



## School Breakfast Evaluation Report

**School Name: Rush City High School**

### 1. Changes from September 2019 to March 2020

	September 2019	Spring 2020 (indicate the month: March)
<b>Average Daily Participation</b>	55 meals/day (14.13% participation)	Unable to obtain official data. Food Service Director not available due to school closure. Anecdotal data: 99 meals/day (25.43% participation)
<b>Smarter Lunchroom Scorecard* –Total Score</b>	35 of 60 total points	n/a
<b>Smart Breakfasts Boost Brainpower Scorecard* – Total Score</b>	16 of 26 total points	n/a
<b>Service Models offered (traditional, grab and go, second chance)</b>	Traditional	Traditional, grab and go

\*Submit a copy of completed scorecards with your evaluation report

### 2. How many students at the school were impacted by the breakfast expansion work?

**389 students**

### 3. Provide a summary of the breakfast expansion work that occurred, including:

- **Successes and challenges encountered during the school year**
- **Details about student engagement efforts**

At Rush City High School the Food Service Department collaborated with the Family and Consumer Science (FACS) class, FACS class teacher, the Superintendent, and the Facilities Supervisor to form a breakfast expansion team. Initially the expansion team agreed to try and offer second chance breakfast during Advisory Time (second hour of school), as recommended by the FACS students. The FACS class students were in agreement that they were not hungry before school and they were hungry by Advisory Time. However, this plan was not

approved by the school principal and the administration decided that the breakfast expansion plan would include a trial grab and go sack breakfast meal option during regular breakfast serving time. The trial was targeted for National School Breakfast Week (NSBW) in March. Meanwhile, the FACS class students were using Google to survey the student body regarding school breakfast and received 84 responses, representing 21.6% of the students. The survey revealed that over half the students surveyed weren't eating breakfast at school. Almost 19% of students sometimes ate breakfast at school and 28% ate breakfast at school. The students asked for breakfast later in the morning. The art teacher worked on cafeteria wall art to identify the cafeteria because the walls were bare. The equipment grant dollars were planned for a counter top hot food display holding box for properly keeping regular breakfast entrees at the correct serving temperature. The hot box was not approved. The alternate equipment grant plan was to purchase a smoothie machine and some signage, which was approved. The FACS class developed a homemade muffin recipe which proved to be too expensive for Food Service to replicate for the breakfast program. The FACS class focused on sampling and approval of build your own smoothie options for the smoothie program kick off during NSBW. The FACS class researched area fast food breakfast pricing and compared it to the cost of school breakfast at only 90 cents per meal. All area breakfast food options were more expensive than school breakfast. These findings were creatively marketed on posters throughout the school during NSBW. The new smoothie program was marketed on social media through Facebook, the school newsletter and posters. New breakfast menu entrees were tested throughout the school year with the FACS class and approved items were marketed and sampled each day during NSBW. The new breakfast entrees were also sampled at a kiosk by the front entrance of the school each morning during NSBW. A hot oatmeal kiosk was one of the new entrees served each day. This brought in some new adult customers as well as students. The grab and go sack breakfasts were purchased by only two students during NSBW. This part of the breakfast expansion did not prove to be sustainable. The build your own smoothies were a huge hit and the new entrees brought in new customers as well. School breakfast meal counts were anecdotally around 99 students each day during NSBW. That was almost double the average daily breakfast meals served during September. It is not known if the new entrees, smoothies, increased awareness of the value of breakfast and the breakfast program in general will sustain the March meal counts. The overall assumption is that the meal counts will be sustained if the new menu, smoothies and marketing continue. Additionally, it is recommended that the school district seriously consider listening to the students and trial a second chance breakfast grab and go, to be consumed in the classrooms, during Advisory Time. The grab and go sack breakfast menu was developed to be easily consumed in the classroom. It is recommended that the art teacher's wall art be installed to identify the cafeteria.

**Thank you for completing the evaluation report. Please do not forget to submit photos with your report, along with any other promotional material or resources developed for this project. Send all documents to [mde.teamnutrition@state.mn.us](mailto:mde.teamnutrition@state.mn.us).**





# Rush City High School School Breakfast Expansion School Year 2019-2020

## Why Expand Breakfast?

Breakfast meal was identified as proven area for growth and impact on student success in school.

Opportunities identified included:

- Students not hungry until second hour Advisory Time (second chance breakfast)
- Offer more cut fruit and new entrees
- Identify cafeteria with signage
- Market breakfast

## Lessons Learned

- School Administration not ready for grab and go Advisory Time (second chance) breakfast in the classroom.
- Students want to be heard and influence change that impacts their ability to learn
- Grab and go sack breakfast was not successful during traditional NSBW trial due to variety of more desirable choices

## The Process

- Met with Breakfast Expansion Team to determine expansion opportunities and influence change
- Utilized Smarter Lunchrooms and Smart Breakfasts Boost Brainpower Scorecards, Student Google survey, and participation data
- Expanded traditional breakfast with grab and go trial during National School Breakfast Week (NSBW)
- Purchased smoothie machine with grant to offer more fruit and a new exciting breakfast option
- FACS students developed and taste tested smoothies and new breakfast entrees and compared area fast food breakfast prices to school breakfast price of 90 cents. Marketing posters were posted in school
- Art teacher created permanent cafeteria signage

## Future Opportunities

- Present importance of breakfast and impact on student success to entire staff and school board
- Listen to the students and consider a one month trial of grab and go breakfast in the classroom during Advisory Time (second chance breakfast)
- Offer grab and go food items that the students can quickly assemble and take to the classroom
- Have students clean up their desk area and put garbage in trash can. Teachers place tied bag outside door. Custodial pick up and dispose
- Continue smoothie program and new menu items on traditional breakfast menu
- Install Art Teachers cafeteria signage

## Accomplishments

- School Food Service and the school breakfast program were more visible to students, staff, parents and the school board
- During NSBW participation almost doubled
- Students appreciated being asked for their opinions to impact change in the breakfast program and the school
- Students appreciated the new smoothie program and new hot entrees that they had sampled and approved
- A grab and go reimbursable sack breakfast was developed that can be consumed in the classroom



*Smoothie cups and fruit choices*



*School entry signage*

## Team Members

Food Service Supervisor, FACS Teacher, FACS Class, Superintendent, Facilities Supervisor, School Board Member, Technology Supervisor, HS Principal and MDE Advisor

This project was funded using U.S. Department of Agriculture grant funds.

The USDA is an equal opportunity provider and employer."

