



Traditional Breakfast Worksheet

For students who already participate in the National School Lunch Program, eating breakfast in a familiar cafeteria setting can help prepare them for an alert and productive day at school. Traditional breakfast works best when the cafeteria is centrally located and already set up for large flow of students in one location. It requires no special transportation or packaging of foods, and is conducive to serving hot food options.

Who:	Meet with key decision makers at your school to initiate the program. Obtain approval and support from administrator, principal, teachers and food service staff. Staff at each school receives training for set-up and implementation.
What:	A traditional plated breakfast served cafeteria-style. Hot menu items more common than with other service delivery methods.
When:	Before the start of the instructional day.
Where:	Breakfast served, like lunch, in the cafeteria.
Why:	Provides a nutritious meal to students. Allows students to eat with siblings or friends. Traditional serving line can allow for more choices.
How:	Students visit a traditional service line and pay via centralized counting and claiming system.

Circle YES/NO after each of the following statements to determine if Traditional Breakfast service will work for your school.

1.	School buses arrive early enough to allow time in the cafeteria.	YES	NO
2.	Non-bused students can arrive at school in time to participate in a cafeteria meal.	YES	NO
3.	Staff is available and willing to provide morning meal service.	YES	NO
4.	Cafeteria is available for use/not in use for other purposes before school.	YES	NO
5.	Cafeteria is centrally located for ease of service.	YES	NO
6.	Centralized meal counting/claiming system is in place and compatible with planned breakfast service.	YES	NO
7.	Teachers and administrators are likely to eat breakfast with students.	YES	NO
8.	Cafeteria facilities are large enough to accommodate potential participants.	YES	NO
9.	Parents and students expect or prefer hot foods for breakfast.	YES	NO