



[www.ChildrensHungerAlliance.org](http://www.ChildrensHungerAlliance.org)

# School Breakfast Program

2006-2007 School Year



## Feeding Hungry Minds and Bodies

Children's Hunger Alliance and the Ohio Department of Education are committed to offering personalized assistance to help schools in all 88 Ohio counties to implement school breakfast, lunch, after school meal and snack programs and summer feeding programs.

In just the past three years, we've helped more than 65,000 additional Ohio children gain access to a nutritious breakfast by working with Ohio schools to implement School Breakfast Programs.

We believe that by helping all schools to offer these programs, we can effectively end childhood hunger in our state by ensuring that children, regardless of the economic situation of their families, have access to nutritious meals during and after school and during the summer time, too. In the end, children will be better ready to learn and succeed.

## What is the School Breakfast Program?

The School Breakfast Program is one of several Child Nutrition Programs sponsored by the United States Department of Agriculture (USDA) and administered by The Ohio Department of Education. Other Child Nutrition Programs include the National School Lunch Program, Child and Adult Care Food Program and Summer Food Service Program. These programs reimburse schools and other youth-serving organizations for providing nutritious meals to children. Nationally, over 25 million children in over 90,000 schools participate in Child Nutrition Programs. The School Breakfast Program in Ohio provides nearly 1 million breakfast meals served daily at over 2,500 buildings through the School Breakfast Program.

## What Schools Can Participate in the School Breakfast Program?

- Any school of high school grade or under that is recognized by the State of Ohio as operating under public or non-profit private ownership
- Any public or non-profit class of pre-primary grades that is recognized by the State of Ohio
- Any public or non-profit, private licensed Residential Child Care Institution (RCCI)

## How Much do Children Pay for School Breakfast?

Based on a household's size and income, child may be eligible for free meals or meals at a reduced price. Schools may charge no more \$0.30 for a reduced-price breakfast. Schools set their own prices for meals served to students who pay the full meal price, though all schools must operate meal services as non-profit programs.

### USDA Reimbursement Program: How It Works

School districts and independent schools that choose to take part in the breakfast program receive cash subsidies from the USDA for each meal served. In return, schools serve breakfasts that meet federal requirements, and offer breakfasts to all enrolled children, regardless of income status.

### How Much Reimbursement do Schools Receive?\*

Free Breakfasts	\$1.31
Reduced-price Breakfasts	\$1.01
Paid Breakfasts	\$0.24

\*Schools where at least 40 percent of the lunches served are free or reduced-price may qualify for extra "severe need" reimbursements of \$0.25 per free or reduced-price breakfast served.

\* The reimbursable meal must be priced as a unit. Meal service for lunch must be between 10a.m. - 2p.m.

## What are the School Breakfast Meal Requirements?

Schools must offer a wide variety of healthy foods that meet USDA requirements and supply 1/4 of the recommended daily nutrient values children need.

### Sample Cold Menu:

Muffin  
String Cheese  
Juice 100%  
Milk

### Sample Hot Menu:

Breakfast Pizza  
Juice 100%  
Milk

Two servings of Meat/Meat Alternate (1 ounce per serving or 1/2 egg) or two servings of Grains/Bread or one serving of Meat/Meat Alternate and one serving of Grains/Breads.

## Successful Strategies For Expanding School Breakfast

### **Breakfast at No Charge:**

Schools serve breakfast to all students, regardless of income. This approach works best in schools with a large number of low-income students and helps to reduce the stigma of receiving a free meal.

### **Breakfast in the Classroom:**

Breakfast items are available to all students in a central location or within each classroom. Students eat in their homeroom during attendance and announcements. This strategy provides the benefit of having all students in their seats, ready to begin the school day. It also significantly increases participation in the School Breakfast Program and leads to a stronger community within the school.

### **Grab n Go Breakfast:**

Students stop at the cafeteria or other designated location to pick up breakfast items to take to their classroom before school starts. This approach works especially well in middle and high schools.

### **Breakfast after 1<sup>st</sup> Period:**

Some schools opt to take a break later in the morning. These schools make breakfast available on carts in the hallways at a designated time. Students can pick up a nutritious breakfast to eat between classes. This approach also helps build stronger school community and greatly increases student participation.

Wondering which of these approaches is best for you? Contact **Children's Hunger Alliance** today to talk with one of our outreach specialists. We can help you determine the best school breakfast approach to hurdle the challenges you face in your school.

Children's Hunger Alliance  
School & Summer Nutrition

1-800-227-6446

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USDA prohibits discrimination in the administration of its program. To file a complaint, write to the Administrator, Food and Nutrition Service, 3101 Park Center Dr., Alexandria, VA 22302.