

School Breakfast Program

The School Breakfast Program is a federally assisted meal program operating in public and nonprofit private schools and residential child care institutions. Made permanent in 1975 the School Breakfast Program is administered at the federal level by the Food and Nutrition Service. At the state level, the program is usually administered by state education agencies, which operate the program through agreements with local school food authorities in more than 78,000 schools and institutions.

Many say that breakfast is the most important meal of the day and we at Southmoreland School District feel no different to this old adage. Studies show that **students who eat a healthy and balanced breakfast are more focused, better prepared and often show fewer behavioral issues in the morning.** Students who eat school breakfast have improved math scores, attendance, punctuality, and decreased anxiety, depression and hyperactivity.

All breakfasts served in Southmoreland include food items from the following components: whole or enriched grains, fruit and fluid milk; additional choices of combination entrees that include a meat/meat alternative component may also be offered. Different options, serving sites and consumption areas are designated depending on each building. ½ cup of fruit plus two different food items must be selected in order for a reimbursable breakfast to be claimed.

Examples of some breakfasts the students will see include:

Cereal, ½ cup mixed berries, milk choice

Mini pancakes, 1 fresh orange, milk choice

Poptarts, 100% orange juice, milk choice

Fruit & yogurt smoothie, cereal bar, milk choice

Daily fruit options may include some of the following: fresh, chilled, canned or frozen fruit, 100% fruit juices

Daily vegetable options may include some of the following: fresh or cooked vegetable & 100% vegetable juice.

At a minimum 80% of all grains offered are 100% whole grain and the remaining 20% are whole grain enriched.

All milk offered is 1% plain, 1 % flavored, skim or dietary alternate lactaid

