



# Grab 'N' Go Breakfast *Toolkit*



2019



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# GRAB 'N' GO BREAKFAST

## **What is Grab 'N' Go Breakfast?**

Grab 'N' Go is an alternative breakfast model where quick and easy breakfast meals are offered at various locations around the school. Breakfast could be served to students on their way into school, at bus drop-off areas, or on their way to class. Offering Grab 'N' Go Breakfast is a great way to improve the school environment and ensure all children have the opportunity to receive a nutritious breakfast.

**"When it comes to any kind of a program, you have to really start with the belief system that this is something that we believe in. Do we believe that all of our students deserve to have breakfast available to them everyday?"**

*Jeffery Smith, Ed.D  
Superintendent  
Balsz Elementary  
School District*

## **Grab 'N' Go is Simple and Easy**

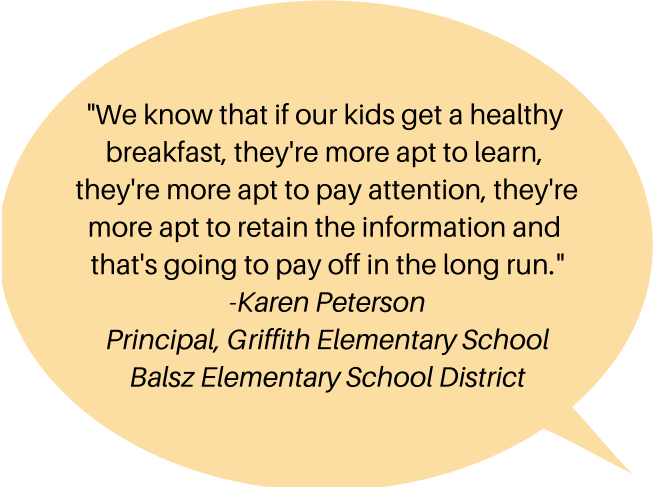
1. Alternative points of service are set up in different areas on campus, using kiosks, carts or tables to make breakfast more accessible to students.
2. The points of service are stocked with reimbursable breakfast meals. Meals can be offered in pre-packaged disposable bags or students can choose from a variety of food items to complete their reimbursable meal.
3. Students can pick up breakfast at any of the points of service and eat in designated areas..
4. Grab 'N' Go Breakfast can replace a traditional breakfast program or can be used in conjunction with cafeteria service..

# BENEFITS OF GRAB 'N' GO BREAKFAST

*Grab 'N' Go benefits both the students and the school nutrition program.*

- **Increased Student Participation:**

Nationally, slightly more than half of children who are eligible and receive free and reduced-price lunches through the National School Lunch Program also participate in the School Breakfast Program. Data for Arizona is comparable; 2018 data indicates that 55.1% of students who received free and reduced-price lunch also participated in school breakfast. Studies show that alternative school breakfast models, such as Grab 'N' Go, can dramatically increase student participation in school breakfast.



"We know that if our kids get a healthy breakfast, they're more apt to learn, they're more apt to pay attention, they're more apt to retain the information and that's going to pay off in the long run."

*-Karen Peterson*

*Principal, Griffith Elementary School  
Balsz Elementary School District*

- **Increased Reimbursements:** When more students participate in school breakfast, the amount of reimbursement your school receives will also increase. Even though overall food costs will increase as more food is served, the difference between the cost of the meal and the amount of reimbursement per meal often results in increased revenue as a whole.
- **Administrative Relief (Provision 2, Provision 3, or Community Eligibility Provision):** Operating the School Breakfast Program under one of USDA's Special Assistance Provisions can significantly reduce the administrative burden for schools. In Provision 2 and 3, sites only need to determine student eligibility once every four to five years, rather than every year. Under the Community Eligibility Provision, the administrative burden of National School Lunch Program (NSLP) is even further reduced because meals are reimbursed based on an identified student percentage. Contact your Arizona Department of Education (ADE) School Nutrition Programs Specialist for more information on Special Assistance Provisions.

# FREQUENTLY ASKED QUESTIONS



## ***Why serve Grab 'N' Go Breakfast?***

When served as Grab 'N' Go, more students have the opportunity to eat breakfast. Many students are in a hurry to get to class or may not have access to a healthy meal before the start of the school day. Often, students are not hungry first thing in the morning or they prefer to socialize with friends at that time. Grab 'N' Go Breakfast allows students the flexibility and choice to eat breakfast where and when they want. This breakfast model is convenient for school nutrition staff and students, and provides a quick and nutritious meal on the go. With disposable packaging and strategically-placed trash cans, Grab 'N' Go Breakfasts are a practical and appealing way to reach hungry kids in a hurry, boost participation in your school breakfast program, and ensure the school food service department receives funds for reimbursable meals.



## ***How long does Grab 'N' Go Breakfast take?***

There is a lot of flexibility with this method of serving breakfast, depending on the school's needs. Grab 'N' Go Breakfasts are convenient for food service staff, as pre-packaged breakfasts may take less time to prepare than traditional breakfasts. If your school decides to pre-package breakfast meals, it will be easy and efficient for students to grab a bag and go about their school day. This alternative breakfast method allows schools to serve breakfast more quickly and to a greater number of students in a short period of time. From start to finish, Grab 'N' Go takes minutes to serve, eat, and clean up



## ***How does Grab 'N' Go Breakfast work?***

Grab 'N' Go Breakfasts can be packaged in paper bags, boxes, or trays. School nutrition staff pack reimbursable breakfast meals, usually the day before, or purchase prepackaged reimbursable breakfast meals in boxes. These are then served with milk the next morning. Grab 'N' Go Breakfasts can also be served at a kiosk where students can choose from a variety of items to complete their reimbursable breakfast meal on the go.

Breakfasts are usually cold, but with a little creativity and preparation in the morning, they can include hot items as well. The serving locations should be in easily accessible areas, such as outside of the cafeteria, high occupancy hallways, an outside area, or near the school entrance. Students pick up their breakfast from the serving location and eat in the designated area your school assigns. Trash cans are strategically placed for easy disposal, cleanup, and to reduce litter.

# FREQUENTLY ASKED QUESTIONS



## ***When is Grab 'N' Go available for students?***

Grab 'N' Go Breakfast meals can be available first thing in the morning, during a mid-morning break, or in between classes. The availability for Grab 'N' Go Breakfast can be adjusted to fit your school's needs.



## ***Where do students eat Grab 'N' Go Breakfast?***

Students will take breakfast and eat it in the cafeteria, outside, in the hall, or eat it in their classrooms; each individual school decides what is appropriate. There is a lot of flexibility with this method of serving breakfast, depending on the school's needs. Students are responsible for following the school's guidelines as to where and when they can eat and for throwing out their trash. Placing extra trash cans in high traffic areas and close to the areas where students tend to eat their food helps minimize littering and trash issues.

## ***When does the Grab 'N' Go breakfast model work best?***

Grab 'N' Go Breakfasts work particularly well in middle and high schools because older students enjoy the flexibility. Grab 'N' Go Breakfast would be a good alternative breakfast model to implement in schools where:



*The cafeteria or gym is crowded or not available for breakfast.*

*A large number of students have to eat in a short amount of time.*

*Buses arrive just before the start of classes.*

*All staff are supportive of breakfast and realize its importance to learning.*

*Students rely on a la carte and convenience foods from outside of the school for breakfast.*

*The cafeteria isn't located where students enter the building or hang out.*

*The breakfast menu can easily offer Grab 'N' Go options.*



# FREQUENTLY ASKED QUESTIONS



## ***Do all students have to eat breakfast?***

No, a child should never be forced to participate in a meal program.



## ***Will Grab 'N' Go take away instructional time?***

Grab 'N' Go Breakfast may look different from school to school depending on where students can consume their food. Teachers report that Grab 'N' Go does not take away from instructional time, since most Grab 'N' Go Breakfast programs are scheduled before the morning bell, during a mid-morning break, or in between classes. In some cases, moving to a Grab 'N' Go Breakfast model can lead to an increase in instructional time because students are already settled down and focused when instruction begins.



## ***How can teachers benefit from Grab 'N' Go Breakfast service?***

There is well-documented research demonstrating that students who eat breakfast at school have improved classroom performance, better test scores and grades, increased ability to concentrate, better attendance, and less disciplinary problems, tardiness, and visits to the nurse. Many teachers already spend their own money to buy snacks and other food items for students to eat in their classroom when breakfast is not available at school. With Grab 'N' Go Breakfast, students will start the day awake, alert, and ready to achieve.

## ***Will Grab 'N' Go make my classroom dirty?***

If students are permitted to consume their meal in the classroom, it's best to provide a structured routine for cleaning up breakfast. Each student cleans up his or her own desk after eating breakfast. After a few days, students develop routines in classroom eating and cleanup procedures, eliminating any initial issues with bringing food into the classroom.



# FREQUENTLY ASKED QUESTIONS



## ***How does Grab 'N' Go fit in with my school's Integrated Pest Management plan?***

Grab 'N' Go does not have to be at odds with Integrated Pest Management (IPM). Success depends on clear, consistent communication between custodial and school nutrition staff to ensure that breakfast foods are easy to eat, serve, and clean up. Additional trash bins should be placed around the school. If students are permitted to consume their meal in the classroom, paper towels or wipes should be provided so students can clean desks before and after breakfast. Large trash bags with stands or rolling trash bins facilitate easy disposal of breakfast trash. If your school does not have an IPM plan, talk to your school administrator about putting one in place.



## ***Will Grab 'N' Go create additional work for custodians?***

Many custodians have successfully worked with school administrators and staff to implement Grab 'N' Go Breakfast programs. A shift to Grab 'N' Go need not require extra work for custodial staff as long as it is properly implemented. Typical foods in a Grab 'N' Go Breakfast program are easy to serve, eat, and clean up, reducing the likelihood of spills and crumbs. Most schools provide large trash bags or rolling trash bins, which are placed in the hallways or a central drop-off location after breakfast for custodial staff to collect. Custodial staff may also benefit from not having to clean the cafeteria after breakfast before preparing for lunch. Many schools have common areas for lunch room and physical education classes, which often causes scheduling problems. In these cases, the Grab 'N' Go Breakfast program could actually reduce custodial clean-up time, giving custodians more time to focus on other tasks, and allowing for more effective use of common areas.

## ***How are payments collected?***

Some schools provide a free breakfast to every student. If your school does not offer universal free breakfast, staff will use a meal count form or serving system to track students taking a reimbursable breakfast. The school nutrition staff will then be responsible to charge the student accounts accordingly.



# FREQUENTLY ASKED QUESTIONS



## ***Shouldn't it be the parents' responsibility to feed their child breakfast at home?***

Parents who choose to have their children eat breakfast at school are responsible parents! Busy parent lifestyles and bus and commuting schedules can interfere with children being fed breakfast at home. In addition, many students report not feeling hungry first thing in the morning but have a better appetite later in the morning. Providing a Grab 'N' Go Breakfast model provides students with the morning nutrition they need to start their day.



## ***Breakfast is already offered in the cafeteria at my school and hardly any students participate. Does moving to a Grab 'N' Go Breakfast model really increase participation?***

One of the greatest benefits of an alternative breakfast model, such as Grab 'N' Go, is that it can dramatically increase participation in the breakfast program and attendance. With traditional before-school cafeteria-based breakfast models, it may be difficult to accommodate students due to bus schedules and drop-off times. Often students are in a rush and are preoccupied with getting to class and talking to friends, so even if they are hungry they do not take the time to go to the cafeteria. In addition, there can be a stigma that students eating breakfast in the cafeteria are low-income, which keeps many students away, regardless of their income-level. When breakfast is available to students through Grab 'N' Go, any stigma and schedule issues may be removed.







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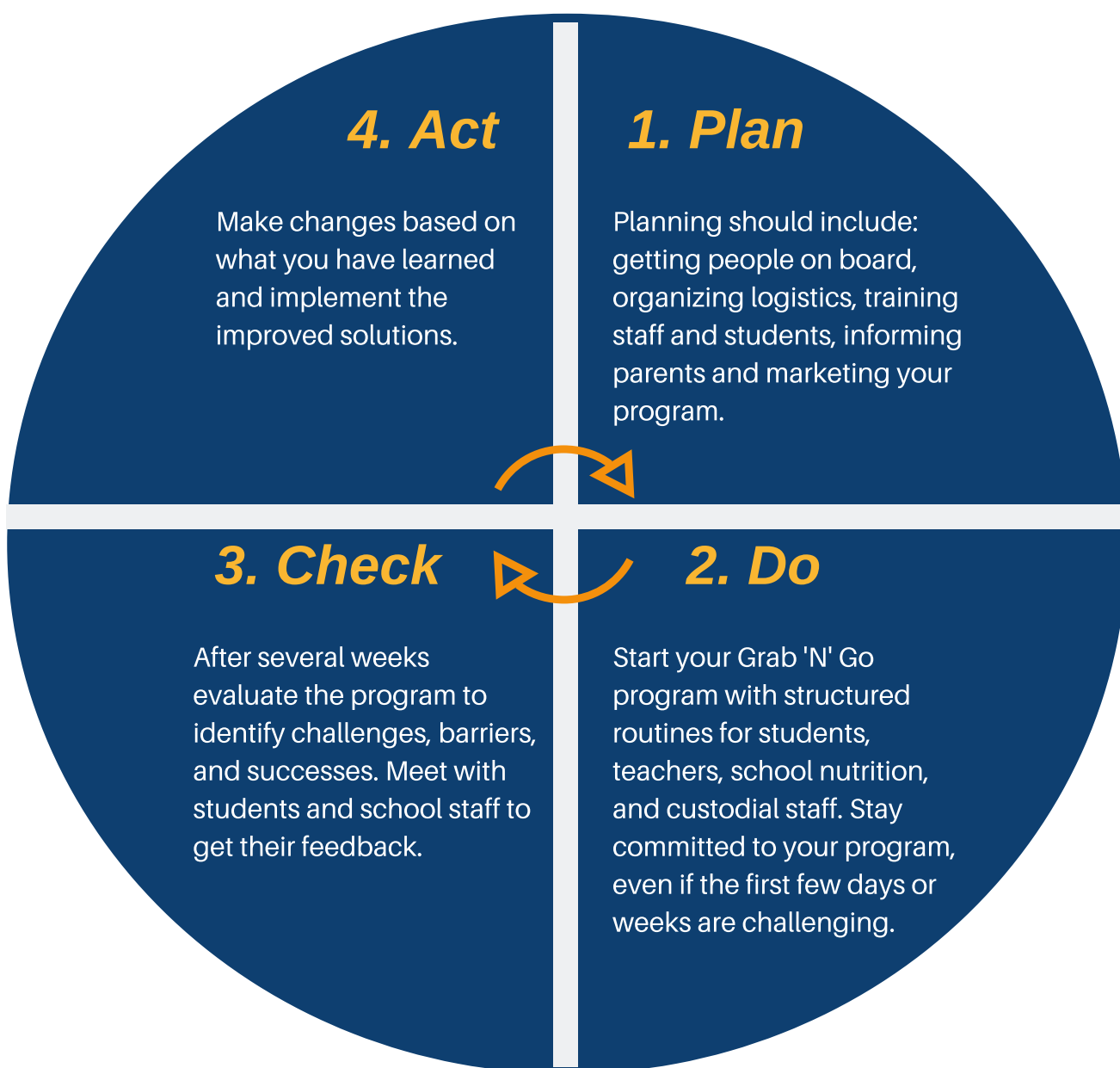
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# PLANNING FOR SUCCESS & CONTINUOUS IMPROVEMENT

The Plan-Do-Check-Act (PDCA) model is a four-step process for carrying out change and starting new programs. The PDCA model is a roadmap to guide continuous program improvement and to identify barriers to success. PDCA can help facilitate your Grab 'N' Go planning, implementation and continued success.

## The Plan-Do-Check-Act Model (PDCA)



# **BUDGETING FOR GRAB 'N' GO BREAKFAST**

Grab 'N' Go Breakfast can fit into any budget. Although there may be some start-up costs to begin the program, once it is implemented, it is usually self-supporting.

The main expenses for implementing a Grab 'N' Go Breakfast model are the costs of the carts or kiosks and mobile POS systems. If funding for equipment is limited, a Grab 'N' Go Breakfast program can simply begin with unused carts or food bars, tables, insulated food bags, coolers, and a clipboard with student rosters to track reimbursable meals served. If funding for equipment is available, mobile carts or kiosks can be purchased that are designed to hold both hot and cold foods, and a mobile POS system that can connect to students' accounts and track reimbursable meals served.

# Potential Funding Sources

## Increased Reimbursement

As schools transition to Grab 'N' Go, school breakfast participation increases. As a result, the school's reimbursement amount also increases. Reimbursement is based on the number of reimbursable meals provided to students. The contents of a reimbursable meal will vary based on the type of food service system used at your school (Offer versus Serve or Serve Only). Although the food and labor costs will also increase, the 'per meal' cost tends to decrease due to larger bulk purchases. The difference between the meal cost and the amount received for free and reduced-price breakfasts often generates a net increase in revenue that can be used to support Grab N' Go sustainability.

Schools that have a high free and reduced percentage can also benefit by transitioning to a Special Assistance Provision (Provision 2/3, or Community Eligibility Provision (CEP)) which allow all meals to be served at no charge to the students. When using Provision 2/3, reimbursement amounts are based on percentages established in a Base Year. In CEP, reimbursements are established based on the percentage of students who are directly certified for free meals. Talk to your ADE School Nutrition Programs Specialist if you would like more information on these programs and to determine if these provisions are feasible for your school.

*The following organizations provide funding for different aspects of alternative breakfast programs. Check with each organization for information on how they can help cover start-up costs:*

**Dairy Council of Arizona:** <http://www.arizonamilk.org/>

Dairy Council of Arizona is a not-for-profit nutrition education organization funded by dairy farm families in Arizona. Nutrition education materials, curriculum packages and resources are provided throughout the state at no charge. Funding may be available to purchase milk coolers to accommodate additional milk needed in serving more children through Grab 'N' Go or to purchase carts or kiosks.

**Federal Government:** [www.grants.gov](http://www.grants.gov)

GRANTS.GOV provides a comprehensive list of federal grants managed in partnership by the United States Department of Health and Human Services. This site often lists School Breakfast Program Expansion Grant opportunities as well as Farm to School Grant funding and much more. Search GRANTS.GOV using keywords such as 'school breakfast'.

**Fuel Up to Play 60:** [www.fueluptoplay60.com/funding/general-information](http://www.fueluptoplay60.com/funding/general-information)

National Dairy Council and the National Football League have collaborated to create the nation's leading school wellness program. In Arizona, Fuel Up to Play 60 is administered by Dairy Council of Arizona, and provides funding to schools to make changes in the nutrition and activity environment at the school level. This funding may be used to support implementation of a Grab 'N Go program.

**Action for Healthy Kids:** [www.actionforhealthykids.org/tools-for-schools/apply-for-grants](http://www.actionforhealthykids.org/tools-for-schools/apply-for-grants)

Action for Healthy Kids has provided breakfast grants to schools allowing for more than 32 million new school breakfasts to be served since 2009. Up to 550 schools will receive grant awards ranging from \$500 to \$5,000 to support increased breakfast participation. Eligible schools may apply to pilot or expand their School Breakfast Programs, including alternative or universal alternative.

**Valley of the Sun United Way:** <http://vsuw.org/community-objectives/we-fight-for-kids>

United Way is committed to ending hunger in Maricopa County and may provide qualifying schools in Maricopa County with start-up funds (up to \$4,000) to implement a Grab N' Go model. Funds are to be used for the purchase of kiosks, food carts, and large garbage bins. For more information, contact Lora Reid, Community Impact Manager at 602-631-4877 or [lreid@vsuw.org](mailto:lreid@vsuw.org).

# Food Service Director

## Timeline and Checklist For Grab 'N' Go Breakfast

The key to providing students with a nutritious breakfast in the morning is the school nutrition staff. Shifting to Grab 'N' Go does not have to mean more work for school nutrition staff. Proper training for the program can minimize issues at the onset. Depending on the current breakfast service method of your school, Grab 'N' Go can be set up to work with current operations with very little change. School nutrition staff run their regular kitchen operations, but prepare food for Grab 'N' Go service rather than serving food to students through the cafeteria service line.

### Strategies for Success:

- Enlist school nutrition staff in the planning of Grab 'N' Go Breakfast.
- Provide trainings on how the menu and daily operations will change.
- Conduct a trial run prior to the start of the program to practice how bags will be packed, loaded on carts and delivered to the serving locations, and how clean up will occur.

This timeline was designed to plan at the **end of one school year** for implementing a Grab 'N' Go Breakfast program at the **beginning of the next school year**. It is flexible and can be adjusted to fit various time frames for implementation.

### March

1.  **Communicate:** Work with principals to communicate current breakfast participation rates at each school and how they can be improved through Grab 'N' Go.
2.  **Commitment:** Work with ADE and site administrators to obtain a commitment to implement Grab 'N' Go.
3.  **Grab 'N' Go Site Team:** Work with the school kitchen manager to convene a team of stakeholders at the school level to work on developing a plan for implementing Grab 'N' Go at that particular site. This team could include the principal, school kitchen manager, teachers, site custodian, and other interested personnel.
4.  **Menus:** Meet with kitchen managers to plan menus for the Grab 'N' Go Breakfast program. Review sample Grab 'N' Go Breakfast menus provided or existing Grab 'N' Go Breakfast menus from your district or other districts.
5.  **Staffing:** Work with school kitchen managers to review current staffing schedules and determine possibility of increased hours as needed, which will likely be offset by increased reimbursement.
6.  **Storage:** Review and assess storage space for hot and cold foods at each Grab 'N' Go serving location.

## April

1.  **Participation Numbers:** Review current breakfast participation and estimate anticipated increase in participation. Obtain forecast numbers from school kitchen manager and plan for increased ordering. This may require additional hot or cold storage equipment.
2.  **Initial Grab 'N' Go Team Meeting:** Work with the kitchen manager to initiate the first site Grab 'N' Go planning team meeting. Begin by reviewing site maps and Grab 'N' Go Equipment Checklist to determine serving locations, delivery routes and equipment needed.
3.  **Supplies:** Develop a list of items that will need to be ordered/purchased. Review list with site administrators for approval if needed.
4.  **Funding:** Begin to apply for grant funds for start-up materials.
5.  **Production Schedules:** Review production schedules with site managers and make adjustments for Grab 'N' Go Breakfast services. Schedule additional staff hours to prep and package more meals.

## May

1.  **Funding:** Continue working on grant funding with school kitchen manager.
2.  **Routes and Logistics:** Meet with appropriate staff to determine the serving locations, computer or payment system, delivery and pick-up schedules, campus logistics, trash disposal areas, and garbage collection.
3.  **Supplies:** Begin ordering any additional supplies that may be needed.
4.  **Communication Strategy:** Work with principals to develop communication with parents, teachers, substitutes and students about Grab 'N' Go Breakfast.
5.  **School Nutrition Staff Training:** Work with site managers to schedule and deliver a Grab 'N' Go Breakfast training for school nutrition staff. Date: \_\_\_\_\_
6.  **Teacher Training Prep:** Work with principals to confirm dates for back-to-school in-service for teachers. Include time-slot for Grab 'N' Go training. Refer to the Teacher Training Resources section of this toolkit. Date: \_\_\_\_\_

## June/July

1.  **POS Services:** Work with the kitchen manager to determine storage area for Grab 'N' Go materials, which may include insulated food bags, carts, and food products.
2.  **Prep for School Staff and Teacher Training:** Determine what resources are needed to train and/or inform school staff and teachers on Grab 'N' Go Breakfast implementation.
3.  **Food Safety Plan:** Develop a Grab 'N' Go Breakfast Standard Operating Procedure (SOP) to add to the Food Safety Plan at each school operating Grab 'N' Go Breakfast. A template of the SOP can be found in this toolkit. The SOP may need to be modified so it is specific to your operation.



3.  **CNPWeb Site Application:** Update section 8 in the NSLP Site Application CNPWeb site application to indicate participation in Grab 'N' Go Breakfast.

### 1 Week Prior to Rollout

1.  **School Staff and Teacher Training:** Deliver Grab 'N' Go training for school staff and teachers as part of Back-to-School in-service.
2.  **Practice Run:** Assist site nutrition and custodial staff as they participate in a practice run of Grab 'N' Go service to determine how breakfast is delivered/returned from the serving locations and how trash disposal is coordinated.
3.  **Inventory:** Confirm all Grab 'N' Go items have been ordered and will be delivered in time for first day of school.
4.  **Special Diets:** Review any special diets necessary for students in your school and ensure you have the proper food items and quantities for each diet. Prepare communications for site managers on which students require special dietary accommodations.
5.  **Communicate:** Work with school kitchen managers to market the site's Grab 'N' Go program using school's communication channels and school nutrition communication channels.

### First Day of Grab 'N' Go

1.  **Communicate:** Remain available to troubleshoot challenges and answer questions.



# Grab 'N' Go Three-Week Cycle (Offer vs. Serve)

*Students may select one entrée and must select at least three items.  
One of the three items must be a fruit.*

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

### Week One

<p><b>Entrée</b> Oatmeal Bar Cereal &amp; Graham Crackers</p> <p><b>Sides</b> Fresh Fruit 100% Fruit Juice Milk Variety</p>	<p><b>Entrée</b> Breakfast on a Stick Cereal &amp; Graham Crackers</p> <p><b>Sides</b> Mixed Fruit Cuo 100% Fruit Juice Milk Variety</p>	<p><b>Entrée</b> Muffin &amp; String Cheese Cereal &amp; Graham Crackers</p> <p><b>Sides</b> Fresh Fruit 100% Fruit Juice Milk Variety</p>	<p><b>Entrée</b> Mini Waffles Cereal &amp; Graham Crackers</p> <p><b>Sides</b> Applesauce Cup 100% Fruit Juice Milk Variety</p>	<p><b>Entrée</b> French Toast Sticks Cereal &amp; Graham Crackers</p> <p><b>Sides</b> Fresh Fruit 100% Fruit Juice Milk Variety</p>
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### Week Two

<p><b>Entrée</b> Nutri-Grain Bar Cereal &amp; Graham Crackers</p> <p><b>Sides</b> Fresh Fruit 100% Fruit Juice Milk Variety</p>	<p><b>Entrée</b> Pancakes Cereal &amp; Graham Crackers</p> <p><b>Sides</b> Dried Cranberries 100% Fruit Juice Milk Variety</p>	<p><b>Entrée</b> Sweet Potato Muffin Top Cereal &amp; Graham Crackers</p> <p><b>Sides</b> Fresh Fruit 100% Fruit Juice Milk Variety</p>	<p><b>Entrée</b> Uncrustable Cereal &amp; Graham Crackers</p> <p><b>Sides</b> Mixed Fruit Cup 100% Fruit Juice Milk Variety</p>	<p><b>Entrée</b> Breakfast Sandwich Cereal &amp; Graham Crackers</p> <p><b>Sides</b> Fresh Fruit 100% Fruit Juice Milk Variety</p>
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### Week Three

<p><b>Entrée</b> Cereal Bar Cereal &amp; Graham Crackers</p> <p><b>Sides</b> Fresh Fruit 100% Fruit Juice Milk Variety</p>	<p><b>Entrée</b> Breakfast Wrap Cereal &amp; Graham Crackers</p> <p><b>Sides</b> Applesauce Cup 100% Fruit Juice Milk Variety</p>	<p><b>Entrée</b> Muffin &amp; String Cheese Cereal &amp; Graham Crackers</p> <p><b>Sides</b> Fresh Fruit 100% Fruit Juice Milk Variety</p>	<p><b>Entrée</b> Honey Bun Cereal &amp; Graham Crackers</p> <p><b>Sides</b> Peach Cup 100% Fruit Juice Milk Variety</p>	<p><b>Entrée</b> Mini Pancakes Cereal &amp; Graham Crackers</p> <p><b>Sides</b> Fresh Fruit 100% Fruit Juice Milk Variety</p>
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This institution is an equal opportunity provider.  
Sample menu adapted from a menu provided by Connie Parmenter, Washington Elementary District, Phoenix, AZ.

# NSLP Grab'n Go Breakfast Menu

## February 2017

**B** LACK HISTORY MONTH

Kern County Superintendent of Schools  
Advocates for Children

Monday

Tuesday

Wednesday

Thursday

Friday

Happy Valentine's Day!



February 14

**American Heart Month**

6 JUMP START BKfst KIT  
STRAWBERRY RAISINS  
1% WHITE MILK  
F/F CHOCOLATE MILK

13 NO SCHOOL TODAY



Abraham Lincoln's Birthday Observed

20 NO SCHOOL TODAY



George Washington's Birthday Observed

7 APPLE CHEWIE BAR  
ORANGE  
STRAWBERRY KIWI JUICE  
1% WHITE MILK  
F/F CHOCOLATE MILK

14 PB&J GRAHAM BAR  
CEREAL  
ORANGE  
STRAWBERRY KIWI JUICE  
1% WHITE MILK  
F/F CHOCOLATE MILK

21 MUFFIN  
ORANGE  
STRAWBERRY KIWI JUICE  
1% WHITE MILK  
F/F CHOCOLATE MILK

27 MINI APPLE BKfst BITES  
STRAWBERRY KIWI JUICE  
SOUR LEMON RAISINS  
1% WHITE MILK  
F/F CHOCOLATE MILK

28 YOGURT  
CEREAL  
ORANGE  
STRAWBERRY KIWI JUICE  
1% WHITE MILK  
F/F CHOCOLATE MILK

1

CHERRY FRUDEL  
BANANA  
ORANGE TANGERINE  
JUICE  
1% WHITE MILK  
F/F CHOCOLATE MILK

8

BREAKFAST BUN  
BANANA  
ORANGE TANGERINE  
JUICE  
1% WHITE MILK  
F/F CHOCOLATE MILK

15

HONEY LEMON LOAF  
BANANA  
ORANGE TANGERINE  
JUICE  
1% WHITE MILK  
F/F CHOCOLATE MILK

22

PB & GRAPE JELLY  
SANDWICH  
BANANA  
ORANGE TANGERINE  
JUICE  
1% WHITE MILK  
F/F CHOCOLATE MILK

2

STRAWBERRY MINI  
PANCAKES  
APPLE  
GOLD RUSH JUICE  
1% WHITE MILK  
F/F CHOCOLATE MILK

**GROUNDHOG DAY**  
February 2nd

9

MAPLE WAFFLES w/SYRUP  
APPLE  
GOLD RUSH JUICE  
1% WHITE MILK  
F/F CHOCOLATE MILK

16

CINN GLAZED FR TOAST  
APPLE  
GOLD RUSH JUICE  
1% WHITE MILK  
F/F CHOCOLATE MILK

23

STRAW-OAT CHEWIE BAR  
APPLE  
GOLD RUSH JUICE  
1% WHITE MILK  
F/F CHOCOLATE MILK

3

CRUMB CAKE  
APPLE  
ORANGE TANGERINE  
JUICE  
1% WHITE MILK  
F/F CHOCOLATE MILK

10

BLUEBERRY BKfst BAR  
APPLE  
ORANGE TANGERINE  
JUICE  
1% WHITE MILK  
F/F CHOCOLATE MILK

17

MINI CINNI PULL APARTS  
APPLE  
ORANGE TANGERINE  
JUICE  
1% WHITE MILK  
F/F CHOCOLATE MILK

24

FRENCH TOAST STICKS  
APPLE  
ORANGE TANGERINE  
JUICE  
1% WHITE MILK  
F/F CHOCOLATE MILK

**Menu Subject to Change**

**This institution is an equal opportunity provider.**

# Sample Menu 3



**fresh start  
for school  
breakfast**  
a school nutrition breakfast resource



Brought to you by School Nutrition Association of Arizona for a Healthier Generation



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Week 1</b>	WG Bagel w/Cream Cheese (2 Gr) Fresh Strawberries (1/2 c.) Fresh Apple Slices (2 oz.) Variety of Milk - Plain 1%, FF & FF Flavored	WW Banana/Zucchini (2 Gr) Orange (1 ea.) Chilled 100% Fruit Juice (4 oz.) Variety of Milk - Plain 1%, FF & FF Flavored	WG Mini Waffles (2 Gr) Banana (1 ea.) Chilled Cupped Pears (1/2 c.) Variety of Milk - Plain 1%, FF & FF Flavored	Mini WG Honey Biscuit w/ Turkey Sausage (1 Gr & 1 Gr/MMA) Chilled 100% Fruit Juice (4 oz.) Chilled Cupped Peaches (1/2 c.) Variety of Milk - Plain 1%, FF & FF Flavored	WG Cereal w/FF Yogurt (1 Gr & 1 Gr/MMA) Fresh Blueberries (1/2 c.) Banana (1 ea.) Variety of Milk - Plain 1%, FF & FF Flavored
<b>Week 2</b>	WG Muffin (1 Gr) LF Mild Cheddar Cheese (1 oz.) Chilled 100% Fruit Juice (4 oz.) Fresh Apple (1 ea.) Variety of Milk - Plain 1%, FF & FF Flavored	WG Mini Pancakes (2 Gr) Banana (1 ea.) Applesauce (1/2 c.) Variety of Milk - Plain 1%, FF & FF Flavored	WG Egg & Cheese Breakfast Burrito (1 Gr & 1 Gr/MMA) Salsa (1 oz.) Fresh Strawberries (1/2 c.) Chilled Cupped Peaches (1/2 c.) Variety of Milk - Plain 1%, FF & FF Flavored	WG Slider Roll (1 Gr) w/Breakfast Chicken Patty (0.5 Gr & 1 Gr/MMA) Orange (1 ea.) Chilled 100% Fruit Juice (4 oz.) Variety of Milk - Plain 1%, FF & FF Flavored	WG Cereal w/FF Yogurt (1 Gr & 1 Gr/MMA) Fresh Blueberries (1/2 c.) Banana (1 ea.) Variety of Milk - Plain 1%, FF & FF Flavored



# Grab 'N' Go School Readiness and POS Evaluation Tool



**Date:**

**Rollout Date:**

**School Name:**

1. School Type (Prep, satellite, etc.):
2. School enrollment:
3. Projected daily breakfast participation:
4. Review the campus map and outline possible locations for food delivery and trash collection:
5. Number of serving locations:
6. Where will food be served?

7. Are there any serving locations on the 2nd floor?  Yes  No

**If Yes:** Number of elevators available:

8. Are there any equipment concerns?  Yes  No

How many food carts will be needed to deliver food to serving locations?

Check space availability for equipment:

Check electrical outlet availability:

Is there adequate storage for all Grab 'N' Go materials, which may include POS software, food carts, bags, and additional foods?

Yes  No

If no, what additional equipment or storage space is needed?

How will you obtain items/storage needed?

9. Where will students dispose their trash?

10. When and how will trash bins be collected?

**Notes:**

**Signatures:**

\_\_\_\_\_ *Food Service Director*

\_\_\_\_\_ *Principal*

\_\_\_\_\_ *School Kitchen Manager*



# Grab 'N' Go Breakfast Equipment Checklist



**Item**

**Quantity Needed  
per School/Notes**

Mobile point of sale/service system (POS)

Carts/Portable tables

Reimbursable meal signage

Insulated bags or food distribution system

Portable milk cooler

Napkins

Trash bins/liners



## #\_\_\_\_ Grab 'N' Go Meal Service Standard Operating Procedure

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**Policy:** Foodservice employees with meal preparation, set up, service and clean up responsibilities will work together to ensure that meals served outside of the cafeteria in a grab 'n' go style, such as on a cart or table, are safe to eat, and that appropriate food safety measures are followed when there are leftover food items.

### **Foodservice employees with meal service and clean up duties will:**

- Observe appropriate food handling techniques such as:
  - a. Keeping cold and hot items in transporters until time of meal service.
  - b. Serving meals as soon as possible.
  - c. Washing hands prior to assembling and distributing meals.
  - d. Keeping cold and hot foods in transport container to keep at safe temperatures.
  - e. Discarding leftover food that has been served to students and any cold or heated food products that have been removed from the transporters immediately following the meal service in appropriate receptacles.
  - f. Following established procedures for returning/discarding menu items that have not been served to students.
  - g. Using cleaner in spray bottle obtained from food service to wipe down carts or tables.
  - h. Following procedures for removing trash from classroom which may include moving portable trash receptacles from one classroom to the other.
- Promptly returning portable cold storage units with reusable ice packs and other equipment to the school foodservice.

### **The food service manager/supervisor will:**

1. Develop and share procedures for ordering meals for grab 'n' go service and any anticipated changes in counts.
2. Plan menus with food safety in mind.
3. Arrange for an appropriate time for delivery.
4. Obtain suitable portable cold storage transporters (such as coolers) and cooling devices such as ice packs and test the equipment items to ensure that cold food items are maintained at 41 ° F. or below up to a minimum of 1 hours (or the time frame for when items leave mechanical refrigeration up to the time transporters are returned to the food service.
5. Obtain suitable portable hot holding transporters and the equipment items to ensure that heated potentially hazardous menu items will be held at 135 ° F. or above up to time items are removed from ovens up to time of service. **Note:** All heated items will be discarded after meal service to maintain product integrity and as food safety measure.
6. Review safe handling procedures listed above with foodservice employees with meal transporting, set up, serving and clean up responsibilities.
7. Routinely visit grab 'n' go locations to determine if appropriate food safety measures are followed and evaluate set up, assembling, service and clean up procedures. Revise and adapt current procedures based on observations. Conduct follow up training when there are non-compliance findings.
8. Monitor food waste to determine if menu revisions or changes in number of items packed based on what students take under Offer versus Serve policy.
9. Monitor temperature logs for heated items to review recorded temperatures and ensure that appropriate corrective action is taken when hot items are not kept at 135° F or above. Follow up with food service personnel if temperatures are not recorded, there is questionable information recorded and/or if appropriate corrective action has not been taken.
10. Monitor temperature logs to review recorded temperatures and ensure that cold items are maintained at 41° F. or below. Follow up with food service personnel if logs have not been completed, there is questionable information recorded and/or if appropriate action has not been taken.

***All school foodservice staff who prepare and/or pack meals for grab 'n' go service will:***

1. Follow standard operating procedure established in the food safety plan for personal hygiene.
2. Prepare and pack meals according to the planned menu and make necessary modifications for anticipated changes in the counts.
3. Follow all standard operating procedures during food preparation to minimize contamination and time potentially hazardous foods are left between 41° F. and 135°F. which includes:
  - a. Keeping cold items under refrigeration until time of transport.
  - b. Heating items prior to delivery to minimize holding time and keeping hot items in oven until packed for immediate delivery.
4. Use gloves or utensils to prevent bare hand contact when handling ready-to-serve foods.
5. Place all potentially hazardous items in portable cold storage units with ice packs or other devices to maintain temperature during delivery.
6. Follow procedures for taking and recording temperatures of cold items and heated items on logs prior to delivery of meals. **Note:** Temperature of milk may be taken by inserting digital probe thermometer between milk cartons. If temperature is 41° F. or below, it is not necessary to insert probe directly into opened milk carton.

***All school foodservice staff receiving returned food items and transporters will:***

- Discard any heated product that remains in the transporter and make note/notify supervisor of the number of items discarded, if excessive, so appropriate changes are made in menu and/or the number of items packed.
- Follow procedures for taking temperatures of milk and other cold items returned in the transporter. Record temperatures on log. Discard any milk or other potentially hazardous cold items and juice if temperature checks reveal that items are not at 41° F. and note on temperature log that this corrective action was followed.
- Follow standard operating procedures established for cleaning and sanitizing utensils, transporters, pans and other items returned from carts.
- Store utensils, transporters, pans and other items to minimize contamination.

***Operating procedures implemented on (specify date): \_\_\_\_\_***



## Marketing Your Grab 'N' Go Breakfast Program

It is extremely important to market your Grab 'N' Go Breakfast program to all of the people who will be involved, including all school staff, students, parents, and community partners. Below are key talking points that will help make sure everyone is aware of your schools' efforts to make nutritious morning meals available to all students.

### Principals Can Market Grab 'N' Go



Principals play an important role in deciding to start a Grab 'N' Go Breakfast program. They also lead teachers in the goal of developing successful students. Ask the principals to support Grab 'N' Go by sharing these messages with teachers and families.

#### *Encourage teachers by:*

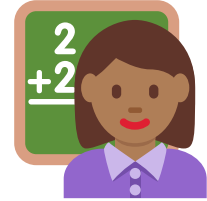
- Reminding them that school breakfast helps children behave better and be more attentive in class. It also reduces disruptive hunger-related visits to the school nurse.
- Distributing information to teachers about the link between breakfast and academic success. Encourage them to reinforce this message.

#### *Encourage student participation by:*

- Informing parents that they can count on school breakfast when family schedules are rushed and children do not feel like eating.
- Sending a letter or flyer to parents at the start of the year to make sure they know about the School Breakfast Program, and sending regular communication home.
- Encouraging more families to complete their free and reduced-price meal applications (as applicable).
- Affirming students for “starting smart” with a good breakfast by joining them in the morning.

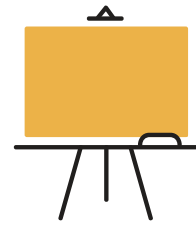
## Teachers Can Support Grab 'N' Go

Teachers are role models for students and can enhance the Grab 'N' Go Breakfast program by encouraging students to eat breakfast. Students who eat breakfast are better prepared to learn. Work with the principals to encourage teachers to create a positive energy around Grab 'N' Go Breakfast each day.



## Involving Other School Staff

Promote the Grab 'N' Go Breakfast program to school staff.



## Communicating with Administration

- Post a breakfast letter in the administration office and email it to all staff.
- Understand the needs of faculty, staff, and students by creating a school breakfast advisory group.
- Meet with administrators to establish measurements and goals to determine program success through:
- Establish monthly communications back to administrators to communicate measurement results.
- Encourage administrators to participate in Grab 'N' Go Breakfast to see first-hand how the program affects students.



## Communicating with Parents

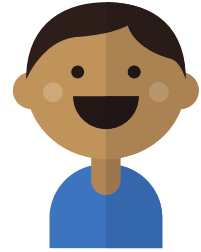


Communication with parents is key to successful implementation of Grab 'N' Go. Utilize communication tools that are already in use by the principal, the school kitchen manager, teachers, and other school staff. Promote the Grab 'N' Go Breakfast program to parents by using a variety of communication strategies such as:

- Send home a flyer and/or letter to parents. This toolkit includes a sample flyer and a sample letter in both in English and Spanish. The materials include information on the Grab 'N' Go Breakfast program, benefits of the program, and other important information.
- Include an article in the school's newsletter and/or PTO/PTA newsletters for parents.
- Post an announcement on the school's marquee, website, and/or social media.
- Email parents explaining the program; provide web links for breakfast sites that discuss benefits of breakfast.
- Present the new breakfast program at a 'meet the teacher night' or other parent/school gathering.
- Share success stories and program results through the school newspaper, newsletter, and/or website for parents to see; i.e. "In the first quarter, test scores improved by X% for math and reading."
- Post the nutritional information of the breakfast served in school on your website so parents can see the health benefits.
- Set up a Grab 'N' Go Breakfast cart for parents during conferences, registration, and PTO and/or PTA meetings; provide samples of breakfast products and information brochures that highlight nutritional benefits and give additional website resources.

## Communicating with Students

- Encourage creativity by having students create a marketing campaign for their school and to the overall school community; i.e. Create a poster for the serving line for everyone to see.
- Teach students about different food groups by having taste tests; this will also allow you to determine student preferences which can lead to greater program success.
- Invite student groups and clubs to have their meetings in the cafeteria during breakfast since the space will be available.
- Give students the opportunity to help prepare the breakfast cart with a staff member.
- Encourage students to eat by displaying posters and fostering a school culture that values eating breakfast. Remind students that breakfast provides energy, improves concentration, and results in better grades.



## Communicating with Custodians

- Post an informational letter in the supply area/custodial office.
- Let custodians know that students will gain a greater sense of responsibility, respect, and cleanliness that will be carried into lunch, resulting in a cleaner lunchroom.
- Encourage custodians to take part in the breakfast program, so they can see the results first-hand.
- Ask for their input on how to improve the process for an even cleaner school and to help reduce waste.
- When custodians make a contribution, recognize their efforts! Have a “custodial breakfast” where you or the students serve the custodian’s favorite meal.





## Communicating with Bus Drivers

If it's feasible to market your Grab 'N' Go Breakfast program on the school bus, some of these ideas may be helpful.

- Communicate to the bus drivers the goals/results of the program, making them part of the team.
- Have bus drivers remind students on their way out of the bus, that breakfast is the most important meal of the day.
- Provide menu signs for the buses, so students know what is being served.
- Serve Grab 'N' Go Breakfast near the bus drop zone, providing students with a convenient location to grab breakfast on their way into school.





# Sample Teacher Information Flyer



STARTING **[INSERT DATE]**  
**[INSERT SCHOOL NAME]**

Will begin a NEW breakfast program:

## ***Grab 'N' Go Breakfast***



**This program will be a real bonus for you and our school! Studies have shown that an alternative breakfast program:**

*Improves the health, nutrition and well-being of students*

*Improves classroom performance and yields better test scores and grades*

*Improves student's ability to focus in class*

*Decreases disciplinary problems, tardiness and visits to the nurse*

*Increases attendance rates*

*Contributes to the overall revenue of a successful child nutrition program*

School staff are important partners in the Grab 'N' Go program and play a key role in the implementation and success of the program. We want to make this transition as seamless as possible.

**A Grab 'N' Go training will be offered on [insert date, time, place]**

As this is a new program at insert school name, we ask that you attend this training. If you have any questions, please contact **[insert contact person]** at **[insert contact information.]**

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A PARTIR DEL [INSERT DATE]  
[INSERT SCHOOL NAME]

EMPEZARÁ UN PROGRAMA NUEVO DE DESAYUNO



## **Grab 'N' Go Desayuno**

**¡Esto será de gran beneficio para usted y para nuestra escuela! Estudios han demostrado que un programa de desayuno alternativo:**

*Mejora la salud, la nutrición, y el bienestar de los estudiantes*

*Mejora el rendimiento académico y produce mejores resultados en los exámenes y las calificaciones*

*Mejora la habilidad de los estudiantes para enfocarse en la clase*

*Reduce problemas de disciplina, tardanzas y visitas a la enfermera*

*Aumenta los niveles de asistencia*

*Contribuye a los ingresos totales de un programa de nutrición exitoso*

Personal de la escuela son participantes importantes y juegan un papel clave para la implementación y el éxito del programa de Grab 'N' Go. Queremos que la transición sea lo más fácil posible.

**Un entrenamiento del programa de Grab 'N' Go será ofrecido el [insert date, time, place]**

Como este será un programa nuevo en [insert school name], le pedimos que atienda este entrenamiento. Si tiene preguntas, por favor contacte a [insert contact person] al [insert contact information.]

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# Sample Parent Information Flyer



Introducing a new way  
to give students a nutritious  
start every day!

[Insert school name] is happy to announce

## **Grab 'N' Go Breakfast**

starting [insert date]



Grab 'N' Go breakfast means breakfast is served at [insert your school's Grab 'N' Go location] [instead of or in addition to] in the cafeteria.

### **Students win with Grab 'N' Go Breakfast**

*Improves the health, nutrition and well-being of students*

*Students are able to focus better in the class*

*Students start their day by eating a healthy breakfast*

### **Breakfast Prices:**

**Reduced-Price breakfast: \$0.30**

**Paid Breakfast: [insert price].**

Additional information will be sent to parents by [insert date letter will be sent]. If you have any questions please contact [insert contact name] at [insert contact information].

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## ¡INTRODUCIENDO UNA FORMA NUEVA DE DARLES A LOS ESTUDIANTES UN COMIENZO NUTRITIVO CADA DÍA!

[Insert school name] e alegra al anunciar que el programa de

### **Grab 'N' Go Desayuno**

empezará [insert date]



¡Esto será de gran beneficio para usted y para nuestra escuela!

## Todos Ganan con El Programa de "Grab 'N' Go" Desayuno

*Mejora la salud, la nutrición, y el bienestar de los estudiantes*

*Los estudiantes podrán enfocarse mejor en clase*

*Los estudiantes empezarán su día comiendo un desayuno saludable*

**Precios del Desayuno:**  
**Precio del Desayuno Reducido: \$0.30**  
**Precio Regular [insert price].**

Información adicional será enviada a padres el [insert date letter will be sent].  
Si tiene cualquier pregunta, por favor contacte a [insert contact name]  
al [insert contact information].

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## Grab 'N' Go Breakfast Beginning [insert date]

Dear Parents,

[Insert school name] is happy to announce a new breakfast program. Beginning on [insert date] all students will have the opportunity to pick up their breakfast and eat it [insert locations for eating breakfast.] [Replacing or Adding to] our current breakfast service, this convenient new program brings breakfast to the student, making it easier for all students to have the opportunity to start the day ready to learn.

### ***What is Grab 'N' Go Breakfast?***

- It is a new way of offering breakfast to all students.
- Breakfast can be enjoyed on the go, [insert time here, ie during a morning break, or at the beginning of class].
- Participation is strictly voluntary.

### ***How does Grab 'N' Go Breakfast work?***

- Breakfasts are available at [insert locations here], ready for quick check-out.
- Each student chooses a breakfast and eats at his or her convenience.
- Trash bins are located in multiple locations around the school; easily accessible for students eating on the go.

### ***What foods are served in Grab 'N' Go Breakfast?***

- Milk is served daily, as well as fruit or juice.
- Meals are healthy, easy to eat, and include popular breakfast items. Breakfast menus are available at [insert link. If you do not have a menu link, include a copy of the menu for the month].
- If your child requires a special diet, notify [appropriate person] to make arrangements to address your child's needs

### ***How much will Grab 'N' Go breakfast cost?***

The price for Grab 'N' Go breakfast is the same as in the cafeteria.

### ***What are the benefits of Grab 'N' Go Breakfast?***

With a Grab 'N' Go breakfast program, all students have the opportunity to eat a healthy breakfast. Studies have shown that with breakfast:

- Students concentrate better and remember more of what they learn.
- Students perform better academically.
- Absenteeism and tardiness is decreased.
- Hunger-related nurse visits are reduced.

***Please note:*** If you do not want your child to participate, they do not have to eat the school breakfast provided.

If you have any questions, comments or suggestions about this breakfast program you can contact [insert contact name and contact information].

Please share this exciting news with your child!

Thank you,

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## Desayuno Grab 'N' Go Empezando [insert date]

Estimados Padres,

[Insert school name] se alegra al anunciar el comienzo de un programa nuevo de desayuno. Empezando el [insert date] todos los estudiantes tendrán la oportunidad de recoger su desayuno y comérselo en [insert locations for eating breakfast.] [Replacing or Adding to] nuestro servicio de desayuno actual, este programa nuevo y conveniente trae el desayuno al estudiante, haciendo más fácil que todos los estudiantes empiecen su día listo para aprender.

### *¿Qué es el Desayuno Grab 'N' Go?*

- Es una forma nueva de ofrecer desayuno a todos los estudiantes.
- Pueden disfrutar el desayuno cuando van de camino a, [insert time here, ie during a morning break, or at the beginning of class].
- La participación es completamente voluntaria.

### *¿Cómo funciona el Desayuno Grab 'N' Go?*

- Desayunos están disponibles en el [insert locations here], listos para una verificación y despedida rápida.
- Cada estudiante elige un desayuno y se lo puede comer cuando sea conveniente.
- Habrá basureros en varios lugares alrededor de la escuela que serán fáciles de encontrar para los estudiantes que van en camino a clase.

### *¿Qué comida sirven en el Desayuno Grab 'N' Go?*

- Leche será servida a diario, y también fruta o jugo.
- Las comidas son saludables, fáciles de comer, e incluyen comidas de desayuno populares. Menús de desayuno están disponibles en [insert link. If you do not have a menu link, include a copy of the menu for the month].
- Si su hijo(a) requiere una dieta especial, deje saber a [appropriate person] para hacer arreglos que cumplan con las necesidades de su hijo(a).

### *¿Cuánto costará el desayuno Grab 'N' Go?*

El precio del Desayuno Grab 'N' Go será el mismo precio como en la cafetería.

### *¿Cuáles son los beneficios del desayuno Grab 'N' Go?*

Con el programa de desayuno Grab 'N' Go, todos los estudiantes tienen la oportunidad de comer un desayuno saludable. Los estudios han comprobado que al desayunar:

- Los estudiantes se concentran mejor y se acuerdan de más de lo que aprenden.
- A los estudiantes les va mejor académicamente.
- Ausencias y tardanzas disminuyen.
- Visitas a la enfermera debidas al hambre son reducidas.

**Por favor note:** Si no quiere que su hijo(a) participe, ellos no tienen que comer el desayuno dado por la escuela.

Si usted tiene alguna pregunta(s) comentario(s) o sugerencia(s) sobre el programa de desayuno puede contactar a [insert contact name and contact information].

¡Por favor comparta esta noticia emocionante con su hijo(a)!

¡Gracias!

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## Breakfast Time is Learning Time!

If students are permitted to eat their Grab 'N' Go Breakfast in the classroom, here are some activities that can be implemented during that time.

### **Read-Aloud Time**

Read to students from a picture or chapter book while they are eating. Once a week, read a book that has to do with nutrition and/ or being physically active. Students may also enjoy listening to books on tape.

### **Combine Breakfast and DEAR (Drop Everything and Read)**

Allow students time for self-selected silent reading while they eat.

### **Practice Spelling Words**

While eating, play a word game (e.g., Sparkle) where students take turns giving the next letter in a spelling word until it is spelled correctly.

### **Show Instructional Media (e.g., television programming or videos)**

View content relevant to what the students are learning while they are eating.

### **School News Program**

Do you have a school news program? If not, consider starting one. Have classes take turns recording a school news program. Create news videos and distribute school-wide; let students watch the school news while eating breakfast.

### **Current Events**

During breakfast, distribute articles related to current events. Have students discuss and debate current events.

## **Life Skills/Character Education**

Use breakfast time to learn about important Character Education skills. Apply the skills to the context of eating school breakfast (e.g., when students help serve and clean up breakfast, they are learning about 'responsibility').

## **MyPlate Sort and Log**

Teach students how to eat healthy by using the MyPlate food guidance system as a guide; discuss the importance of variety and balance. Provide younger students with Food Group Sorting Placemats (to make the placemat: on construction paper create a five-column chart, label it with the five Food Groups and laminate). Students can use the placemats while they eat breakfast and sort the items in their daily breakfast into the proper food groups as they are eating. If the chart is laminated, students could create tally marks on the sorting chart using a dry erase marker.

## **Vocabulary Development**

Work with words that the students are learning during breakfast. Students can list the names of the foods they are eating and put them in alphabetical order, study the history of the food, list adjectives that describe the food and list verbs that describe the way that they eat the food.

## **Demonstrations**

Use breakfast time to demonstrate something that you will be teaching later. Perhaps you are going to demonstrate how to write a personal narrative. Teach it while they eat. Science demonstrations work well too.

## **Fine Arts**

As they eat, have students listen and react to a variety of music, or view and discuss a slideshow of art collections.

## **Literature Circles**

While eating breakfast, students can meet with their literature circle groups or book clubs to summarize and discuss prior reading (e.g., the chapter that they read for homework) or answer specific questions about the book they are reading.



## **Homework Review**

During breakfast, go over the homework from the night before.

## **Test Review**

During breakfast, play games to review for tests, such as Jeopardy-style quiz.

## **Class Meetings**

Use breakfast time to conduct your class meeting. During class meeting, students are assigned new class jobs, class rules are discussed and reinforced, upcoming events are reviewed and class “business” is conducted.

## **Mind Puzzles and Riddles**

Post mind puzzles and riddles for students to think about and solve while they are eating.

# Incorporate breakfast education into your academic content!

*Try the following suggestions to help promote the Grab 'N' Go Breakfast program throughout the school day and year.*

## **Creative Arts**

Promote breakfast using posters and songs created by students. The activities can be part of art or music classes or serve as an educational school wide contest.

## **Language Arts**

Brainstorm adjectives about breakfast.

Write persuasive essays or short stories about the importance of breakfast and the consequences of skipping breakfast.

## **Social Studies and Current Events**

When learning about different countries, investigate what different cultures eat for breakfast. Relate particular breakfast foods to a country's climate, agriculture, customs, and exports.

## **STEM - Math**

Have students create and conduct breakfast surveys. Use the information gathered to study percentages or trends in math class.

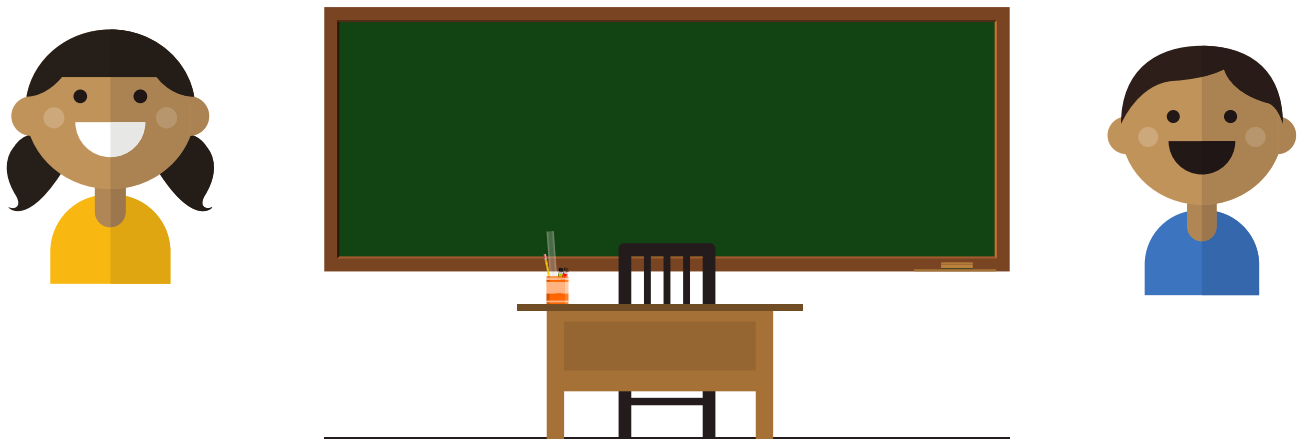
## **STEM - Nutrition Education**

Reinforce the MyPlate Food Guidance System by showing how it relates to breakfast.

# Students' Roles in Grab 'N' Go Breakfast

Student participation is important to a successful Grab 'N' Go breakfast program. The Grab 'N' Go Planning Team can consider these ideas for increasing student involvement:

- Get students involved with planning the breakfast menu, through classes, clubs, and contests.
- Hold taste tests for students to gather their input on specific menu items.
- Engage students in marketing the Grab 'N' Go breakfast program. For example, older students can be involved in designing your school's "breakfast logo" or breakfast marketing posters.
- If your school participates in Fuel Up to Play 60, the Student Wellness Team can work on gathering student ideas and sharing those ideas with administration.
- Delegate some of the responsibility to students. Suggestions:
  - **Delivery and Set Up:** Students involved in clubs, student government, and technical training can be involved with delivering food and setting up the breakfast cart.
  - **Cleanup:** Students learn responsibility by cleaning up after themselves and helping clean up after others.





**Food Service Director**  
**Grab 'N' Go Breakfast Monitoring Checklist**

Visit food preparation, serving, and eating areas to observe the items listed below after the 1<sup>st</sup> and 6<sup>th</sup> month of Grab 'N' Go Breakfast rollout.



Date:	School Name:		Staff Name:	
Category	Good	N/I*	Comments	
<b>TIMING and SERVICE</b>				
Breakfast is prepared and serving locations are fully equipped on time for students.				
All menu items are placed in designated area.				
Students eat in time allotted.				
<b>FOOD</b>				
Grab 'N' Go menu is being followed.				
Food is served at the correct temperature.				
Special diets and milk allergies are accommodated.				
No food left in serving areas - leftover food is returned to kitchen.				
Leftover food handled properly and kept at proper temperature.				
Record food waste. Ask the kitchen staff which foods are not eaten and returned to the kitchen.				
<b>EQUIPMENT</b>				
Equipment is clean and in good condition. (Cafeteria, kiosks, food carts, and/or insulated bags, etc.)				
Equipment is stored in a clean area.				
Trash bins are placed where needed.				
Cleaning supplies are provided where needed.				

*\*Needs Improvement*

Category	Good	N/I*	Comments
<b>COUNTING &amp; CLAIMING</b>			
All reimbursable meals are properly tracked on mobile point of service, roster or tally sheet.			
KEY PERFORMANCE INDICATOR	Before GNG	After GNG	Comments
Labor hours			
Meals per labor hour			
School Academic Performance Index			
Avg. monthly tardiness			
Avg. monthly absenteeism			
Avg. monthly food cost			
Avg. monthly morning nurse visits related to hunger			
<b>Additional Comments</b>			

*\*Needs Improvement*



# Grab 'N' Go Breakfast Teacher Survey

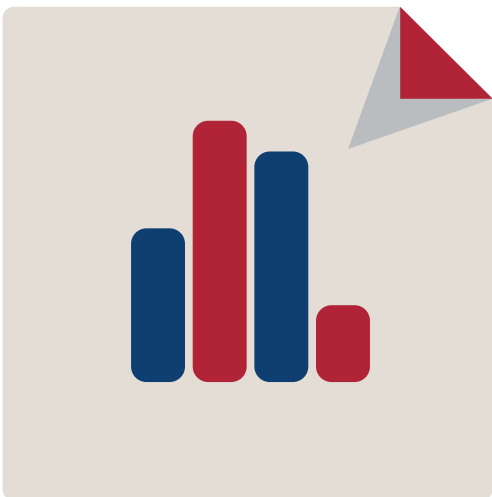
## Instructions

This survey is a tool that can be used to gather input from teachers about your Grab 'N' Go Breakfast program. It has teachers rate their observations on hunger-related issues, classroom environment, and students' academic achievement. Enhancing teacher satisfaction with Grab 'N' Go Breakfast will help ensure the success of the program.

The Grab 'N' Go Breakfast Teacher Survey can be administered after 1 month of implementing your Grab 'N' Go Breakfast program, then again at specified intervals to determine acceptance and success of the program. This survey can also be useful to identify challenges that may need to be addressed.

Suggested survey implementation schedule:

- **1 month** post-Grab 'N' Go
- **3 months** post-Grab 'N' Go
- **Additionally as needed** to identify potential issues and monitor the success of the program



This survey is also in the section for your School Kitchen Manager. You can work with each site to implement this survey and gather important data that will help justify continuing the Grab 'N' Go Breakfast program. It may also be helpful to collect data from all schools in the district to develop an aggregate report on the Grab 'N' Go Breakfast programs across the district.

## Grab 'N' Go Breakfast Teacher Survey

School                      Grade                      Teacher (Optional)                      Date

Using this scale, please respond to questions 1 -7 by circling the answer that best describes your experience with Grab 'N' Go Breakfast:

1 =	Decreased Significantly	2 =	Decreased Somewhat	3 =	Not Changed	4 =	Increased Somewhat	5 =	Increased Significantly
-----	----------------------------	-----	-----------------------	-----	----------------	-----	-----------------------	-----	----------------------------

### *Classroom Management*

1. With Grab 'N' Go Breakfast, the number of hunger-related classroom disruptions has:  

1
2
3
4
5
  
2. With Grab 'N' Go Breakfast, the number of students leaving class for hunger-related symptoms has:  

1
2
3
4
5
  
3. With Grab 'N' Go Breakfast, the frequency of absences has:  

1
2
3
4
5
  
4. With Grab 'N' Go Breakfast, the frequency of tardiness has:  

1
2
3
4
5

### *Student Engagement*

5. With Grab 'N' Go Breakfast, students' ability to focus and stay on task has:  

1
2
3
4
5

### *Student Achievement*

6. With Grab 'N' Go Breakfast students' math grades have:  

1
2
3
4
5
  
7. With Grab 'N' Go Breakfast, students' language arts grades have:  

1
2
3
4
5

### *General Questions*

8. Grab 'N' Go Breakfast improves the learning environment.  

Strongly disagree
Disagree
No opinion
Agree
Strongly Agree
  
9. Grab 'N' Go Breakfast enables me to be a more effective teacher.  

Strongly disagree
Disagree
No opinion
Agree
Strongly Agree
  
10. Do you have suggestions for improving the Grab 'N' Go Breakfast process?

**Please return survey to kitchen manager.**

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## School Kitchen Manager

### Timeline and Checklist for Grab 'N' Go Breakfast

The key to providing students with a nutritious breakfast in the morning is the school nutrition staff. Shifting to Grab 'N' Go Breakfast does not have to mean more work for school nutrition staff. Proper training for the program can minimize issues at the onset. Depending on the current breakfast service method of your school, Grab 'N' Go Breakfast can be set up to work with current operations with very little change. School nutrition staff run their regular kitchen operations, but prepare food for a Grab 'N' Go service rather than serving food to students through the cafeteria service line.



#### Strategies for Success:

- Enlist school nutrition staff in the planning of Grab 'N' Go.
- Provide trainings on how the menu and daily operations will change.
- Conduct a trial run prior to the start of the program to practice how bags will be packed, loaded on carts and delivered to the serving line, and how cleanup will occur.

This timeline was designed to plan at the **end of one school year** for implementing a Grab 'N' Go Breakfast program at the **beginning of the next school year**. It is flexible and can be adjusted to fit various time frames for implementation

## March

1.  **Grab 'N' Go Breakfast Site Team:** Work with your Food Service Director to convene a team of stakeholders at the school level to work on developing a plan for implementing Grab 'N' Go Breakfast at your particular site. This team could include the principal, teachers, site custodian, and other interested personnel.
2.  **Menus:** Meet with food service director to review current menu and to determine how the menu will change with implementation of Grab 'N' Go. Review the sample menus provided or existing Grab 'N' Go Breakfast menus within the district or from other districts.
3.  **Staffing:** Work with Food Service Director to review current staffing schedules and determine possibility of increased hours as needed, which will likely be offset by increased reimbursement.
4.  **Storage:** Review and assess storage space for hot and cold foods at each Grab 'N' Go service location.

## April

1.  **Participation Numbers:** Review breakfast participation and estimate anticipated increase in participation. Determine forecast numbers and plan for increased ordering. This may require additional hot or cold storage equipment.
2.  **Initial Grab 'N' Go Team Meeting:** Work with Food Service Director to assist in developing site Grab 'N' Go planning team and initiate first meeting. Begin by reviewing site maps and Grab 'N' Go Equipment Checklist to determine serving locations, delivery routes and equipment needed.
3.  **Supplies:** Develop a list of items that will need to be ordered/purchased. Review list with site administrators for approval if needed.
4.  **Funding:** Work with Food Service Director to begin applying for grant funds for start-up materials.
5.  **Production Schedules:** Review production schedules with Food Service Director and make adjustments for Grab 'N' Go Breakfast services. Schedule additional staff hours to prep and package more meals.

## May

1.  **Funding:** Continue working on grant funding with Food Service Director and begin ordering materials.
2.  **Routes and Logistics:** Meet with appropriate staff to determine the serving locations, computer or payment system, delivery and pick-up schedules, campus logistics, trash disposal areas, and garbage collection.

3.  **Supplies:** Begin ordering any additional supplies that may be needed.
4.  **School Nutrition Staff Training:** Schedule and deliver Grab 'N' Go training to school nutrition staff to introduce Grab 'N' Go Breakfast and to give an overview of upcoming changes. Date: \_\_\_\_\_
5.  **School Staff and Teacher Training:** Work with your Food Service Director to schedule and deliver the Grab 'N' Go Breakfast training for school staff and teachers at the back-to-school in-service.

## June/July

1.  **Storage:** Determine storage area for Grab 'N' Go materials, which may include insulated food bags, milk carts, and food products. Laminate signage for equipment to help stay organized
2.  **Prep for School Staff and Teacher Training:** Determine what resources and materials are needed to train and/or inform school staff and teachers for Grab 'N' Go implementation.

## 1 Week Prior to Roll Out

1.  **School Staff and Teacher Training:** Assist in Grab 'N' Go training for staff and teachers as part of the back-to-school in-service.
2.  **Practice Run:** Conduct a practice run of Grab 'N' Go service with nutrition and custodial staff to practice how breakfast will be delivered/returned from the serving locations and how trash disposal is coordinated.
3.  **Inventory:** Confirm all Grab 'N' Go food items have been ordered and will be delivered in time for first day of school.
4.  **Breakfast Preparation:** For the first day of service, clean, sanitize, and prepare all necessary materials. This may include carts, kiosks, tables or insulated food bags. Don't forget to include/display necessary signage for your new breakfast program.
5.  **Special Diets:** Review any special diets necessary for students in the school and ensure proper food items and quantities for each diet have been ordered. Prepare communications for school nutrition staff on which students require special dietary accommodations.
6.  **Communicate:** Work with Food Service Director to market the site's Grab 'N' Go program using school's communication channels and school nutrition communication channels.

## First Day of Grab 'N' Go

1.  **Grab 'N' Go Service:** Prepare meals and deliver to serving locations according to your schools Grab 'N' Go Breakfast plan.
2.  **Cleanup:** Collect Grab 'N' Go Breakfast materials, which may include insulated bags, milk carts and trash according to your school's plan.





# Grab 'N' Go School Readiness and POS Evaluation Tool



**Date:**

**Rollout Date:**

**School Name:**

1. School Type (Prep, satellite, etc.):
2. School enrollment:
3. Projected daily breakfast participation:
4. Review the campus map and outline possible locations for food delivery and trash collection:
5. Number of serving locations:
6. Where will food be served?

7. Are there any serving locations on the 2nd floor?  Yes  No

**If Yes:** Number of elevators available:

8. Are there any equipment concerns?  Yes  No

How many food carts will be needed to deliver food to serving locations?

Check space availability for equipment:

Check electrical outlet availability:

Is there adequate storage for all Grab 'N' Go materials, which may include POS software, food carts, bags, and additional foods?

Yes  No

If no, what additional equipment or storage space is needed?

How will you obtain items/storage needed?

9. Where will students dispose their trash?

10. When and how will trash bins be collected?

**Notes:**

**Signatures:**

\_\_\_\_\_ *Food Service Director*

\_\_\_\_\_ *Principal*

\_\_\_\_\_ *School Kitchen Manager*

# Grab 'N' Go Breakfast Equipment Checklist



**Item**

**Quantity Needed  
per School/Notes**

Mobile point of sale/service system (POS)

Carts/Portable tables

Reimbursable meal signage

Insulated bags or food distribution system

Portable milk cooler

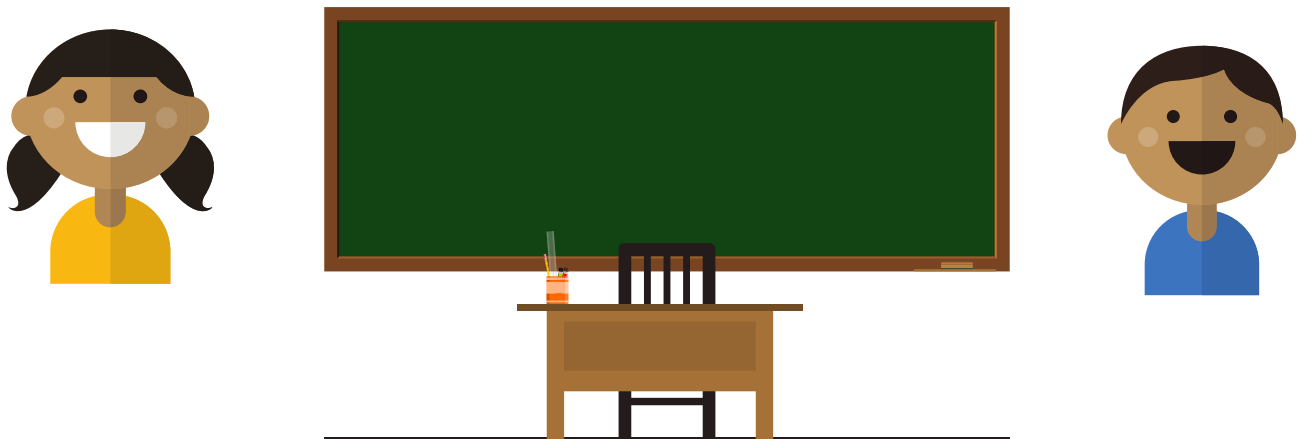
Napkins

Trash bins/liners

# Students' Roles in Grab 'N' Go Breakfast

Student participation is important to a successful Grab 'N' Go breakfast program. The Grab 'N' Go Planning Team can consider these ideas for increasing student involvement:

- Get students involved with planning the breakfast menu, through classes, clubs, and contests.
- Hold taste tests for students to gather their input on specific menu items.
- Engage students in marketing the Grab 'N' Go breakfast program. For example, older students can be involved in designing your school's "breakfast logo" or breakfast marketing posters.
- If your school participates in Fuel Up to Play 60, the Student Wellness Team can work on gathering student ideas and sharing those ideas with administration.
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# Grab 'N' Go Breakfast Teacher Survey

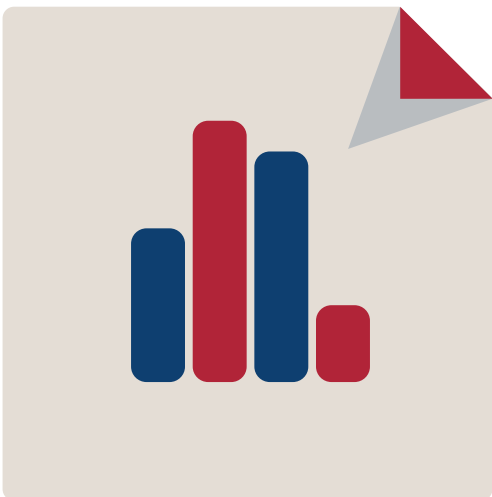
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This survey is a tool that can be used to gather input from teachers about your Grab 'N' Go Breakfast program. It has teachers rate their observations on hunger-related issues, classroom environment, and students' academic achievement. Enhancing teacher satisfaction with Grab 'N' Go Breakfast will help ensure the success of the program.

The Grab 'N' Go Breakfast Teacher Survey can be administered after 1 week of implementing your Grab 'N' Go Breakfast program, then again at specified intervals to determine acceptance and success of the program. This survey can also be useful to identify challenges that may need to be addressed.

Suggested survey implementation schedule:

- **1 month** post Grab 'N' Go
- **3 months** post Grab 'N' Go
- **Additionally as needed** to identify potential issues and monitor the success of the program



This survey is also in the section for your School Kitchen Manager. You can work with each site to implement this survey and gather important data that will help justify continuing the Grab 'N' Go b \Breakfast program. It may also be helpful to collect data from all schools in the district to develop an aggregate report on the Grab 'N' Go Breakfast programs across the district.

## Grab 'N' Go Breakfast Teacher Survey

School \_\_\_\_\_ Grade \_\_\_\_\_ Teacher (Optional) \_\_\_\_\_ Date \_\_\_\_\_

Using this scale, please respond to questions 1 -7 by circling the answer that best describes your experience with Grab 'N' Go Breakfast:

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**Please return survey to kitchen manager.**

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## *Principal*

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## Principal

# Timeline and Checklist for Grab 'N' Go Breakfast

Principals and other site administrators play an important role in the success of Grab 'N' Go. Not only does the support from administrators create an atmosphere where Grab 'N' Go is readily accepted and implemented, but it can create a school environment where students are well nourished, focused, and ready to learn.



### Strategies for Success:

- Embrace Grab 'N' Go and let your staff know you support the program and are prepared to troubleshoot any challenges that may arise.
- Work with teachers and school nutrition staff in the planning of Grab 'N' Go to create staff-wide buy-in and ownership of the transition.
- Be an advocate for Grab 'N' Go and help market the program. Work with administrative staff to inform parents about Grab 'N' Go via any and all school communication tools.
- Remain committed, even if things don't go smoothly the first couple of weeks. Have patience and work to overcome barriers rather than throwing in the Grab 'N' Go towel!
- Remember that hungry students can't learn. Grab 'N' Go Breakfast helps all students be awake, alert, and ready to achieve.

This timeline was designed to plan at the **end of one school year** for implementing a Grab 'N' Go Breakfast program at the **beginning of the next school year**. It is flexible and can be adjusted to fit various time frames for implementation.

## March

1.  **Investigate:** Work with your food service director to learn about current breakfast participation rate and how it can be improved through Grab 'N' Go
2.  **Commitment:** Provide verbal commitment to support Grab 'N' Go in your school.
3.  **Grab 'N' Go Site Team:** Work with the school kitchen manager to convene a team of stakeholders at the school level to work on developing a plan for implementing Grab 'N' Go at that particular site. This team could include the principal, school kitchen manager, teachers, site custodian, and other interested personnel.

## April

1.  **Initial Grab 'N' Go Team Meeting:** Work with food service director to initiate and support first Grab 'N' Go team meeting. The food service director will be reviewing site maps and number of serving locations, food carts, bags, coolers, and garbage bins you will need. Discuss possible funding sources with food service director.

## May

1.  **Funding:** Communicate with food service director and/or school kitchen manager to review and approve funding applications as needed.
2.  **Routes and Logistics:** Review school schedule and bell schedule and make adjustments as necessary. Coordinate with appropriate staff as needed.
3.  **Develop Communication Strategy:** Meet with food service director and school administrative support team to begin drafting messages about Grab 'N' Go to communicate with parents, teachers, substitutes, and students.
4.  **Staff Training Prep:** Schedule regular back to school in-service for teachers and necessary staff to review your Grab 'N' Go Breakfast program. Work with food service director to include any additional Grab 'N' Go logistics.  
**Date:** \_\_\_\_\_

## June/July

1.  **Communicate with Parents:** Inform parents via your school's standard communication channels that meet legal communication requirements, including letters to parents, parent emails, newsletters, school marquee, social media, etc.
2.  **Staff Training Prep:** Make sure food service director or school nutrition staff has a timeslot at the back-to-school in-service training to discuss Grab 'N' Go logistics.

## 1 Week Prior to Roll Out

1.  **Staff Training:** Support and promote Grab 'N' Go training for staff as part of back-to-school in-service.
2.  **Communicate with Parents and Students:** Inform parents and students via your school's standard communication channels that meet legal communication requirements, including letters to parents, emails, newsletters, school marquee, social media, menus, announcements, etc.

## First Day of Grab 'N' Go

1.  **Grab 'N' Go Service:** Support teachers and school nutrition staff as they implement the Grab 'N' Go Breakfast program. Assist in troubleshooting challenges that may arise.





## Marketing Your Grab 'N' Go Breakfast Program

It is extremely important to market your Grab 'N' Go program to all of the people who will be involved, including all school staff, students, parents, and community partners. Below are key talking points that will help make sure everyone is aware of your schools' efforts to make nutritious morning meals available to all students.

### Principals can market Grab 'N' Go



As principal, you play an important role in deciding to start a Grab 'N' Go program. You also lead teachers in the goal of developing successful students. You can support Grab 'N' Go by sharing these messages with teachers and families.

#### *Encourage teachers by:*

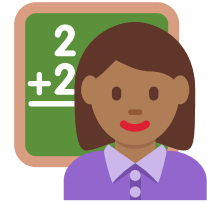
- Reminding them that school breakfast helps children behave better and be more attentive in class. It also reduces disruptive hunger-related visits to the school nurse.
- Distributing information to teachers about the link between breakfast and academic success. Encourage them to reinforce this message.

#### *Encourage student participation by:*

- Informing parents that they can count on school breakfast when family schedules are rushed and children do not feel like eating.
- Sending a letter or flyer to parents at the start of the year to make sure they know about the School Breakfast Program, and sending regular communication home.
- Encouraging more families to complete their free and reduced-price meal applications (as applicable).
- Affirming students for “starting smart” with a good breakfast by joining them in the morning.

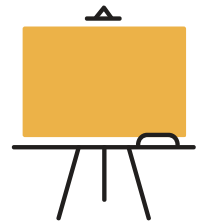
## Teachers Can Support Grab 'N' Go

Principals play an important role in deciding to start a Grab 'N' Go program. They also lead teachers in the goal of developing successful students. Ask the principals to support Grab 'N' Go by sharing these messages with teachers and families.



## School Staff

Promote the Grab 'N' Go Breakfast program to school staff.



## Communicating with Administration

- Post a breakfast letter in the administration office and email it to all staff.
- Understand the needs of faculty, staff, and students by creating a school breakfast advisory group.
- Meet with administrators to establish measurements and goals to determine program success through:
  - Establish monthly communications back to administrators to communicate measurement results.
- Encourage administrators to participate in Grab 'N' Go breakfast to see first-hand how the program affects students.



## Communicating with Parents

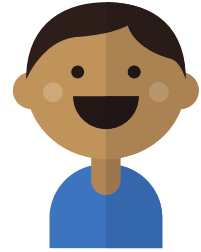


Communication with parents is key to successful implementation of Grab 'N' Go Breakfast. Utilize communication tools that are already in use by the principal, the school nutrition manager, teachers, and other school staff. Promote the Grab 'N' Go program to parents by using a variety of communication strategies such as:

- Send home a flyer and/or letter to parents. This toolkit includes a sample flyer and a sample letter in both in English and Spanish. The materials include information on the Grab 'N' Go program, benefits of the program, and other important information.
- Include an article in the school's newsletter and/or PTO/PTA newsletters for parents.
- Post an announcement on the school's marquee, website, and/or social media.
- Email parents explaining the program; provide web links for breakfast sites that discuss benefits of breakfast.
- Present the new breakfast program at a 'meet the teacher night' or other parent/school gathering.
- Share success stories and program results through the school newspaper, newsletter, and/or website for parents to see; i.e. "In the first quarter, test scores improved by X% for math and reading."
- Post the nutritional information of the breakfast served in school on your website so parents can see the health benefits.
- Set up a Grab 'N' Go breakfast cart for parents during conferences, registration, and PTO and/or PTA meetings; provide samples of breakfast products and information brochures that highlight nutritional benefits and give additional website resources.

## Communicating with Students

- Encourage creativity by having students create a marketing campaign for their school and to the overall school community; i.e. Create a poster for the serving line for everyone to see.
- Teach students about different food groups by having taste tests; this will also allow you to determine student preferences which can lead to greater program success.
- Invite student groups and clubs to have their meetings in the cafeteria during breakfast since the space will be available.
- Give students the opportunity to help prepare the POS with a staff member.
- Encourage students to eat by displaying posters and fostering a school culture that values eating breakfast. Remind students that breakfast provides energy, improves concentration, and results in better grades.



## Communicating with Custodians

- Post an informational letter in the supply area/custodial office.
- Let custodians know that students will gain a greater sense of responsibility, respect, and cleanliness that will be carried into lunch, resulting in a cleaner lunchroom.
- Encourage custodians to take part in the breakfast program, so they can see the results first-hand.
- Ask for their input on how to improve the process for an even cleaner school and to help reduce waste.
- When custodians make a contribution, recognize their efforts! Have a “custodial breakfast” where you or the students serve the custodian’s favorite meal.





## Communicating with Bus Drivers

If it's feasible to market your Grab 'N' Go Breakfast program on the school bus, some of these ideas may be helpful.

- Communicate to the bus drivers the goals/results of the program, making them part of the team.
- Have bus drivers remind students on their way out of the bus, that breakfast is the most important meal of the day.
- Provide menu signs for the buses, so students know what is being served.
- Serve Grab 'N' Go Breakfast near the bus drop zone, providing students with a convenient location to grab breakfast on their way into school.





# Sample Teacher Information Flyer



STARTING **[INSERT DATE]**  
**[INSERT SCHOOL NAME]**

Will begin a NEW breakfast program:

## ***Grab 'N' Go Breakfast***



**This program will be a real bonus for you and our school! Studies have shown that an alternative breakfast program:**

*Improves the health, nutrition and well-being of students*

*Improves classroom performance and yields better test scores and grades*

*Improves student's ability to focus in class*

*Decreases disciplinary problems, tardiness and visits to the nurse*

*Increases attendance rates*

*Contributes to the overall revenue of a successful child nutrition program*

School staff are important partners in the Grab 'N' Go program and play a key role in the implementation and success of the program. We want to make this transition as seamless as possible.

**A Grab 'N' Go training will be offered on [insert date, time, place]**

As this is a new program at insert school name, we ask that you attend this training. If you have any questions, please contact **[insert contact person]** at **[insert contact information.]**

"This institution is an equal opportunity provider."



A PARTIR DEL **[INSERT DATE]**  
**[INSERT SCHOOL NAME]**

EMPEZARÁ UN PROGRAMA NUEVO DE DESAYUNO



## **Grab 'N' Go Desayuno**

**¡Esto será de gran beneficio para usted y para nuestra escuela! Estudios han demostrado que un programa de desayuno alternativo:**

*Mejora la salud, la nutrición, y el bienestar de los estudiantes*

*Mejora el rendimiento académico y produce mejores resultados en los exámenes y las calificaciones*

*Mejora la habilidad de los estudiantes para enfocarse en la clase*

*Reduce problemas de disciplina, tardanzas y visitas a la enfermera*

*Aumenta los niveles de asistencia*

*Contribuye a los ingresos totales de un programa de nutrición exitoso*

Personal de la escuela son participantes importantes y juegan un papel clave para la implementación y el éxito del programa de Grab 'N' Go. Queremos que la transición sea lo más fácil posible.

**Un entrenamiento del programa de Grab 'N' Go será ofrecido el **[insert date, time, place]****

Como este será un programa nuevo en **[insert school name]**, le pedimos que atienda este entrenamiento. Si tiene preguntas, por favor contacte a **[insert contact person]** al **[insert contact information.]**

"Esta institución es un proveedor de igualdad de oportunidades."

# Sample Parent Information Flyer



**Introducing a new way  
to give students a nutritious  
start every day!**

**[Insert school name]** is happy to announce

## ***Grab 'N' Go Breakfast***

starting **[insert date]**



Grab 'N' Go breakfast means breakfast is served at **[insert your school's Grab 'N' Go location]** **[instead of or in addition to]** in the cafeteria.

## **Students win with Grab 'N' Go Breakfast**

*Improves the health, nutrition and well-being of students*

*Students are able to focus better in the class*

*Students start their day by eating a healthy breakfast*

## **Breakfast Prices:**

**Reduced-Price breakfast: \$0.30**

**Paid Breakfast: [insert price].**

Additional information will be sent to parents by **[insert date letter will be sent]**. If you have any questions please contact **[insert contact name]** at **[insert contact information]**.

"This institution is an equal opportunity provider."



## ¡INTRODUCIENDO UNA FORMA NUEVA DE DARLES A LOS ESTUDIANTES UN COMIENZO NUTRITIVO CADA DÍA!

[Insert school name] e alegra al anunciar que el programa de

### **Grab 'N' Go Desayuno**

empezará [insert date]



¡Esto será de gran beneficio para usted y para nuestra escuela!

## Todos Ganan con El Programa de "Grab 'N' Go" Desayuno

*Mejora la salud, la nutrición, y el bienestar de los estudiantes*

*Los estudiantes podrán enfocarse mejor en clase*

*Los estudiantes empezarán su día comiendo un desayuno saludable*

## Precios del Desayuno: Precio del Desayuno Reducido: \$0.30 Precio Regular [insert price].

Información adicional será enviada a padres el [insert date letter will be sent].  
Si tiene cualquier pregunta, por favor contacte a [insert contact name]  
al [insert contact information].

"Esta institución es un proveedor de igualdad de oportunidades."

## Grab 'N' Go Breakfast Beginning [insert date]

Dear Parents,

[Insert school name] is happy to announce a new breakfast program. Beginning on [insert date] all students will have the opportunity to pick up their breakfast and eat it [insert locations for eating breakfast.] [Replacing or Adding to] our current breakfast service, this convenient new program brings breakfast to the student, making it easier for all students to have the opportunity to start the day ready to learn.

### ***What is Grab 'N' Go Breakfast?***

- It is a new way of offering breakfast to all students.
- Breakfast can be enjoyed on the go, [insert time here, ie during a morning break, or at the beginning of class].
- Participation is strictly voluntary.

### ***How does Grab 'N' Go Breakfast work?***

- Breakfasts are available at [insert locations here], ready for quick check-out.
- Each student chooses a breakfast and eats at his or her convenience.
- Trash bins are located in multiple locations around the school; easily accessible for students eating on the go.

### ***What foods are served in Grab 'N' Go Breakfast?***

- Milk is served daily, as well as fruit or juice.
- Meals are healthy, easy to eat, and include popular breakfast items. Breakfast menus are available at [insert link. If you do not have a menu link, include a copy of the menu for the month].
- If your child requires a special diet, notify [appropriate person] to make arrangements to address your child's needs

### ***How much will Grab 'N' Go breakfast cost?***

The price for Grab 'N' Go breakfast is the same as in the cafeteria.

### ***What are the benefits of Grab 'N' Go Breakfast?***

With a Grab 'N' Go breakfast program, all students have the opportunity to eat a healthy breakfast. Studies have shown that with breakfast:

- Students concentrate better and remember more of what they learn.
- Students perform better academically.
- Absenteeism and tardiness is decreased.
- Hunger-related nurse visits are reduced.

***Please note:*** If you do not want your child to participate, they do not have to eat the school breakfast provided.

If you have any questions, comments or suggestions about this breakfast program you can contact [insert contact name and contact information].

Please share this exciting news with your child!

Thank you,

"This institution is an equal opportunity provider."

## Desayuno Grab 'N' Go Empezando [insert date]

Estimados Padres,

[Insert school name] se alegra al anunciar el comienzo de un programa nuevo de desayuno. Empezando el [insert date] todos los estudiantes tendrán la oportunidad de recoger su desayuno y comérselo en [insert locations for eating breakfast.] [Replacing or Adding to] nuestro servicio de desayuno actual, este programa nuevo y conveniente trae el desayuno al estudiante, haciendo más fácil que todos los estudiantes empiecen su día listo para aprender.

### *¿Qué es el Desayuno Grab 'N' Go?*

- Es una forma nueva de ofrecer desayuno a todos los estudiantes.
- Pueden disfrutar el desayuno cuando van de camino a, [insert time here, ie during a morning break, or at the beginning of class].
- La participación es completamente voluntaria.

### *¿Cómo funciona el Desayuno Grab 'N' Go?*

- Desayunos están disponibles en el [insert locations here], listos para una verificación y despedida rápida.
- Cada estudiante elige un desayuno y se lo puede comer cuando sea conveniente.
- Habrá basureros en varios lugares alrededor de la escuela que serán fáciles de encontrar para los estudiantes que van en camino a clase.

### *¿Qué comida sirven en el Desayuno Grab 'N' Go?*

- Leche será servida a diario, y también fruta o jugo.
- Las comidas son saludables, fáciles de comer, e incluyen comidas de desayuno populares. Menús de desayuno están disponibles en [insert link. If you do not have a menu link, include a copy of the menu for the month].
- Si su hijo(a) requiere una dieta especial, deje saber a [appropriate person] para hacer arreglos que cumplan con las necesidades de su hijo(a).

### *¿Cuánto costará el desayuno Grab 'N' Go?*

El precio del Desayuno Grab 'N' Go será el mismo precio como en la cafetería.

### *¿Cuáles son los beneficios del desayuno Grab 'N' Go?*

Con el programa de desayuno Grab 'N' Go, todos los estudiantes tienen la oportunidad de comer un desayuno saludable. Los estudios han comprobado que al desayunar:

- Los estudiantes se concentran mejor y se acuerdan de más de lo que aprenden.
- A los estudiantes les va mejor académicamente.
- Ausencias y tardanzas disminuyen.
- Visitas a la enfermera debidas al hambre son reducidas.

**Por favor note:** Si no quiere que su hijo(a) participe, ellos no tienen que comer el desayuno dado por la escuela.

Si usted tiene alguna pregunta(s) comentario(s) o sugerencia(s) sobre el programa de desayuno puede contactar a [insert contact name and contact information].

¡Por favor comparta esta noticia emocionante con su hijo(a)!

¡Gracias!

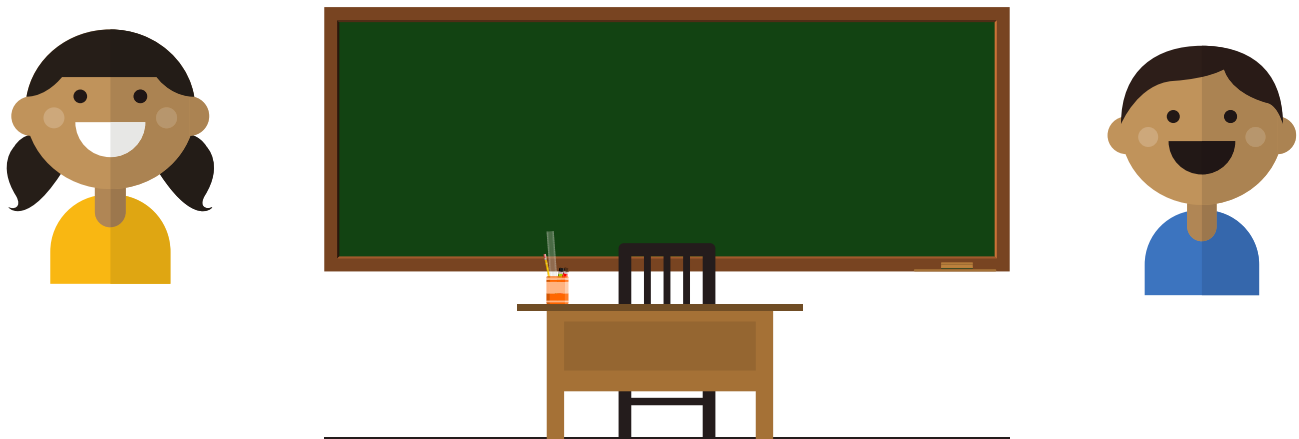
"Esta institución es un proveedor de igualdad de oportunidades."



# Students' Roles in Grab 'N' Go Breakfast

Student participation is important to a successful Grab 'N' Go breakfast program. The Grab 'N' Go Planning Team can consider these ideas for increasing student involvement:

- Get students involved with planning the breakfast menu, through classes, clubs, and contests.
- Hold taste tests for students to gather their input on specific menu items.
- Engage students in marketing the Grab 'N' Go breakfast program. For example, older students can be involved in designing your school's "breakfast logo" or breakfast marketing posters.
- If your school participates in Fuel Up to Play 60, the Student Wellness Team can work on gathering student ideas and sharing those ideas with administration.
- Delegate some of the responsibility to students. Suggestions:
  - **Delivery and Set Up:** Students involved in clubs, student government, and technical training can be involved with delivering food and setting up the breakfast cart.
  - **Cleanup:** Students learn responsibility by cleaning up after themselves and helping clean up after others.





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## Breakfast Time is Learning Time!

If students are permitted to eat their Grab 'N' Go Breakfast in the classroom, here are some activities that can be implemented during that time.

### **Read-Aloud Time**

Read to students from a picture or chapter book while they are eating. Once a week, read a book that has to do with nutrition and/ or being physically active. Students may also enjoy listening to books on tape.

### **Combine Breakfast and DEAR (Drop Everything and Read)**

Allow students time for self-selected silent reading while they eat.

### **Practice Spelling Words**

While eating, play a word game (e.g., Sparkle) where students take turns giving the next letter in a spelling word until it is spelled correctly.

### **Show Instructional Media (e.g., television programming or videos)**

View content relevant to what the students are learning while they are eating.

### **School News Program**

Do you have a school news program? If not, consider starting one. Have classes take turns recording a school news program. Create news videos and distribute school-wide; let students watch the school news while eating breakfast.

### **Current Events**

During breakfast, distribute articles related to current events. Have students discuss and debate current events.

## **Life Skills/Character Education**

Use breakfast time to learn about important Character Education skills. Apply the skills to the context of eating school breakfast (e.g., when students help serve and clean up breakfast, they are learning about 'responsibility').

## **MyPlate Sort and Log**

Teach students how to eat healthy by using the MyPlate food guidance system as a guide; discuss the importance of variety and balance. Provide younger students with Food Group Sorting Placemats (to make the placemat: on construction paper create a five-column chart, label it with the five Food Groups and laminate). Students can use the placemats while they eat breakfast and sort the items in their daily breakfast into the proper food groups as they are eating. If the chart is laminated, students could create tally marks on the sorting chart using a dry erase marker.

## **Vocabulary Development**

Work with words that the students are learning during breakfast. Students can list the names of the foods they are eating and put them in alphabetical order, study the history of the food, list adjectives that describe the food and list verbs that describe the way that they eat the food.

## **Demonstrations**

Use breakfast time to demonstrate something that you will be teaching later. Perhaps you are going to demonstrate how to write a personal narrative. Teach it while they eat. Science demonstrations work well too.

## **Fine Arts**

As they eat, have students listen and react to a variety of music, or view and discuss a slideshow of art collections.

## **Literature Circles**

While eating breakfast, students can meet with their literature circle groups or book clubs to summarize and discuss prior reading (e.g., the chapter that they read for homework) or answer specific questions about the book they are reading.



## **Homework Review**

During breakfast, go over the homework from the night before.

## **Test Review**

During breakfast, play games to review for tests, such as Jeopardy-style quiz.

## **Class Meetings**

Use breakfast time to conduct your class meeting. During class meeting, students are assigned new class jobs, class rules are discussed and reinforced, upcoming events are reviewed and class “business” is conducted.

## **Mind Puzzles and Riddles**

Post mind puzzles and riddles for students to think about and solve while they are eating.

# Incorporate breakfast education into your academic content!

*Try the following suggestions to help promote the Grab 'N' Go Breakfast program throughout the school day and year.*

## **Creative Arts**

Promote breakfast using posters and songs created by students. The activities can be part of art or music classes or serve as an educational school wide contest.

## **Language Arts**

Brainstorm adjectives about breakfast.

Write persuasive essays or short stories about the importance of breakfast and the consequences of skipping breakfast.

## **Social Studies and Current Events**

When learning about different countries, investigate what different cultures eat for breakfast. Relate particular breakfast foods to a country's climate, agriculture, customs, and exports.

## **STEM - Math**

Have students create and conduct breakfast surveys. Use the information gathered to study percentages or trends in math class.

## **STEM - Nutrition Education**

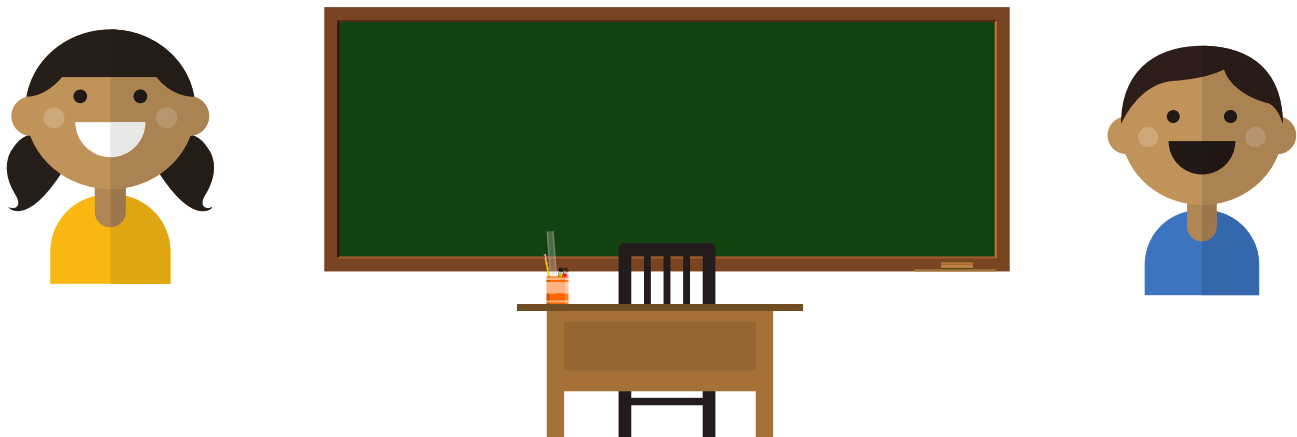
Reinforce the MyPlate Food Guidance System by showing how it relates to breakfast.



# Students' Roles in Grab 'N' Go Breakfast

Student participation is important to a successful Grab 'N' Go breakfast program. The Grab 'N' Go Planning Team can consider these ideas for increasing student involvement:

- Get students involved with planning the breakfast menu, through classes, clubs, and contests.
- Hold taste tests for students to gather their input on specific menu items.
- Engage students in marketing the Grab 'N' Go breakfast program. For example, older students can be involved in designing your school's "breakfast logo" or breakfast marketing posters.
- If your school participates in Fuel Up to Play 60, the Student Wellness Team can work on gathering student ideas and sharing those ideas with administration.
- Delegate some of the responsibility to students. Suggestions:
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## *Custodial Staff*

**Timeline and Checklist for Grab 'N' Go Breakfast**

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## Custodial Staff

# Timeline and Checklist for Grab 'N' Go Breakfast

Custodial staff play an important role in a successful Grab 'N' Go Breakfast program. Shifting to Grab 'N' Go Breakfast model does not necessarily mean more work for you - it's simply a change in the trash removal process. If students are eating at an alternative location, Grab 'N' Go may mean the cafeteria stays clean for morning assemblies or meetings without having to clean up after breakfast service.

When implementing Grab 'N' Go Breakfast, two common concerns related to consuming food outside of the cafeteria are trash removal and pest management. School districts that have implemented Grab 'N' Go have found ways to manage these concerns.



### Strategies for Success:

- Work with school staff and teachers to enlist the help of students to assist in trash disposal.
- Develop trash collection routes and schedule.
- Recommend purchasing a carpet cleaner or extractor for each site if needed. This can be either a large industrial-sized extractor, or a smaller, hand-held version that can be shared among all classes to manage minor spills.
- Remember that good communication and training for all staff is key to managing spills and minimizing pests.

This timeline was designed to plan at the **end of one school year** for implementing a Grab 'N' Go Breakfast program at the **beginning of the next school year**. It is flexible and can be adjusted to fit various time frames for implementation.

## April

1.  **Initial Grab 'N' Go Team Meeting:** Participate in the initial site Grab 'N' Go planning team meeting. Provide input on logistics, trash maintenance, campus and/or classroom clean-up procedures.

## May

1.  **Routes and Logistics:** Determine the best method for trash collection at the end of breakfast. Work with the food service director to determine how many additional carts, garbage bins, or other supplies will be needed.
2.  **Supplies:** Ensure all carts, garbage bins, bags, and other necessary cleaning supplies have been ordered.
3.  **Grab 'N' Go Site Team Meeting:** Participate in site Grab 'N' Go planning team meetings as needed.

## 1 Week Prior to Roll Out

1.  **School Staff and Teacher Training:** Attend the back-to-school in-service and assist as needed in training school staff and teachers on trash removal and clean-up according to the procedures established in the Grab 'N' Go team meetings
2.  **Practice Run:** Participate in the practice run to determine how breakfast is delivered/returned from the serving locations and how trash disposal is coordinated.

## First Day of Grab 'N' Go

1.  **Grab 'N' Go Service:** Distribute and collect garbage bins according to the school plan.
2.  **Trash Disposal:** Students are responsible for disposing their trash after eating. Your schedule can be adjusted to facilitate collection of the additional trash bags or bins.
3.  **Pest Prevention/Control:** If students are permitted to consume Grab 'N' Go Breakfast in the classroom, pest prevention can be maintained with proper cleanup. Teachers and students will promptly address minor spills as they occur.

# Resources

The following organizations support School Breakfast and provide resources to help schools implement models of universal breakfast.

## **Arizona Department of Education Health and Nutrition Services**

<http://www.azed.gov/hns/nslp/sbp/bic/>

The Health and Nutrition Services Division is committed to enhancing the health and well being of Arizona's children and adults by providing access to a variety of federally funded programs. Electronic copies of the materials in this toolkit and other helpful information can be accessed on the website.

## **Association of Arizona Food Banks (AAFB)**

<http://www.azfoodbanks.org/index.php/schoolbreakfast>

AAFB is focused on innovative school breakfast programs such as Breakfast in the Classroom and Grab and Go that are easily implemented and proven to increase participation. AAFB provides Information, technical assistance and encouragement to help overcome concerns or obstacles standing in the way of implementing a successful breakfast program.

## **Dairy Council® of Arizona**

<http://www.arizonamilk.org>

For more than 40 years, the Dairy Council of Arizona has been promoting good health and nutrition in the classroom and the community by promoting school wellness, Dietary Guidelines, sharing recipes, and providing a vast collection of nutritional and educational resources. The Dairy Council partners with agencies to provide funding and develop tools and resources for schools interested in expanding their breakfast programs and increase participation.

## **Food Research and Action Center (FRAC)**

<http://www.frac.org/programs/school-breakfast-program>

FRAC is the leading national nonprofit organization working to eradicate poverty-related hunger and undernutrition in the United States. FRAC provides educational materials and technical assistance tools designed to increase participation in school meal programs and implement alternative breakfast models.

## **Fuel Up to Play 60**

<http://www.arizonamilk.org/fuel-up-to-play-60>

Apply for funding to implement your School Breakfast Program. Launched by the National Dairy Council (NDC) and the National Football League (NFL) in collaboration with the United States Department of Agriculture (USDA), Fuel Up to Play 60 is an in-school nutrition and physical activity program that encourages the consumption of healthy foods and achieving at least 60 minutes of physical activity every day.

### **No Kid Hungry/Share Our Strength Center for Best Practices**

<https://bestpractices.nokidhungry.org/school-breakfast>

Share Our Strength's No Kid Hungry® campaign is ending childhood hunger by connecting kids to the healthy food they need, every day.

### **School Nutrition Foundation (SNF)**

<http://schoolnutritionfoundation.org/breakfast-in-the-classroom/>

The SNF Breakfast in the Classroom Resource Center provides information about alternative breakfast models and resources such as videos, tools and resources.

### **United State Department of Agriculture (USDA)**

<http://www.fns.usda.gov/sbp/toolkit>

For more than 50 years, the School Breakfast Program has provided schoolchildren across the nation a well-balanced first meal of the day. USDA provides digital resources that program operators and other stakeholders may use to establish or expand the breakfast service within their school.

### **Valley of the Sun United Way (VSUW)**

<https://vsuw.org/community-objectives/we-fight-for-kids>

Together with our donors, volunteers, and partners, we are breaking the cycle of poverty in Maricopa County by fighting for children, families, and neighborhoods. We bring partners together from every sector - public, private, and non-profit. Valley of the Sun United Way is on a mission to provide alternative breakfast models (Breakfast in the Classroom, Grab 'N' Go, and Second Chance Breakfast) to children in need throughout Maricopa County. This is part of their effort to End Hunger in the Classroom by working with schools to provide meals to children and reduce chronic hunger.



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U.S. Department of Health & Human Services. Poverty Guidelines:

<https://aspe.hhs.gov/poverty-guidelines> Accessed 2/27/2017.

# Partner Contact Information

## Valley of the Sun United Way

3200 E. Camelback, Suite 375  
Phoenix, AZ 85018  
602-631-4800  
[www.vsuw.org/](http://www.vsuw.org/)



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## Dairy Council of Arizona

510 S. 52nd St., Suite 101  
Tempe, AZ 85281  
[www.arizonamilk.org](http://www.arizonamilk.org)



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## Arizona Department of Education Health and Nutrition Services

3300 N. Central Avenue  
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602-542-8700  
[www.azed.gov/hns/](http://www.azed.gov/hns/)



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## Association of Arizona Food Banks

340 E. Coronado Rd, Suite 400  
Phoenix, AZ 85004  
602-528-3434  
[www.azfoodbanks.org](http://www.azfoodbanks.org)

