



Lake Park Audubon Secondary School

School Breakfast Expansion

School Year 2019-2020

Why Expand Breakfast?

Lake Park Audubon High School has a low free and reduced population and a low participation in school breakfast.

The Food Service Director saw an opportunity to increase participation and find some exciting ways to promote good nutrition for the students. The cost of \$1.80 per meals has been cost prohibitive for some families as stated by the staff members with students in the district.

The students enter the building on the opposite side from the cafeteria. The Principal was eager to have a grab and go cart closer to the senior high hallway, however this did not pass the school board.

Lessons Learned

- When students feel welcomed and appreciated, they will be willing to accept new ideas because of the mutual respect.
- New menu options are important to keep the interest of the students.
- Feedback from students is an important aspect of the menu planning process.
- New personnel with fresh eyes, along with a cooperative staff, makes the program grow.

The Process

The following activities occurred between October 2019 - March 2020:

- Smarter Lunchroom Scorecard assessment helped the staff evaluate their meal programs.
- Smarter Breakfast Boost Brainpower Scorecard was done prior to the National Breakfast Week; however changes were not all implemented due to school closures as a result of COVID-19.
- The breakfast consultant met periodically with the Food Service Director and kitchen staff to implement new menu items, and improve the look and decor of the serving including some new posters for the cafeteria.

Future Opportunities

- Implement new menu options such as more grab and go options, oatmeal bar, whole grain donuts, and build-your-own waffle bar.
- Ideally, a grab and go cart will be available in the senior high hallway.
- Continue discussions about lowering the breakfast prices or not raising them each school year. The food service fund balance is close to the 3 month operations expense limit so they may have some room for adjusting the prices.
- New serving equipment, signage, and displays in the hallways will likely increase breakfast participation.

Accomplishments

- The kitchen has a more appealing appearance with added signage.
- Implemented new menu options.
- Worked with staff on making the serving line look more inviting with signage to explain what constitutes a reimbursable meal.
- The high school staff is amazing and worked together to embrace any new ideas.



Serving line with multiple fruit options and smoothies.

Team Members

- Ann S (Director) through mid January, Sharal B (Director) starting in mid March, Cindy J (Head high school cook and interim director) January to March, Chrisy K (High school cook), and Sandie R (Breakfast Consultant).

School Breakfast Team Meeting Tracker

1. Date/Time: Oct 10, 2019 - 7:30-9:30

Key discussion points: - established some ideas for increasing breakfast participation
looked at score cards

2. Date/Time: November 13, 2019 7:30-8:30

Key discussion points:

tried to have a focus group - going to check with administration to have breakfast in classroom

3. Date/Time: January 6~~th~~, 2020 - 7:30 - 8:45

Key discussion points:

work to get grant sent to MDE

4. Date/Time: January 28, 2020 - 7:00 - 8:00

Key discussion points: - new ideas for Breakfast week

5. Date/Time: Feb 13, 2020 - message

Key discussion points: Head Cook stated they hired new director

School Breakfast Evaluation Report

	September 2019	Spring 2020 (indicate the month: <u>March</u>)
Average Daily Participation	152	2270
Smarter Lunchroom Scorecard* – Total Score	34	39
Smart Breakfasts Boost Brainpower Scorecard* – Total Score	11	21
Service Models offered (traditional, grab and go, second chance)		

*Submit a copy of completed scorecards with your evaluation report

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

Provide a summary of the breakfast expansion work that occurred, including successes and challenges encountered during the school year. Provide details about the student led promotional project as well. Use as much space as needed.

School Breakfast Team Member Roster

School Name: Lake Park Audubon

First and Last Name	Role	Contact Information
Anne Skjold	^{Food} Head Cook till January	
Cindy Johnson	acting head cook till Feb 24	
Sheryl Brodberg	new Food Service Director	
Christy	cook	
Sandra Rents		

Sandie Rentz Lake Park Audubon School District

Thursday, October 10 1.5 hours

Met with high school principal at Lake Park Audubon Schools and kitchen staff. Anne was working at the elementary in Audubon so I went there to meet with her. We discussed some new ideas for breakfast. She had indicated she had already tried most of them and they did not work. They have already tried smoothies and coffee flavored drinks. The inventive names for fruits and vegetables she said just confused the students and no one liked them.

Anne has a strong concern that the school is trying to find ways to spend food service money. The school board has already cut one of her staff, her son. The food service staff also indicated a concern of the school board micro managing food service

Filled out the score cards.

Wednesday, November 13 1.5 hours

Met with Anne and focus group, only 3 people showed up. Sam Beste-student, Deanne Walfswikel-high school staff and Anne. We did come up with the plan to add a kiosk in the high school corridor for a second chance breakfast. I talked to the principal and she thought this was a good idea and the additional garbage and the time would not interfere with classes and there is enough custodial staff for clean up.

After visiting with Anne and committee it is obvious there is a large separation between food service and the rest of the school. Anne did try to work with classroom teachers and the ones she contacted stated they had full loads and were not interested in working on this project.

Got a message from Anne that the school board rejected this idea.

Now we are working on new marketing plan with updating and enhancing the serving area. Anne states that they are not allowed to put additional signage outside the cafeteria serving area.

Here are some of the other ideas: grab 'n go, build a yogurt bar, muffin of the day, shiver Shake

Monday, January 6 1 hour

Met with Anne to finish getting the grant information into the State Dept. We decided to go with jazzing up the serving area and improving the preparation equipment. Anne was going to get the information to the State Department for the grant.

Tuesday, January 28, 2020 .75 hours

Stopped in to take some ideas to Anne, Anne was at the elementary school so I visited with the High School cooks about the ideas for breakfast. The staff seemed receptive to the ideas. Later got a message from Anne that some would work and others would not. The suggestions were free breakfast for one day, shiver shakes, muffin of the day or smoothie of the day.

Tuesday, February 11, 2020 2 hours

Meet with Cindy Johnson the acting head cook and Kristy Krueger about ideas for breakfast week, we decided on breakfast sandwiches, donuts, build your own waffle and oatmeal.

Thursday February 13, 2020 phone

Got a message from Cindy, there is now a different food service director. The new director will not be starting soon enough to change the menu. We are going ahead with the menu for National Breakfast Week.

This has been quite difficult working with Anne. She was obviously unhappy with her work environment and defensive at any suggestions. I am hoping to work with the new director.

Monday, March 2, 2020 3 hours

Went to LPA for the first day of National Breakfast Week. I had to opportunity to visit with the high school cooks who were excited to offer the new menu for this week. Today, they offered a whole grain donut as the new item. The students seemed to like the item, the count was 65 which is an improvement from the 30-35 average participation. The new director was not at the high school that morning. I met the business manager to ask about spending the grant monies. She was not sure if they had been ordered, she was very busy as this was her last week in this position.

I did call her and went to the Audubon elementary school so we could talk about the breakfast grant. Sharal was very interested in working with her staff to make this successful. She is very new to School Food Service as her previous position was in a central kitchen where she was in charge of catering. This will be a fast and furious learning curve for her. I spent most of the time showing her the resources on the web. We went through the MDE FNS site and special emphasis on the Tuesday at 2 and any upcoming trainings along with MSNA convention. I have been in contact with Sharal to put her in touch with contacts in area districts.