

Food Service Facts

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25. School Breakfast Program

The School Breakfast Program (SBP) is a federally assisted meal program operating in more than 1,500 public and private nonprofit schools and residential child care institutions in Kansas. Public schools in Kansas are required by state statute to offer the SBP in each public school building under the jurisdiction of the school district's board of education.

The SBP began as a pilot project in 1966 and was made permanent in 1975. It operates in the same manner as the National School Lunch Program. Public or private nonprofit schools of high school grade or under and public or nonprofit private residential child care institutions may participate in the SBP. Sponsors that participate in the breakfast program receive reimbursement for each meal served. In return, they must serve breakfasts that meet federal requirements and offer reduced price or free breakfasts to eligible children.

Federal Breakfast Requirements and Policies

Meal Requirements

School breakfasts must meet the Nutrition Standards for School Meals based on the Dietary Guidelines for Americans. See chapters 16 of *Food Service Facts* for menu planning guidelines and requirements. Local sponsors and schools are responsible for determining the menus, the specific food items served and how they are prepared and served.

Meal Charges and Reimbursement

Any enrolled child at a participating school may purchase a meal through the SBP. Sponsors may charge no more than thirty (30) cents for a reduced price breakfast. Sponsors set their own prices for breakfasts served to students who pay the full meal price, although they must operate their food service as a non-profit program.

Most of the support USDA provides to sponsors in the SBP comes in the form of cash reimbursement for each breakfast served. The reimbursement rates are established annually by USDA. Current reimbursement rates are available at www.kn-eat.org.

Serving Breakfast in Alternative Schools

Alternative schools are often considered to be a “program” of another school, rather than a separate school.

- ◆ When a sponsor indicates that an alternative school operates as a program of another school, breakfast does not have to be served at the alternative site if the students have access to breakfast at the related school.

- ◆ If the alternative school's principal completes KSDE's Principal's Building Report, then breakfast must be served at the alternative site unless an SBP waiver is obtained.

For example, an education service center operates several alternative schools. The students attending these schools are enrolled in the school districts serving their area. The alternative schools are considered to be programs of each respective local high school. The KSDE Principal's Building Report is not completed for the alternative schools. Therefore, breakfast does not need to be served at these alternative schools **if** the students have access to breakfast at the related high schools.

Offering Breakfast for Preschool Children

Schools are encouraged to offer breakfast to preschoolers. However, if the beginning of the preschool program day is later than breakfast service times, the preschoolers do not need to be offered breakfast. Preschoolers who have access to breakfast or lunch are not eligible for the Special Milk Program. Refer to Chapter 28 of *Food Service Facts* for more information on the Special Milk Program.

Serving Times for School Breakfasts

Breakfast is to be served at the beginning, or close to the beginning, of the child's school day. KSDE permits middle, junior and senior high schools to alter the serving time for school breakfast.

Location of Breakfast Serving and Dining Areas

The school may determine the most appropriate method of dispensing breakfast. It may be served in the classroom or from a central area in the school from a portable service area. Regardless of the location of the breakfast service, there must be point-of-service accountability and consideration of the need for disposal of waste products. Kansas statute prohibits the use of instructional time for meal consumption. However, it is allowable for students to eat in the classroom while teachers are completing administrative tasks such as roll call.

Length of Time for Breakfast Service

The length of service will depend on the **delivery model**, menu and on the number of students to be served. **For a traditional breakfast in the cafeteria model, schools should allow a minimum of 10 minutes from the time a student receives a breakfast until he/she is required to leave the food service area. KSDE recommends allowing at least 20 minutes for students to get breakfast, eat and pass to class. For schools electing to offer breakfast via an innovative breakfast delivery model, the amount of time required can be reduced if students are permitted to eat in the classroom or other common areas.** Bus routes need to be coordinated with school start times to be certain that breakfast is available to students who ride the bus as well as to other students.

Innovative Breakfast Delivery Models

Traditional school breakfast programs often have barriers that prohibit students from eating breakfast before school such as, transportation logistics, busy mornings, stigma and lack of resources. Many schools are removing these barriers by implementing innovative breakfast delivery models otherwise known as breakfast after the bell programs. Breakfast after the bell can look many different ways, the most common and effective programs include:

- ◆ **Breakfast in the Classroom** – Students eat breakfast in their classroom after the official start of the school day. Students or staff deliver breakfasts to classrooms from the cafeteria via coolers or insulated rolling bags. Students eat breakfast during the first 10-15 minutes of class while the teacher takes attendance, collects homework or makes announcements.
- ◆ **Grab and Go Breakfast** – Students pick up conveniently packaged breakfasts from mobile service carts in high traffic areas that are convenient to students such as hallways, entryways or cafeterias. Students can eat in their classroom or other common areas before or after the bell has rung.
- ◆ **Second Chance Breakfast** – Students eat breakfast during a break in the morning, often between first and second period or midway between breakfast and lunch. Schools can serve breakfast in the same manner as they would with traditional Grab and Go to the Classroom, or they can open up their cafeterias to serve breakfast during the break. Second Chance Breakfast is particularly effective in secondary schools.
- ◆ **Universal Free Breakfast** – Breakfast is offered to all students at no cost. Schools continue to claim federal reimbursement in the correct category for any student participating in the breakfast program. Universal free breakfast can be a helpful addition to any breakfast model, as it removes the financial barriers students may face when participating in the NSBP.

For resources and assistance in implementing an innovative breakfast delivery model visit the Share Our Strength – No Kid Hungry Center for Best Practices at <http://bestpractices.nokidhungry.org/programs/school-breakfast>.

Labeling Requirement for Foods Packaged on Site

In order to provide full disclosure on packaged items, the Kansas Food Code requires labeling of a packaged product if it is packaged on site and presented to the customer in a self-service style. The requirement to provide labeling information to the customer in a child nutrition program applies to packaged grab n' go meals often served as part of an innovative breakfast delivery model.

If the packaged product is handed to the customer by a nutrition program staff member, the packaged product would **not** need to include labeling information. Nutrition program staff are aware of the customers who have dietary restrictions and can monitor what the customer receives in a packaged product. However, if the package product is made available in a self-serve model or handed to the customer by an individual who is unfamiliar with the customer's dietary needs, then labeling information must be made available.

The term "package" means any product of two or more ingredients or components that has been put into a bottle, can, carton, bag, or secure wrapper, by a food establishment before it is offered for self-service to the customer. Packaged could also refer to a single ingredient item, if the packaging prevents the item from being easily identified. For example, a single ingredient packaged food item, such as an apple wrapped in **clear** plastic wrap, **does not** need a label posting. A single ingredient packaged food item, such as an apple, wrapped in **opaque** foil wrap, **does** need a label posting. The labeling must identify the product and ingredients in some way.

Sites can choose to provide the required labeling information for a packaged product; choose to have a nutrition program staff person serve the packaged item to the customer without labeling; or choose not to package the food item at all. If labeling information must be provided, it must include the common name of the food, list the ingredients in descending order of predominance by weight, declare any use of artificial colors, flavors or chemical processes, and identify major allergens. Required information must be printed in type of sufficient size to be easily read and must be in English.

The Kansas Department of Agriculture has allowed several options for providing the labeling information on packaged items offered for self-service.

- ◆ An ingredient label can be put directly on the packaged product.
- ◆ A sign, counter card, or posting can be placed by the product.
- ◆ The recipe for an item can be posted next to the product.
- ◆ An ingredient label from a shipping box can be displayed.
- ◆ A sign can be posted, indicating that the ingredient information for the packaged product is available upon request.

Breakfast When School Starts Late

Schools should offer breakfast on days with late buses or late starts when it will be two (2) hours or more from the time of the students' arrival until all students have been served lunch. Some students may have had longer bus rides and schedules that prevented them from having breakfast at home. Students should be informed about breakfast procedures on late-start days. The school breakfast menu must still meet program requirements. However, it may be simplified (i.e. a cereal/crackers, fruit, juice and milk) to facilitate quick, easy service.

Severe Need Breakfast (SNB)

USDA provides additional reimbursement to schools determined to be in "severe need" based on high percentages of students eligible for reduced price and free meal benefits. The additional reimbursement is to allow those schools serving many low-income students to provide a more substantial breakfast than is required. Rates of reimbursement for SNB are announced annually by USDA and are distributed by KSDE at the beginning of each school year. Current SNB reimbursement rates are available at www.kn-eat.org.

SNB Eligibility Criteria

To be eligible, a school must have served at least 40 percent of **lunches** reduced price or free in the second preceding school year. Eligibility to participate in SNB is determined on a school by school basis. Schools that are eligible for SNB reimbursement are provided the additional funds since the KN-CLAIM information system automatically determines eligibility based on data submitted.

Breakfast Research

Eating a nutritious breakfast helps students achieve the classroom goals that **have been** set for them. National studies consistently confirm that breakfast helps kids concentrate, think, behave and learn. Eating breakfast:

- ◆ Improves children's classroom performance, including better test scores and grades
- ◆ Increases children's ability to focus and concentrate on school work
- ◆ Decreases behavior problems, tardiness and visits to the school nurse
- ◆ Increases attendance rates

Just as important, when students routinely start their day with breakfast, they learn habits that carry over to their teen and adult years, and serve them for a lifetime.

School Breakfast Program Resources

- ◆ FRAC's Compilation of Research Linking Breakfast and Academic Performance. The [Child Nutrition Fact Sheet: Breakfast for Learning](#) developed by the Food Research & Action Center (FRAC), is an excellent, easy to read document that summarizes key findings of many studies done on the connection between students eating breakfast and their academic performance. Also included are findings on how breakfast can reduce the obesity risk.
- ◆ Share Our Strength has an easy to read social impact analysis entitled [No Kid Hungry Starts with Breakfast](#) that shows that the simple act of feeding kids a healthy school breakfast can have a dramatic impact on their academic performance, health and economic futures.
- ◆ School Breakfast – No Kid Hungry Center for Best Practices <http://bestpractices.nokidhungry.org/programs/school-breakfast>
- ◆ www.kn-eat.org, School Nutrition Programs, **Resources**, School Breakfast Program

State Breakfast Policies

School Breakfast Program Waivers

Kansas statute allows public school sponsors to apply for waivers for the SBP for individual attendance centers within the district. To be eligible for a SBP waiver, the attendance center must have 35 percent or less of its enrolled students eligible for reduced price or free meals during March of the preceding year. The Kansas State Department of Education (KSDE) appoints a SBP Waiver Review Committee to evaluate each waiver application, determine the validity of the reason or reasons for which the waiver is requested and recommend whether the waiver should be granted or denied. The Kansas State Board of Education considers the Waiver Review Committee's recommendations and makes the final decision on waiver requests.

KSDE makes waiver applications available to schools in February of each year. Applications are reviewed in April and May for approval for the following school year.

Serving Breakfast After a Waiver Has Been Granted

Q *What if I want to serve breakfast in a school with a waiver?*

A A SBP waiver exempts a school from having to serve breakfast, but in no way limits its ability to pilot or begin a breakfast program. If it is determined that breakfast will be served on a regular basis, the Site Application filed with KSDE should be updated to indicate breakfast is served.

