How the Top 20 Serve Breakfast

One of the best things about the School Breakfast Program is how versatile it is, making it easy to meet the needs of almost any school. Many have found that an effective way to increase participation is by implementing an alternative breakfast model (such as Breakfast in the Classroom, Grab N' Go and Breakfast After the Bell). Each school has its own individual needs, challenges and advantages that should be taken into account while choosing what form of breakfast fits best with their school. Even schools who choose to keep a traditional method of serving breakfast (in the cafeteria before the start of school) have many options to increase participation. Cooking from scratch whenever possible and adding more promotion for the program are both great ways to increase participation without transforming the entire program. The Montana Food Bank Network is available to help schools work through these challenges to find the most effective and creative way to feed the kids in your school. If you want more information on alternative and creative breakfast models, resources to share, or just someone to talk over ideas and options with please give us at call at (406) 721-3825

School District	Type of Breakfast
Victor K-12 Schools	Grab N' Go from the cafeteria, all meals served free
Darby K-12 Schools	Breakfast in the Classroom (K-8) Grab N' Go (9-12), all meals served free
Fromberg K-12	Grab N' Go, all meals served free
Winnett K-12 Schools	Breakfast After the Bell, served in the cafeteria, all meals served free
Bainville K-12 Schools	Traditional
Wyola Elementary	Traditional, all meals served free
Morin School	Pick up breakfast in the cafeteria, eat it in the classroom
Geyser Elementary	Traditional,
Frazer Elementary	Traditional with Jump Start meals for late kids
Hays Lodge Pole K-12 Schools	Traditional, all meals served free
St. Regis K-12 Schools	Breakfast After the Bell, served in the cafeteria
Ryegate K-12 Schools	Traditional
Trout Creek Elementary	Traditional, all meals served free
Rocky Boy Elementary	Breakfast in the Classroom (K, 3-6), Traditional (1-2, 7-12)
St. Labre Indian High School	Traditional, all meals served free
Dutton Brady K-12 Schools	Traditional
Big Sandy Elementary	Traditional (K-6), Grab N' Go served out of concessions stand (7-12)
North Cheyenne Tribal Elem	Traditional, all meals served free
Fortine Elementary	Traditional
North Star High School	Grab N' Go

The School Breakfast Program is administered by the Office of Public Instruction School Nutrition Programs. For more information call: 406-444-2501.

Montana Office of Public Instruction
Denise Juneau, State Superintendent
opi.mt.gov

Montana School Breakfast Report Card

School Year 2012-2013

In the 2012-2013 school year just 31.5% of the free and reduced price students in the state of Montana participated in the breakfast program.

Why Eat Breakfast at School?

Education

Providing breakfast to students at school improves their concentration, alertness, and comprehension and helps them make fewer mistakes and work faster in math and number tests.

Students who eat breakfast at school on average score higher on vocabulary and reading tests and have an improved performance on demanding mental tasks and reaction to frustration than those who don't eat breakfast.

Classroom Behavior

Students who participate in school breakfast have increased attentiveness, improved behavior, higher attendance and a decrease in tardiness.

Participation in school breakfast is associated with fewer disciplinary referrals, especially in the morning.

Health

Participation in school breakfast is associated with a lower probability of students becoming overweight or obese.

School breakfast participation is linked to fewer visits to the nurse's office. Food insecure students are less likely to suffer from frequent stomachaches and headaches when they participate in school breakfast.

Food Insecurity

Low-income students who eat school breakfast are more likely to have a higher quality diet than those who eat breakfast elsewhere and are more likely to consume an adequate amount of vitamins and minerals.

Access to school breakfast decreases the likelihood of skipped meals among children at risk of food insecurity.

This report was created by the Montana Food Bank Network with data supplied by the Montana Office of Public Instruction. For more information about the report, contact MFBN at 406.721.3825

Montana Foodbank Network — A member of Feeding America

Star Performers

Congratulations to these school districts for having the highest breakfast participation rates in the state! Victor, Darby, Fromberg, Winnett and Bainville all served as many, or more, free and reduced price eligible students at breakfast as they did at lunch. Well done top twenty!

County	School District	# FRP Students	FRP Rate	% FRP Students Participating in SBP	SBP to NSLP Ratio	FRP SBP to NSLP Ratio
Ravalli	Victor K-12 Schools	227	67.4%	81.1%	134.6	117.3
Ravalli	Darby K-12 Schools	185	57.3%	83.2%	129.4	109.8
Carbon	Fromberg K-12	46	43.8%	87.0%	92.2	102.6
Petroleum	Winnett K-12 Schools	73	79.3%	89.0%	101.9	101.3
Roosevelt	Bainville K-12 Schools	36	23.8%	88.9%	100.0	100.0
Big Horn	Wyola Elementary	107	89.9%	86.0%	94.1	94.0
Yellowstone	Morin School	36	87.8%	75.0%	87.8	92.4
Judith Basin	Geyser Elementary	37	72.5%	78.4%	75.6	91.8
Valley	Frazer Elementary	138	95.8%	73.2%	87.4	86.7
Blaine	Hays Lodge Pole K-12 Schools	190	92.7%	74.7%	85.6	86.6
Mineral	St. Regis K-12 Schools	134	77.0%	73.9%	85.4	86.4
Golden Valley	Ryegate K-12 Schools	42	70.0%	66.7%	73.6	85.1
Sanders	Trout Creek Elementary	36	78.3%	66.7%	78.8	79.2
Hill	Rocky Boy Elementary	529	86.2%	51.2%	77.0	78.2
Rosebud	St. Labre Indian High School	574	80.5%	62.9%	75.2	77.9
Teton	Dutton Brady K-12 Schools	93	58.9%	61.3%	62.5	76.5
Choteau	Big Sandy Elementary	88	50.9%	62.5%	62.8	74.0
Big Horn	North Cheyenne Tribal Elementary	278	96.9%	47.8%	73.9	73.8
Lincoln	Fortine Elementary	56	70.0%	60.7%	70.2	72.3
Hill	North Star High School	74	42.5%	59.5%	62.7	71.9

Room For Improvement

These school districts have the lowest breakfast participation rates in the state. Less than 21% of students eligible for Free and Reduced Price meals ate breakfast at these schools. But it's not too late to improve! Every day is a good day to start feeding more hungry kids.

County	School District	# FRP Students	FRP Rate	% FRP Students Participating in SBP	SBP to NSLP Ratio	FRP SBP to NSLP Ratio
Gallatin	Bozeman High School	1360	21.2%	20.4%	14.4	28.6
Flathead	Swan River Elementary	62	39.5%	24.2%	18.8	28.2
Prairie	Terry K-12 Schools	74	56.1%	23.0%	18.5	27.3
Wibaux	Wibaux K-12 Schools	45	26.9%	20.0%	10.8	25.8
Gallatin	Monforton Elementary	75	25.8%	21.3%	12.5	25.8
Yellowstone	Shepherd Elementary	282	35.3%	19.5%	16.3	25.5
Yellowstone	Broadview Elementary	77	54.2%	20.8%	13.3	24.7
Yellowstone	Canyon Creek Elementary	77	33.2%	18.2%	12.2	24.4
McCone	Circle High School	74	33.3%	18.9%	19.9	24.0
Sanders	Thompson Falls Elementary	313	66.9%	16.6%	20.6	23.7
Jefferson	Boulder Elementary	210	49.3%	10.5%	16.5	23.5
Beaverhead	Dillon Elementary	339	32.9%	17.4%	14.2	23.2
Stillwater	Park City Elementary	86	24.4%	15.1%	8.3	19.8
Gallatin	Manhattan Public Schools	189	26.8%	14.3%	11.7	19.8
Cascade	Centerville Elementary	113	44.5%	15.9%	12.3	18.4
Jefferson	Clancy Elementary	58	22.4%	12.1%	6.5	14.4
Custer	Miles City Public Schools	495	32.8%	8.9%	7.9	14.3
Fallon	Baker K-12 Schools	79	17.8%	10.1%	6.4	13.2
Gallatin	Manhattan Christian High School	50	20.5%	8.0%	6.5	11.8
Sweet Grass	Big Timber Elementary	99	30.1%	2.0%	3.0	2.6

Acronym Guide

FRP : Free & Reduced Price
SBP : School Breakfast Program
NSLP : National School Lunch Program

Key

 # FRP Students: the number of students eligible for free or reduced price school meals
FRP Rate: the percentage of enrolled students who are eligible for FRP meals
% FRP Students Participating in SBP: the percentage of students eligible for FRP meals who ate a school breakfast
SBP to NSLP Ratio: the number of all (regardless of income eligibility) students eating breakfast out of every 100 students eating lunch
FRP SBP to NSLP Ratio: the number of FRP eligible students eating a breakfast out of every 100 FRP eligible student eating lunch
**Districts with 35 or fewer FRP students were excluded for confidentiality reasons.

Star Performer Spotlight: Breakfast in Darby

On an early November morning three of us from the Montana Food Bank Network were cheerfully greeted by the three kitchen staff members of the Darby School District. Thong, the school foods director, handed out their breakfast menu as she told us why she decided to take the position in February of 2013. "My kids never ate meals at school," she told us "so I decided to take this position to do something about that." And do something she has, Thong decided to change the menu to a six week menu to increase the variety of meals served throughout the year. She also chose to make most meals from scratch, which the students have found more appetizing.

A kindergartener enjoying breakfast at the beginning of the school day.

Darby began working to increase breakfast participation in the spring of 2012 when the superintendent and teaching staff decided to make breakfast a priority in their school. They implemented Breakfast in the Classroom in the elementary and jr. high and a Grab N' Go breakfast model in the high school. According to Superintendent Rennaker, "it's the teachers' support that makes this program work." That support and willingness to implement alternative serving models, along with the changes that Thong has made, have helped breakfast participation jump from an average of 82 FRP students eating breakfast to 154 in just one year! And the total number of students eating breakfast everyday has jumped from 101 to 246.

Cart loaded with the individually prepared breakfast for the jr. high.

Every morning before school one member of the kitchen staff pushes a cart loaded with breakfast to the1st-5th grade classrooms. The day of our visit, breakfast included a cooler with fruit and milk, a container of scratch gravy and a flat of biscuits. Once the children enter the classroom, the teachers serve them and records who eats breakfast that day. The kindergarteners eat their breakfast in the cafeteria which is easier to clean in case of a spill and in the jr. high, individually prepared breakfasts wait in coolers and on trays for students to grab as they enter the classroom. Breakfast at the high school is served out of the concessions stand near the main entrance of the school. At the high school, students were waiting to help Thong set up so they could get their breakfasts. As she ladled hot gravy onto their biscuits the students wrote down their names to be recorded later and selected an orange and milk from the coolers. Thong greeted each student by name, asking some why they were gone the day before, or welcomed them back from a day home due to illness. When the bell rang and the kids headed to class, Thong wiped down the table and loaded the coolers back onto the cart. One orange sat on the empty table and there was no other trash in sight. According to Superintendent Rennaker they did see more trash when they first implemented the alternative breakfast models, but the amount went down once they started to do more scratch cooking. The day we were there trash was certainly not a problem.

Kids show their support of breakfast with this sign in the hallway.

As we pushed the cart back across the playground to the kitchen in the elementary school I asked Thong one last question on how she can account for such a rapid growth in their program, "I think it helps when the kids know you care" she said.