



STATE OF MICHIGAN
DEPARTMENT OF EDUCATION
LANSING



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TO: Local and Intermediate School Superintendents, Public School
Academy Directors, Nonpublic School Administrators, and Residential
Child Care Institutions


FROM: Mike Flanagan, Superintendent of Public Instruction

SUBJECT: Michigan School Breakfast Challenge

Did you know that school districts can increase student achievement simply by providing breakfast every morning? According to the *Michigan Department of Education Pupil Accounting Manual*, local school districts can provide breakfast to students during the first class period and count this time toward the minimum instructional hour requirement if pupils and certificated teachers are present and engaged in instruction. A convenient breakfast provided during the first class period can do this. Research shows that students who eat breakfast:

- Score better on standardized tests.
- Improve academic achievement.
- Have fewer health issues.
- Behave better in class.

A school breakfast can provide peace of mind for parents who are often rushed in the morning trying to send children off to school. A United States Department of Agriculture reimbursable school breakfast provides 25 percent of the recommended daily allowance of protein, calcium, iron, vitamins A and C, and calories.

Michigan schools served more than 140 million school lunches, but only 39 million school breakfasts in the 2006-2007 school year. Over 80% of Michigan schools serve breakfast; however, participation is low. Participation can be increased by offering breakfast during the first instructional period. Consuming a healthy breakfast will increase student academic achievement and maximize federal dollars.

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The Challenge:

To ensure Michigan students start each school day ready to learn, I challenge all superintendents to increase school breakfast participation in their districts by 50%. If this goal is met, Michigan will serve more than 58 million breakfasts to students. All districts are automatically entered in this challenge. School Breakfast Program Average Daily Participation (ADP) from the 2007-2008 school year will be compared with that of the 2008-2009 school year. The Michigan Department of Education will announce winners in the 2009-2010 school year.

To assist superintendents in meeting this challenge, there will be a MDE mailing coming soon providing more information. The following page details program considerations, ideas, and resources for maximizing student breakfast participation.

I look forward to hearing about your successes. Please forward your success stories to me at MDE-BreakfastSuccess@michigan.gov.

Questions regarding the content of this memo may be directed to the School Nutrition Training and Programs office at 517-373-3347.

School Breakfast Program Considerations and Innovative Ideas

School Breakfast Program Considerations

- A local school district may provide breakfast to students during the first class period and count time toward the minimum instructional hour requirement in a particular building, program or grade level, without penalty, if the teachers are present and engaged in instruction.
- Districts where more than 90% of their students are eligible for free and reduced priced meals should explore the option of offering a Universal Free Breakfast Program to all students. Learn more about Universal Breakfast by visiting this website:
www.uwex.edu/ces/flp/food/schoolbreakfast/files/formula_universal.pdf.

Innovative Ideas to Increase Breakfast Success from the Wisconsin's School Breakfast initiative: www.uwex.edu/ces/flp/food/schoolbreakfast.

Breakfast in the Classroom

Just like the name implies, students eat breakfast in the classroom at the beginning of the day or during the first period. Breakfast only takes 10-15 minutes for the students to eat and teachers use this time to take attendance, collect homework, deliver announcements or read to the class.

Mid-morning Nutrition Break

Students eat individually packaged reimbursable breakfasts during a break in the morning, usually between 9 and 10 a.m. Breakfasts are typically offered from mobile carts or tables located in high traffic areas where there are many students.

Grab N' Go/Breakfast in a Bag

Students pick up their breakfasts in pre-packaged grab 'n go bags from either the cafeteria or conveniently located carts or tables. Students are then allowed to eat their breakfast where they want--outside with friends, in the hallway, in the cafeteria, or in class if permitted. Read how at this link:
www.uwex.edu/ces/flp/food/schoolbreakfast/files/formula_grabngo.pdf.

Breakfast Carts

Why not bring breakfast to the students? Carts serve hot or cold breakfasts to students outside of the cafeteria. Carts are normally positioned in high traffic areas, such as outside the office.

Creative Menu Ideas

These menu ideas respond to students' changing tastes and needs. Examples include yogurt parfaits and breakfast pizza:

www.uwex.edu/ces/flp/food/schoolbreakfast/foodservice.

For more school breakfast resources visit the following website:

www.uwex.edu/ces/flp/food/schoolbreakfast.