

BREAKFAST AFTER THE BELL

Frequently Asked Questions



Clifton Middle School is committed to ensuring that all of our students start the day with a healthy breakfast. Kids who eat breakfast tend to perform better in school, have better attendance rates, and display fewer behavior problems. We know that morning routines can be hectic and many kids aren't hungry when they wake up. In addition to our traditional breakfast, we also want to start providing breakfast every morning in a way that allows all students to participate, **even after the bell.**



Clifton Middle School will be serving breakfast in a way that is accessible to students:

Traditional Hot Breakfast – Students may still go to the cafeteria between 7:50 – 8:15AM to eat a traditional hot breakfast. They will stay in the cafeteria until the dismissal bell at 8:15AM.

Grab and Go to the Classroom – Students pick up breakfasts from the cafeteria between 8:15 – 8:40 on the way to their classroom. Students have an opportunity during the first 20 minutes of class to eat breakfast with their classmates and get the fuel they need to be ready to learn.

There are many great things about the addition to this breakfast program. In addition to having access to a nutritious breakfast, eating with classmates every morning creates a community experience, and it takes pressure off parents and caretakers to provide breakfast in the morning. The **No Kid Hungry Starts with Breakfast** resource is a great way to find out more about the benefits of breakfast, including how kids who eat breakfast do better in math, miss fewer days of school, and are more likely to graduate high school than their peers who don't eat breakfast regularly.

Below are some Frequently Asked Questions about the program:

HOW DOES IT WORK?

Breakfast is available from 8:15 – 8:40AM after the official start of the school day. Breakfast costs \$0.80 for full price, \$0.30 for reduced price, and no cost for those students who qualify. Please make sure your child understands that if they eat during the traditional breakfast time, and choose to go back for a Grab and Go breakfast, they must have money on their account or have money to pay a la carte.

DOES MY KID HAVE TO EAT SCHOOL BREAKFAST?

Participation in the school breakfast program is voluntary.

WHAT IS BEING SERVED FOR BREAKFAST? IS THE FOOD HEALTHY?

We publish our menu on the school website, in the school newspaper, and on the local radio stations. Any food items served at breakfast must meet [strict dietary guidelines](#) created by the [United States Department of Agriculture \(USDA\)](#). Milk is served daily, as well as fruit or juice and pop tarts. Entrees are nutritious and easy to eat quickly. Depending on the popularity of this program, additional item could be added in April. We work hard to identify which foods are student favorites. We plan to survey students to gain valuable feedback regarding their breakfast preferences.

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DOES SCHOOL BREAKFAST TAKE AWAY FROM INSTRUCTIONAL TIME?

No! On average, it takes students about 15 minutes to eat breakfast in their classroom. Teachers spend that time constructively on classroom activities, and report that they actually gain instructional time due to fewer disruptions such as visits to the school nurse, tardiness, and absenteeism.

DOES EATING SCHOOL BREAKFAST CONTRIBUTE TO CHILDHOOD OBESITY?

Research has shown that obesity rates do not increase for kids who eat breakfast at home and at schoolⁱ. In fact, skipping breakfast is associated with a 2.66 times higher risk of being obese or overweight than eating breakfast at home and at schoolⁱⁱ. Kids who eat school breakfast are also more likely to have a better overall diet, eating more fruits, dairy and a variety of foodsⁱⁱⁱ.

WHAT ABOUT FOOD WASTE?

Through thoughtful menu planning and careful cafeteria practices, we've designed our breakfast program to be efficient and effective in providing kids with healthy food to start their day, while also reducing food waste. For instance, Clifton Middle School encourages students to take advantage of the "share table" in their classrooms, which allows kids to put food they aren't going to eat on a table so other kids in the classroom can take it. We allow kids to self-select what breakfast items they want, which reduces the amount of food that ends up in the trashcan. Each classroom allows enough time for kids to finish their breakfast, which also reduces food waste.

WHERE CAN I GET MORE INFORMATION?

Contact Mrs. Debra Buckner, Cafeteria Manager, at dbuckner@alleghany.k12.va.us for additional questions/concerns. To find out more about No Kid Hungry and the benefits of school breakfast, visit the No Kid Hungry [Center for Best Practices](#).

ⁱ Wang, S., Schwartz, M. B., Shebl, F. M., Read, M., Henderson, K. E., and Ickovics, J. R. (2016) School breakfast and body mass index: a longitudinal observational study of middle school students. *Pediatric Obesity*, doi: 10.1111/ijpo.12127.

ⁱⁱ Wang, S., Schwartz, M. B., Shebl, F. M., Read, M., Henderson, K. E., and Ickovics, J. R. (2016) School breakfast and body mass index: a longitudinal observational study of middle school students. *Pediatric Obesity*, doi: 10.1111/ijpo.12127.

ⁱⁱⁱ Basiotis, P. P., Lino, M., & Anand, R. S. (1999). Eating breakfast greatly improves schoolchildren's diet quality. *Nutrition Insight*, 15. Alexandria, VA: U.S. Department of Agriculture, Center for Nutrition Policy and Promotion.