

# School Breakfast Scorecard



School Name \_\_\_\_\_

Score \_\_\_\_\_

Date \_\_\_\_\_

When students do not start the day with a nutritious meal, the problem of hunger becomes more than just a health issue. Breakfast is an education issue. It affects students, teachers, administrators and the future of our community. Students that eat school breakfast miss less school, do better in math, and have better attendance. They experience less behavioral, emotional and academic problems. **Is your district meeting their school breakfast potential?**

Below are goals and methods of providing better access to breakfast for students. Each statement has a value of 1 point with a score of 10 points total being the goal. School nutrition staff should observe breakfast and then tally the score. Staff should discuss and choose items to implement next.

SCORE	GOALS AND METHODS
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## ADMINISTRATIVE


1. The Breakfast-Lunch Participation Ratio is 70% or more. This means for every 100 free or reduced priced students participating in the lunch program, there are 70 students participating in the breakfast program. This percentage is a Share Our Strength Goal. Previous State Superintendent Flanagan's goal was 60%.
2. Students can eat breakfast in the classroom or hallway at any time.
3. Information about school breakfast is posted on the district website and is advertised several times throughout the school year: in back to School Meal Information packets, newsletters, robocalls, administrative meetings and other means (breakfast outreach requirements).
4. Universal Free, CEP or No Charge for reduced priced meals are offered.
5. The school has a coordinated school health team, Fuel Up to Play 60 or other wellness team that meets on a regular basis. OR The Wellness Policy addresses the importance of breakfast and need to monitor participation rates.

Total Points

0-3 points

Don't despair. You have made the first step to improving your program by evaluating it.

4-7 points

Good job! You are on your way to breakfast success.

8-10 points

Excellent! Keep making breakfast a focus for your students.

## CAFETERIA


6. Late students are aware and offered a reimbursable breakfast from the cafeteria, hallway cart, vending, or other means.
7. Alternate serving styles are available such as grab and go, breakfast in the classroom, second chance, after the bell, or breakfast offered in another area besides the cafeteria such as a vending machine or food cart.
8. A message about the importance of breakfast is displayed in cafeteria or other areas of school such as posters, digital screens or bulletin boards.
9. Signage explaining what constitutes a student breakfast is posted near the serving line so students understand what constitutes a meal. (School Meal Requirement)
10. Smarter Lunchroom techniques are used at breakfast, such as offering at least 2 kinds of fruit (either sliced or cut) and setting lower sugar foods in front of foods higher in added sugar.

# Improve Your Breakfast Score

## Identify and List Action Items and Needs

Student Education (Scorecard #2, #6)

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Staff Education (Scorecard #2, #3, #4)

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Signage (Scorecard #2, #5, #6, #7)

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Newsletter (Scorecard #2, #5)

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School Website (Scorecard #2, #5)

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Menu Assistance (Scorecard #3, #10)

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Other (Scorecard #1, #8, #9, #10)

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## Identify Breakfast Expansion Team

- Child Nutrition Manager, Cook, Supervisor
- Student
- School Nurse
- Community Partner—MSU Extension, YMCA, Hospital or Health Department Dietitian
- Principal
- Teacher
- Counselor
- Social Worker
- Coach
- Health Teacher

## Timeline

School Goal:

- Increase daily participation by \_\_\_\_\_ %  
by date \_\_\_\_\_
- Date to begin change in serving model or change  
\_\_\_\_\_
- Schedule meeting date with Team

## Resources

- ★ **School Breakfast Assessment Tool:**  
[www.BoostBreakfast.com](http://www.BoostBreakfast.com)
- ★ **Team Nutrition for Handouts for Parents, Teachers, Principals and Students**
- ★ **United Dairy Industry of Michigan:**  
[www.MilkMeansMore.org](http://www.MilkMeansMore.org)  
[www.FuelUpToPlay60.org](http://www.FuelUpToPlay60.org)
- ★ **Share Our Strength No Kid Hungry:**  
[nokidhungry.org](http://nokidhungry.org)
- ★ [HungerIs.org](http://HungerIs.org)
- ★ [USDA.gov](http://USDA.gov)
- ★ **Action for Healthy Kids:**  
[www.ActionforHealthyKids.org](http://www.ActionforHealthyKids.org)

## Grants Available

- ★ Fuel Up to Play 60
- ★ Action for Healthy Kids
- ★ Other opportunities