location together. This is an easy option to have students can help set up and clean up afterwards.
- **Examples:** Healthy cereals, muffins, rolls, granola bars, cereal bars, fruit, 100% fruit bars, crackers, cheese, applesauce, trail mix, milk cartons, and 100% fruit juice boxes.

“One particular student 2 years ago who hardly ever ate, skipped school a lot, started coming to the breakfast and lunch programs did very well and graduated. She said she feels so much better because she is eating home cooked food instead of just eating processed fake food.”