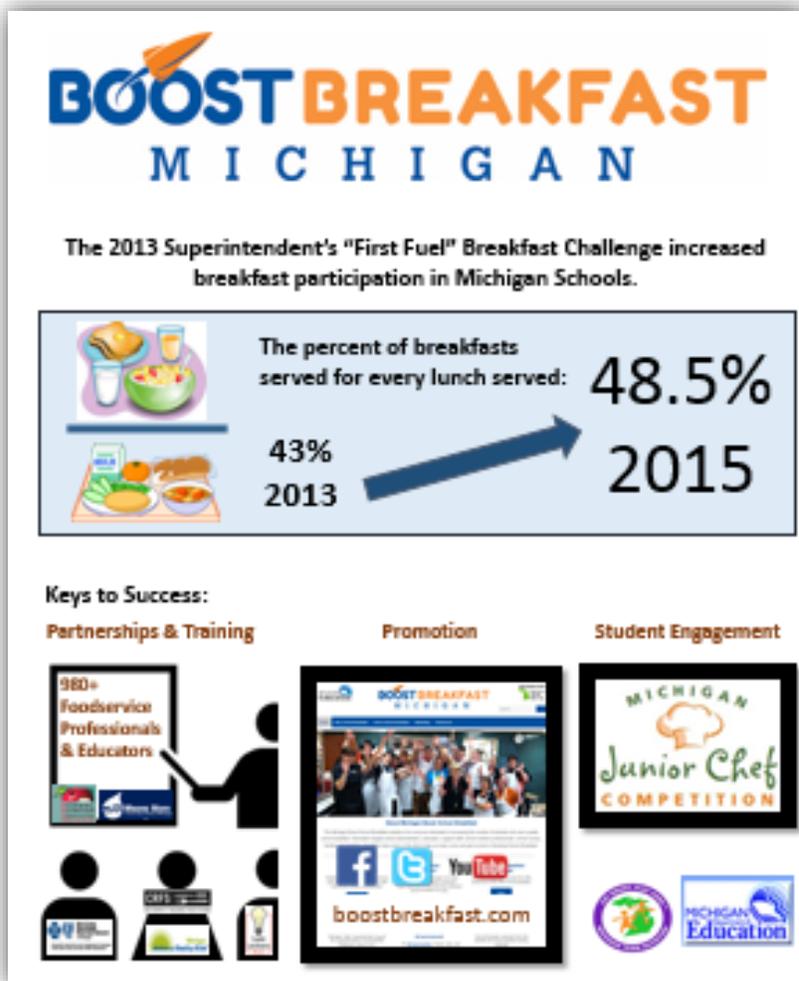


School Breakfast Success

Success Story Compendium

Michigan Team Nutrition



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Michigan Team Nutrition Success Story Compendium

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Bistro Style “Breakfast in the Hallway” Increases Participation

Cedric Hodo, Foodservice Director, Saginaw Public Schools, Saginaw, MI

Cedric Hodo, foodservice director for Saginaw Public Schools and SodexoMAGIC Management Company employee, is always looking to try out new ways to reach students with a hot – or cold – breakfast. “What works in one building doesn’t necessarily always work in the next building,” he says. “Our buildings are all very unique, so we come up with a plan for each building and decide what will work best. For the high schools, it’s breakfast in the hallway. For the elementary schools, it’s breakfast in the classroom. For others, it’s breakfast in the cafeteria. And, believe or not, some schools have both!”

Whatever they are doing is working. In Saginaw Public Schools, district-wide breakfast participation is up 23 percent while fewer students are arriving to school late and absenteeism is down 12 percent. In addition, the graduation rate is up 15 percent.

Cedric says many students in the district don’t eat breakfast at home, but they are making sure they get to school in time to eat breakfast. In Saginaw High School, the current breakfast model is a bistro concept called “Breakfast in the Hallway.” This hallway breakfast is designed to allow students to meet and greet friends while having a quick “Grab and Go” breakfast.

“Breakfast in the Hallway” is set up in the corridor so that aromas from a variety of items greet and entice students as they enter the building. There are attractive bistro-style tables where students can hang



out, talk, and listen to music while they eat before classes begin. In the mornings, it’s the cool spot to hang out. Breakfast favorites include breakfast burritos, fruit parfaits with granola, pancakes on a stick, cereal bars, and oatmeal with assorted toppings.

Cedric and his team work hard to promote all of the different options and styles of breakfast service in his district. He works with teachers to link menus and foods served with what they are teaching in class. Custodians assist by troubleshooting any problems with cleanup or trash removal, and his fellow administrators partner to plan the best way to ensure all students can start their day off right: with a healthy school breakfast.

For more information, contact Cedric Hodo, foodservice director for Saginaw Public Schools at (989) 399-6581 or Cedric.Hodo@Sodexomagic.com.

Facebook post: Kellogg’s breakfast cart makes it hard for hungry students to pass up breakfast at Saginaw High School in Saginaw, Michigan. (photo)



Tweet: There's more than one way to serve school breakfast. Saginaw High does it bistro-style.
#SchoolBreakfast #TeamNutritionMI (photo)

Breakfast Kiosks Really Work

Mary Kurkowski, Foodservice Director, Port Huron Public Schools, Port Huron, MI

Thanks to some new boost breakfast strategies, Port Huron school foodservice staff members are extra busy with breakfast. Each day, more than 4,350 breakfasts are served to almost 9,600 students in Port Huron Public Schools. How do they do it? Breakfast kiosks are one way that works at Holland Middle School.

One of the main factors that contribute to Port Huron's school breakfast success is that its foodservice director, Mary Kurkowski, takes the time to investigate and develop an individualized plan for each school building. Kurkowski explains that, "What works well in one building might not work in another. You have to be flexible to find the right fit." This year, what fit best in Holland Middle School is breakfast kiosks.

Each morning, hurried students enter the middle school and pass by one of two breakfast kiosks that are actually moveable salad bars. At each kiosk, there are two different breakfast choices, a hot choice and a cold choice. Students' favorites include: Breakfast Fruit Parfaits, Mini Chocolate Chip Pancakes and a variety of breakfast breads with apples slices and bananas as their favorite fruit choice.

For the students who arrive late to school and may not have time to choose from the different breakfast components offered, foodservice staff provide already-bagged hot or cold breakfast. This new model is working extremely well. Breakfast participation at Holland Middle School has increased from 150 breakfasts per day to over 370.

According to Kurkowski there are many benefits to breakfast kiosks in addition to increased revenue. The kiosk set-up reduces packaging costs, decreases time and labor cost due to eliminating the need for extra food service staff to deliver breakfast to the classrooms, improves accuracy in record keeping because teachers no longer have to keep track of meal counts, and increases employment opportunities for community members because more food service workers are needed because breakfast counts are up.

One of Mary's most important recommendations for implementing a breakfast kiosk program – or any change to the current school breakfast system – is to make sure you have strong administrative and teacher support **first**. She advises others to talk to their principals, teachers, and custodians before implementing any changes to address any concerns they might have before the new program begins. One concern classroom teachers voiced at Holland Middle School was clean up. Now Mary provides desk wipes to each classroom, and that concern has been eliminated. Open communication is key.

By taking part in the Community Eligibility Provision (CEP), and by serving breakfast via kiosks, Mary reports that they have eliminated some of the stigma attached to who receives subsidized school meals and who doesn't. Every student in the Port Huron district who wants school breakfast now gets it free. Students are in their classrooms on time, nourished and ready to learn.

For more information, contact Mary Kurkowski, foodservice director for Port Huron Public Schools at: (810) 455-0067 or email: mkurkowski@phasd.us.

Facebook post: Kiosks in the hallway at Holland Middle School contribute to soaring school breakfast counts. (video - https://www.youtube.com/watch?v=msmIE_z1hLo)

Tweet: Come and get it. Delicious, nutritious school breakfast served in a flash via school breakfast kiosks. #schoolbreakfast #TeamNutritionMI (video - https://www.youtube.com/watch?v=msmIE_z1hLo)

Breakfast on the Bus

Jenice Momber, Foodservice Director, Kaleva Norman Dickson Schools, Manistee County, MI

Jenice Momber knows how to solve a problem. Since her school district is so vast (Kaleva Norman Dickson covers more than 350 square miles), some students must board school buses very early in the morning, leading them to skip breakfast. Her solution: *Breakfast on the Bus*.

According to Momber, many students in the Kaleva Norman Dickson district board buses at Brethren High School at 6:15 a.m. for a trip to the Wexford Missaukee Career and Technology Center, about 35 miles away, in Cadillac, Michigan. The early-morning wakeup time, combined with the long bus ride can make for a very long day for high schoolers who forget to eat breakfast before they leave home.

How *Breakfast on the Bus* works: A full, reimbursable school breakfast is served to students as they board the bus to the career center. The breakfasts are prepared by school foodservice staff and packed in hot and cold food-safe containers. Breakfast is free to all students in the Kaleva Norman Dickson district, and every student on the bus takes a breakfast. The driver assists the foodservice staff by counting students and maintaining records. According to the driver, “Eating breakfast on the bus keeps students calm and quiet, which makes for a pleasant early-morning ride.”

Just as they do at school, Momber reports that students prefer the hot entrees. Sausage biscuits, egg-and-cheese sandwiches, and pancakes are their favorites. Many also enjoy the cold breakfast items such as cereal bars and pumpkin or banana bread.

When it comes to cleaning up the bus, students are on their own. According to Momber, most students are respectful and clean up after themselves. Their job is to place their trash in a garbage bag that’s passed around the bus. When the driver returns from the route, he or she simply drops it off for disposal.

Jenice thought of offering breakfast on the bus because she knew she needed to think differently to help underserved students who were not eating breakfast. “I’ll do anything I can to offer and serve more students breakfast,” she said. “We know that’s what’s best for them.”

For more information, contact Jenice Momber, foodservice director of Kaleva Norman Dickson Schools at (231) 477-5355, ext. 304, or e-mail jmomber@manistee.org.

Facebook post: School breakfast is served in a new venue – on the school bus! (video - https://www.youtube.com/watch?v=043G5kA56_U)

Tweet: Want to increase your school breakfast count? Serve breakfast on the bus. #schoolbreakfast #TeamNutritionMI (video - https://www.youtube.com/watch?v=043G5kA56_U)

Breakfast Vending

Jenice Momber, Foodservice Director, Onekama Consolidated School, Onekama, MI

One new way schools are successfully boosting breakfast counts is by using breakfast vending machines. That's what Onekama Public Schools are doing, and Jenice Momber, foodservice director, is confident the investment will pay off in the long run.

The breakfast vending machine, called Vend-U-Cation, was initially a \$12,000 investment. Onekama plans to pay for the machine over a five-year period. Although vending machine sales started slowly, they picked up steadily over the school year. The machine is very popular with seniors who come and go to school at different times.

All students at Onekama, regardless of their eligibility for free or reduced-price school meals, can use the breakfast vending machine. Students receive a full reimbursable school meal via the vending machine. To assist students with selecting the proper meal components, the machine prompts them to take items they have not yet selected to make the meal fully reimbursable. Breakfast items that students receive but don't care for are put on a sharing table for other students.

To make record keeping less tedious, students use a PIN number linked to their identity. Use of the students' PIN numbers helps the school foodservice department track purchases and report sales for reimbursement. Most frequently purchased vending machine breakfast items include chocolate chip oatmeal bars, hummus, Nutri-Grain bars, whole grain bagels, fruit, yogurt, and TruMoo fat-free chocolate milk.

At Onekama, 165 of 430 students are allowed to use the school breakfast vending machine. The machine is open daily to middle and high school students. At other times of the day, the vending machine is used to vend healthy snacks and drinks for after-school clubs and sports teams.

For anyone interested in purchasing a school breakfast vending machine, Momber recommends these steps: 1.) Develop a good working relationship with the vendor of the machine. Rely on their expertise. 2.) Train staff to correctly stock the machine with reimbursable items. 3.) Get student input about what kinds of breakfast food to put into the machine. 4.) Plug it in and start boosting sales!

For more information, contact Jenice Momber, foodservice director, Onekama Public Schools, at: (231) 649-5319 or e-mail jmomber@manistee.org.

Facebook post: Onekama serves students' breakfast with the push of a few buttons. Voila! Breakfast is served. (video - <https://www.youtube.com/watch?v=oWHeK1KRz74>)

Tweet: Breakfast from a machine? Bring it on. School vending at Onekama increases school breakfast sales. #schoolbreakfast #TeamNutritionMI (video - <https://www.youtube.com/watch?v=oWHeK1KRz74>)

Community Tailgate Kicks Off New School Breakfast

Carrie Morfino, Foodservice Director, Fraser Public Schools, Fraser, MI

Everyone loves a party especially when it's held in the fall, outdoors, and in conjunction with football! Creative and smart-thinking on the part of Foodservice Director, Carrie Morfino, led her to plan and conduct a tailgate-style taste-test party to kickoff new school breakfast offerings.

Fraser's breakfast tailgate was held in conjunction with a community tailgate that takes place every year before the first home football game. The purpose of the tailgate was to introduce or reintroduce students and families to school breakfast. Morfino says, "Many families forget that we offer breakfast at school. We want to increase school breakfast participation. The breakfast tailgate was a way for our foodservice staff to promote some of our new school breakfast items and to get out there and remind students and families that we offer a healthy, nutritious, and affordable breakfast at school every day."

At the breakfast tailgate, the Fraser foodservice staff and guest chef Dave McNamara from the Michigan Department of Education, brought breakfast from the cafeteria to the parking lot where attendees of all ages sampled new school breakfast items such as *Two Cakes and a Patty* and *Egg and Cheese Sweet Thai Chili Muffins*.

One parent at the tailgate, Laurie Letwak, commented that many parents leave for work early in the morning before their children leave for school or have eaten breakfast. She said, "It's nice to know they can kids can get a healthy breakfast at school."

"Foodservice directors need to get creative," says Chef Dave. "There are new and tougher school breakfast regulations and directors need to balance 'healthy' with students' current desires and tastes." McNamara suggests watching the fast food industry for trends and talking to students about what they like and want to eat.

Chef Dave and Morfino both agree that ongoing feedback from students, and tweaking procedures by school and food service staff to address that feedback, is critical to school breakfast success. In addition, if the research results on breakfast seen across the country apply to Fraser, the district will see higher attendance rates, lower amounts of tardiness, and higher test scores as a result of their school breakfast efforts.

For more information, contact Carrie Morfino, foodservice director for Fraser Public Schools at (269)793-7286 x4530 or morfino-carolyn@aramark.com

Facebook post: Fraser students and families enjoy new breakfast foods at breakfast tailgate. (video - <https://www.youtube.com/watch?v=J88Utnhf1Y>)

Tweet: Foodservice staff and Chef Dave from MDE roll out Thai Chili Muffins at community-wide tailgate. #TeamNutritionMI (video - <https://www.youtube.com/watch?v=J88Utnhf1Y>)

Creative First-Year Foodservice Director Boosts Breakfast

Amy Nichols, Foodservice Director, South Haven Public Schools, South Haven, MI

First-year Foodservice Director Amy Nichols dove in headfirst this year to implement “Grab and Go” breakfasts in three South Haven public schools. Since becoming foodservice director in January 2014, Amy has piloted several different options for increasing breakfast participation.

Amy is an innovator who is always willing to try new things. This year, for the first time, three South Haven schools have “Grab and Go” breakfasts. The middle school and high school have Grab and Go that is attractively and efficiently served using breakfast kiosks and iPads to track participation. (South Haven now has Community-Eligible Provision.) Amy received one kiosk through funding from a grant from Fuel Up to Play 60 and purchased another. At the upper elementary school, fourth and fifth graders get their breakfasts from a modified Grab and Go setup. Her staff prepacks cold items such as milk, yogurt, or fruit, the day before. In the morning, they wheel out carts with the pre-bagged cold items. Alongside are warmer bags that contain items such as an egg burrito or waffle. As students walk by, foodservice staff members pop in hot items individually, and the students keep moving to their classrooms. It’s a model that Amy says works very well.



Amy believes the program’s success is the result of getting all the right players involved from the beginning. Before she launched the program, she worked hard to educate and receive input from everyone: custodians, teachers, administrators, parents, and students. She also spent lots of upfront time attending staff meetings and talking about the link between

breakfast and academic achievement, and explaining how she, with the help of other school staff, could make Grab and Go work. In the time since Amy has become foodservice director, participation in both breakfasts and lunches have increased.

For more information, contact Amy Nichols, foodservice director for South Haven Public Schools at (269) 637-5000 or anichols@shps.org.

Facebook post: What sleepy student could pass up delicious full-breakfast smoothies? Breakfast is served at South Haven High School! (photo)



Tweet: Hallway #GrabAndGo works well for South Haven Public Schools #TeamNutritionMI (video - <https://www.youtube.com/watch?v=okqPJ1A71YM>)

Everyone Deserves a Second Chance Breakfast

Bernard Gladney, Foodservice General Manager, Flint Public Schools, Flint, MI

“Whatever it takes to get students to eat breakfast, we’ll do it.” That’s a promise from Bernard Gladney Jr., SodexoMAGIC employee and foodservice general manager for Flint Community Schools. “We noticed that a lot of students were coming to school late and missing breakfast. We saw a problem and we solved it with Second Chance Breakfast. “

According to Gladney many students in the district arrive late to school; too late to eat school breakfast. Now, with the implementation of Second Chance Breakfast all students have a chance to eat breakfast in the morning – whether they’ve had something to eat at home or not.

In Flint schools, where Second Chance Breakfast exists, students are greeted at the door by foodservice staff members who hand them a fully reimbursable school breakfast in a bag. Students simply grab a bag and head to their classrooms to eat breakfast. The program operates from 8:45-9:15 a.m. every day. At Durant-Turri-Mott Elementary School, now that Second Chance Breakfast is offered, 50-80 **more** students a day are eating school breakfast.

Shelly Umphrey, principal of Durant-Tuuri-Mott, notices an improvement in behavior when students eat breakfast. Umphrey says that students who skip breakfast are often dragging, tired, and slow to get moving. “We want to jumpstart their day for better learning,” explains Umphrey. “Sure, it’s a little inconvenient for teachers to have students eating in the classrooms, but to us it’s well worth the inconvenience. The research shows kids need breakfast and we are here to do what’s best for students.”

Changes in the delivery of school breakfast to students continue to happen in Flint. Foodservice Manager Gladney believes that student input is crucial to a successful school breakfast operation. At one Flint school, Gladney found that students were asking for hot breakfasts – especially in the cold winter months. To fulfill students’ requests, Gladney put in an oatmeal bar so a hot breakfast was available every day. Gladney also takes the time to conduct focus groups with students to find out what kinds of food they prefer. “We’ll keep trying new things,” says Gladney. My hope is to increase overall school breakfast participation to 70 percent.

For more information, contact Bernard Gladney, foodservice general manager for Flint Community Schools at (810)760-1073 or Bernard.gladney@sodexomagic.com

Facebook post: Every student deserves an equal start to their day. Second chance breakfast levels the learning field for students. (video - <https://www.youtube.com/watch?v=Lej46rGNw4I>)

Tweet: What’s in the bag? Second chance breakfast increases participation by 30-50 students per day. #TeamNutritionMI (video - <https://www.youtube.com/watch?v=Lej46rGNw4I>)

Fabulous Food and Super Staff = Showcase Success

Katherine Borovsky, Foodservice Director, Hopkins Public Schools, Hopkins, MI

“If they can walk with it, they’ll eat it.” That’s the secret, according to Katherine Borovsky, foodservice director for Hopkins Public Schools. “Our students and faculty were very excited to attend our Breakfast Showcase and try new ‘Grab and Go’ breakfast foods. They will eat anything that is a sandwich or a wrap, as long as they can keep moving while eating it!”

In April 2014, students at Hopkins High School, along with their families and Hopkins faculty, were invited to a School Breakfast Showcase. The goal: expose students to new and tasty breakfast items and increase school breakfast participation. Currently, about 50-60 high school students regularly eat school breakfast, while more than 140 are eligible for either free or reduced price breakfast. “We want to change that,” said Borovsky.



At the showcase, the Hopkins foodservice staff and chef Dave McNamara from the Michigan Department of Education, brought breakfast from the cafeteria to the hallway where attendees sampled *Spicy Egg Sandwiches with Thai Chili Sauce*, and *Egg Burritos with red potatoes, sausage, cheese, and salsa*. The students could either go to their classrooms and eat (which teachers preferred) or eat in the hallway (which the students preferred). “Kids want to eat breakfast. They just don’t want to give up any social time to do it,” explains Borovsky. “Moving breakfast to the hallway helps break down that barrier.”

“We know that eating breakfast improves students’ health and school success,” says Borovsky. “Everyone, including our teachers, administrators, and school custodians helped make our Grab and Go Breakfast Showcase event a success.” It takes a team to implement Grab and Go and Hopkins has a very good one. “Once our teachers and administrators learned the statistics about how many eligible students are not eating breakfast and about how many students in general are not eating breakfast, they were both concerned and receptive to the Showcase and trying Grab and Go breakfast. Also, a lot of parents never even knew breakfast was available at the school, so the showcase was a great way to inform them of that and to get parents to encourage their children to eat breakfast at school.”

Katherine believes continuous marketing of school breakfast is important. They regularly use Facebook, the school website, and the school newsletter to promote school breakfast, the menu, and its cost. They also post signs throughout the building along with reminders to keep the hallways clean and respect the building.

In the fall, thanks to funding from a Team Nutrition grant, Hopkins will serve Grab and Go breakfasts from an attractive breakfast kiosk. They may use the kiosk for a second-chance breakfast (after the first hour is over) or set it up outside to serve breakfast between the high school and middle school when the weather is nice. “We’ll definitely make good use of it,” says Borovsky. “I have an amazing staff who are dedicated to providing meals for our students, and

if together we can increase the number of kids eating breakfast – even if it’s only by a few – we’ll be happy. Of course, the more the better. For us, serving an additional 10 students per day is a 20 percent increase in participation.”

For more information, contact Katherine Borovsky, foodservice director for Hopkins Public Schools at (269)793-7286 x4530 or kathboro@hpsvikings.org.

Facebook post: Hopkins students and families enjoy new breakfast foods and serving style at Breakfast Showcase event. (video - <https://www.youtube.com/watch?v=aNsINUEPalw&index=14&list=PLagD6X6pQgmKsdIBQu3VvSCfVhOPwmT1q>)

Tweet: #GrabAndGo school breakfast team rolls out new breakfast items with Breakfast Showcase Event. #TeamNutritionMI (video - https://www.youtube.com/watch?v=clUxQ_n4CVM&index=16&list=PLagD6X6pQgmKsdIBQu3VvSCfVhOPwmT1q)

Multi-Tasking FSD Takes on Universal School Breakfast and More

Doreen Simonds, Foodservice Director, Waterford Public Schools, Waterford, MI

Waterford Public Schools Foodservice Director Doreen Simonds is a multitasking machine. Although no one is quite sure how she does it, she manages to fit together all the ingredients that are the recipe for a thriving, successful, bang-up school-meals operation.

“I’ve been doing this job for 27 years,” explains Simonds. “I started as a typical lunch lady, then I became a manager, and now I’m the foodservice director.” Doreen has worked tirelessly in her district with one goal in mind: healthier students. She has a passion and a knack for multitasking, which explains her continued success in creating a healthy school environment, which begins with healthier meals.

This year Waterford is experimenting with universal free breakfast. “Offering free breakfast to all students can be a challenge,” says Simonds. “You never know who will eat breakfast. It’s a learning process.” Last year, with help from Deb Grischke, and a grant from Michigan Action for Healthy Kids, Waterford piloted several different ways to increase breakfast participation. “We tried new menu items, breakfast kiosks, express breakfasts, using iPads to speed up purchasing, a “Breakfast with a Hero” program, and breakfast outside of the cafeteria. We’re proud to say that last year, we offered breakfast in the classroom in all 10 of our elementary school buildings. We serve about 4,200 breakfasts every day.”



But Simonds has been up to a lot more than just universal breakfast. Like most foodservice



directors, she serves on several student health committees and has her hands in a lot of different pots, including her passion: The Waterford Edible School Yard. The primary goal of the Edible School Yard is to connect students to how food grows and pique their interest in learning about and trying new foods. In the Edible School Yard, the team is growing and using in school meals many different kinds of food including snap peas, lettuce, peppers, tomatoes, cucumbers, beans, and even kohlrabi. Simonds says, “The

kids like the snap peas and cucumbers best.” Doreen has received several school- and community-gardening grants.

On top of all of that, Doreen's claim to fame and proudest moment came in 2011 when she was invited to a reception at the White House with Michelle Obama to celebrate Waterford's bronze, silver and gold awards in the HealthierUS School Challenge (HUSSC). Thirteen Waterford Schools have received a HUSSC award so far. This year, in addition to implementing the Smart Snacks standards and everything else Doreen is involved in, she'll be applying for more HUSSC awards for her schools. There's just no stopping Doreen.

For more information, contact Doreen Simonds, foodservice director for Waterford Public Schools at (248) 682-0394 or simonD01@wsdmi.org.

Facebook post: Waterford School shows off new breakfast kiosk for universal free breakfast. Get tips from an expert. (photo)

Tweet: From #school garden to the cafeteria. Waterford's Edible School Yard promotes healthy eating and teaches students about where food comes from. #TeamNutritionMI (photo)

New Grab and Go and “Late-Start Wednesdays” Fuel Oxford Breakfast Success

Karen Bissett, Nutrition Services Director, Oxford Community Schools, Oxford, MI

Karen Bissett, nutrition services director for Oxford Community Schools, is working hard to change the look of school breakfast, and those changes are adding up to increased revenue.

This year, Oxford Middle School tried a new classroom grab-and-go system. Instead of having students gather in the school common area for breakfast, they now are part of a modified grab-and-go system. In the classrooms, students use a system to choose one of two breakfasts by choosing a different color school button. Buttons are matched with names to determine free and reduced eligibility. The student leaders then tally the requests, retrieve the breakfasts from the carts, and bring them back to the classrooms. Students always have a choice of a hot or cold breakfast. “Students still like the hot choices best,” explains Bissett. With the new system, Oxford Middle School’s breakfast count has risen from only 20 students out of 1,100 eating breakfast at school to more than 300!

Another breakfast-boosting initiative Karen implemented in Oxford is *Late-Start Wednesdays*. On Wednesdays, in the Oxford school district, students arrive at school at 10 a.m., and when they do, breakfast is served! In fall 2015, the *Late-Start Wednesday* breakfast at the high school will move to the Fine Arts lobby. Due to bussing and transportation issues, many students arrive early on *Late-Start Wednesdays* and have more time than usual enjoy breakfast together. In the lobby, one-of-a-kind student art hangs on the walls, and the dining area is set up with round tables and tablecloths, evoking more of restaurant experience where students can sit and socialize. In addition, the high school jazz band is invited to add to the ambience by providing musical entertainment in the lobby on some of *Late-Start Wednesdays*.

According to Karen, “If you want school breakfast success, the most important thing is to get everyone on board first. That includes principals, teachers, janitors, students, and parents. Everyone at the school has a role in making school breakfast a success.”

Bissett thinks everyone at Oxford is happy with the new and upcoming school breakfast changes. The students like the new breakfast foods, and the streamlined classroom grab-and-go system; the foodservice staff is positive and supportive; the teachers report that due to school breakfast they are experiencing fewer attention and discipline problems in classrooms; and school administrators are thrilled with the bottom line: increased sales and healthier students!

For more information, contact Karen Bissett, nutrition services director for Oxford Community Schools at (248) 969-5120 or karen.bissett@oxfordschools.org

Facebook post: Food and art? Oxford school foodservice delivers healthy breakfasts and a dose of Arts education to high school students on Late-Start Wednesdays. (video - <https://www.youtube.com/watch?v=g1SC0fo0wYA&list=PLaqD6X6pQgmKsdIBQu3VvScfVhOPwmT1q&index=17>)

Tweet: Three breakfast carts offer modified #Grab and Go at Oxford MS. Keep it simple. Students choose from a tasty hot or cold breakfast. #TeamNutritionMI (video - <https://www.youtube.com/watch?v=g1SC0fo0wYA&list=PLaqD6X6pQgmKsdIBQu3VvSCfVhOPwmT1q&index=17>)

Oatmeal-licious Breakfast Bar Still Hot Today

Dan Gorman, Foodservice Director, Whitehall District Schools, Whitehall, MI

It's been almost three years since fifth-grade student Kammie Jarvis developed her idea for the "Oatmeal-licious" breakfast bar and "sold" it to Foodservice Director Dan Gorman and the students at Ealy Elementary School in Whitehall, Michigan. Kammi's breakfast bar, part of the "Fuel Up to Play 60" breakfast challenge, is a football-themed oatmeal bar whose goal is to increase breakfast participation.

Oatmeal-licious is offered to students every Friday. In the cafeteria line, students receive a full reimbursable breakfast that includes a bowl of oatmeal. Then, they can take their oatmeal to the Oatmeal-licious bar where the fun really begins! Students are encouraged by peers who serve new and nutritious oatmeal toppings. The toppings on the Oatmeal-licious bar are football-themed and include blueberries for the Detroit Lions; oranges, blueberries, and maple syrup for the Miami Dolphins; and strawberries and Nutella for the San Francisco 49ers.



According to Gorman, the key to Oatmeal-licious's success was that it is student-created and student-led. Gorman says the students could not have done it without the initial help of Renee Tindall, who teaches both physical education and leadership.

Gorman admitted that, at first, he really didn't think Oatmeal-licious was going to work. But the students proved him wrong. "The students got involved and stayed involved," he said. "It's a treat and an honor at Ealy to be chosen to be part of the Oatmeal-licious team." He believes students must have a voice and a role in what they eat. This year, Gorman is looking for other creative ways to involve students in meal planning and production.

Since its opening, breakfast participation on Oatmeal-licious days has increased 78 percent. Oatmeal-licious operates in two schools: Ealy Elementary and Whitehall Middle Schools.

For more information, contact Dan Gorman, foodservice director for Montague and Whitehall Public Schools at (231) 981-4512 or gormand@mapsk12.org.

Facebook post: Oatmeal-licious Day or Snow Day? Which would students rather have? Oatmeal bar contributes to satisfied students and steady breakfast counts. (video - <https://www.youtube.com/watch?v=5VrflsNedOo&index=19&list=PLaqD6X6pQgmKsdIBQu3VvSCfVhOPwmT1q>)

Tweet: Have you heard? Oatmeal has staying power and not just in students' tummies. #FuelUpToPlay60-funded oatmeal bar still going strong while breakfast counts hold steady. #TeamNutritionMI (photo or video - <https://www.youtube.com/watch?v=5VrflsNedOo&index=19&list=PLaqD6X6pQgmKsdIBQu3VvSCfVhOPwmT1q>)

Principal Connects with Students and Champions School Breakfast

William Stitt, Ed.D., Principal, Baseline Middle School, South Haven, MI

If you want to catch up with the principal of Baseline Middle School, it's easy to find him. He's in the main hallway of the school every morning at 7 a.m., welcoming students and encouraging them to eat a nutritious school breakfast.

Making school breakfast work at Baseline is a team effort. The school science and health teacher, Cheri Stein, teaches students the importance of choosing and eating healthy meals and snacks, including breakfast. The foodservice director, Amy Nichols, and her staff set up an eye-catching grab-and-go station that greets students as soon as they enter the building. Breakfast is hard to pass up at Baseline! After students "grab" breakfast, they go to breakfast-friendly classrooms, where teachers have indicated that students are welcome to eat in their rooms. Principal Stitt allows teachers to choose whether or not students can eat breakfast in their classrooms. Most allow it, but some do not. Stitt believes part of their success comes from giving teachers a choice.

Initially, some teachers at Baseline had concerns about breakfast in the classroom being too messy, too time-consuming, and too disruptive; however, that proved not to be the case. The teachers report that things are going smoothly, and Steve Brzezinski, lead custodian, says the grab-and-go-style breakfast is easier to clean up than the traditional school breakfast, formerly offered in the school cafeteria. He says grab and go makes his job easier and that he now spends most of his time emptying trash cans.

On an average day, 175 of Baseline's 400 middle school students eat school breakfast from the grab-and-go station. The attractive and efficient grab-and-go set up, the positive and supportive attitude of school staff, and the principal's daily presence and encouragement: "Don't forget to eat breakfast!" contribute to Baseline's breakfast success.

Principal Stitt wholeheartedly believes in school breakfast. He explains, "I believe you have to meet students' basic needs first and food is a basic need many people take for granted. Not every student has food at home. Without food, children can't learn, behave their best, improve their grades, or adjust socially. Offering breakfast at school is a necessity and a priority."

For more information, contact Dr. William Stitt, principal, Baseline Middle School at (269) 637-0530 or wstitt@shps.org

Facebook post: Thinking of skipping breakfast? Not at Baseline Middle School. Principal Stitt welcomes students to school and encourages them to eat school breakfast. (video - <https://www.youtube.com/watch?v=C41u8Nnz1IA&index=6&list=PLagD6X6pQgmKsdIBQu3VvSCfVhOPwmT1q>)

Tweet: Attractive hallway #Grab and Go at Baseline Middle School. Students grab breakfast and head to classrooms to eat and socialize. #TeamNutritionMI (video -

<https://www.youtube.com/watch?v=C41u8Nnz1IA&index=6&list=PLaqD6X6pQgmKsdIBQu3VvS-CfVhOPwmT1q>)

Smoothie Success!

Sharon Lenard, Foodservice Director, Howell Public Schools, Howell, Michigan

Sharon Lenard, foodservice director for Howell Public Schools, found the way to students' hearts this school year: delicious, homemade smoothies!

Through a "Fuel Up to Play 60" grant, Howell received four high-quality Vitamix blenders to craft the smoothies. Breakfast smoothies are now available in all four secondary schools in the Howell school. Each school serves an average of 60 smoothies a day. According to Lenard, "The students love them!"

Each day, foodservice staff members stir up three or four different flavors. Lenard leaves much of the creative concocting process up to her capable kitchen staff, which includes Pat Maj and Dawn Rowton, whom she refers to as "flavor consultants." Two new favorite flavors from this team include peach-vanilla and tropical pineapple.

To get the program off the ground, Howell's foodservice staff was trained by Brent Bishop, manager of school foodservice programs for the United Dairy Industry of Michigan. Howell's original recipes contained fruit and yogurt, but Bishop showed them different ways to make smoothies using a blend of several fruits, yogurt, and fat-free milk, which made for the best-tasting – and best-selling – smoothies.

Smoothie sales in Howell are going very "smoothly," according to Lenard. In one school, they are so popular that teachers and school staff have been instructed to wait for students to get served first. These delicious breakfast beverages cost just \$2.50 for students and \$3.25 for staff.

Sharon attributes the success of the smoothie program to the quick and efficient blenders from the "Fuel Up to Play 60" grant, training from Brent Bishop, and the hard work from her creative and dedicated foodservice staff. Lenard is most proud of the fact that, through the new smoothie program, students are now excited about school breakfast and are clamoring daily for a delicious option that is good for them and that they love.

For more information, contact Sharon Lenard, foodservice director for Howell Public Schools, at (517) 540-8347 or foodservice@howellschools.com

Facebook post: Ready. Set. Blend! Howell foodservice staff members whip up delicious breakfast smoothies in seconds. (video - <https://www.youtube.com/watch?v=c9tXKa7H8Wo&index=4&list=PLaqD6X6pQgmKsdIBQu3VvSCfVhOPwmT1q>)

Tweet: On the breakfast menu at Howell today: fresh fruit smoothies! #TeamNutritionMI (video - <https://www.youtube.com/watch?v=c9tXKa7H8Wo&index=4&list=PLaqD6X6pQgmKsdIBQu3VvSCfVhOPwmT1q>)

Students' Marketing Power Boosts Breakfast Participation

Renaë Tindall, Teacher, Whitehall District Schools, Whitehall, MI

Renaë Tindall, teacher extraordinaire at Ealy Elementary School, says if you want to get student buy in for breakfast – or anything else - you have to allow students to take the lead. And, take the lead and run with it is exactly what students at Ealy did: their student-created oatmeal bar resulted in a 75% increase in school breakfast participation!

Oatmeal-licious, a once-a-week school breakfast choice, offers up hot homemade oatmeal with a variety of creative toppings that are named after NFL teams. Getting the oatmeal bar up and running was a task that involved students at all levels, from planning to production. Tindall says, “We could not have gotten this project off the ground without the help of our Fuel Up to Play 60 student team.

Fuel Up to Play 60 is a program founded by the National Dairy Council and the NFL in collaboration with USDA. The main focus of the program is to encourage and empower students to be active 60 minutes a day and to choose and eat healthy foods. One of the guiding principles of Fuel Up to Play 60 is to involve student leaders at every phase in making positive changes to the school nutrition and physical activity environment.

Renaë initially asked the Fuel Up to Play 60 student team, “What do you and your friends want to eat for breakfast? How should it look? How should it be served? Then, she let the student team take the lead and solve the problem. Students came up with the idea of creating and marketing oatmeal as a fun breakfast choice.

At Whitehall, the student FUTP 60 team took part in every aspect of offering the delicious oatmeal breakfast to their peers. They created signs and displays to market Oatmeal-licious, decided on what kind of and how many toppings to offer, and helped set up and take down the oatmeal bar. They were also responsible for dishing up the oatmeal for their fellow students while encouraging them to try new and healthy toppings they may not have tried before.

Whitehall, Foodservice Director, Dan Gorman says he believes that the success of Oatmeal-licious came from the hard work and leadership of Renaë Tindall, and from giving students the power to make their own choices about what they want to eat.

Currently, Oatmeal-licious operates in two schools: Ealy Elementary and Whitehall Middle Schools.

For more information, contact Dan Gorman, foodservice director for Montague and Whitehall Public Schools at (231) 981-4512 or gormand@mapsk12.org.

Facebook post: Fuel Up to Play 60 student team serves of hot, creative, and delicious oatmeal combinations to their peers. (video - <https://www.youtube.com/watch?v=cBff16INeWg&index=18&list=PLaqD6X6pQgmKsdIBQu3VvSCfVhOPwmT1q>)

Tweet: Students lead the way to healthier breakfast choices at Ealy. #FuelUpToPlay60-funded oatmeal bar still going strong while breakfast counts hold steady. #TeamNutritionMI (video - <https://www.youtube.com/watch?v=cBff16lNeWg&index=18&list=PLaqD6X6pOgmKsdIBQu3VvSCfVhOPwmT1q>)

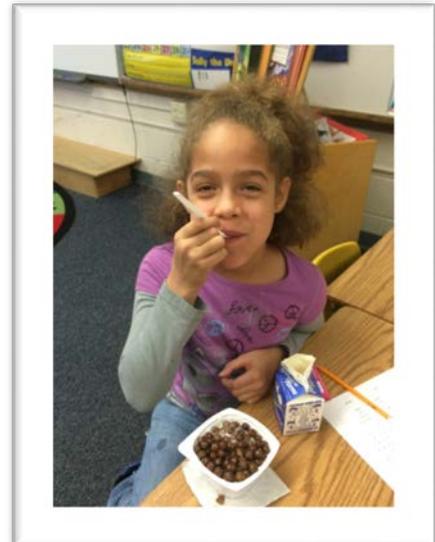
Superintendent Supports Breakfast in the Classroom

Bill Fetterhoff, Superintendent, Godwin Heights Public Schools, Wyoming, MI

Bill Fetterhoff, superintendent of Godwin Heights Public Schools, believes proper nutrition can help level the playing field for students who have fewer opportunities and advantages. Almost 90 percent of Godwin Heights' students are eligible for free or reduced-price school meals. "In our district, high-quality, nutritious food is scarce for many families," he explains. "When students eat at school, our meals can help bridge that gap."

All buildings in the Godwin Heights district offer universal free breakfast and, in four of the buildings, breakfast is served in the classrooms. Fetterhoff says, "We have an issue with students getting to school on time. When they arrive late, they won't take the time to go to the cafeteria for breakfast so they skip it. Since we moved breakfast into the classrooms, 75 percent of our students eat breakfast at school."

The teachers in Godwin Heights saw that students' basic needs were not being met. They were arriving hungry, which led to distractions and behavior problems. Now, students can eat breakfast in the classroom while engaging in daily learning activities so no instruction time is lost. "We had to work at it," Fetterhoff said. "Breakfast in the classroom was a big transition for us, but our staff stayed on board because we knew it was right for the students. Now, instead of struggling through the morning because they are hungry, students eat as soon as they get to school – and learn at the same time." According to Fetterhoff, breakfast in the classroom leads to students learning and practicing valuable life skills: the students are custodians of their own environment and are responsible for keeping their classrooms clean.



Another perk of breakfast in the classroom is that many foods served are nutritious, non-perishable items that, if not eaten immediately, can be taken home by students and consumed as part of a meal or snack. "Food security is an issue in our community, so this is another way for us to serve students and their families beyond academics," Fetterhoff says.

Breakfast in the classroom required some extra organization to get things going, according to Fetterhoff, but that upfront work was well worth the payoff. "We look at improving the health and well-being of our students and their families as a marathon, **not** a sprint," he said. "We're investing for a lifetime."

For more information, contact Bill Fetterhoff, superintendent of Godwin Heights Public Schools at (616) 252-2090 or fetterhoff@godwinschools.org.

Facebook post: Students eat healthier, learn more, and practice important life skills such as taking care of their environment because of Breakfast in the Classroom program. (photo)

Tweet: #BreakfastInTheClassroom benefits students who come to school hungry. Learning while eating breakfast can be done! #TeamNutrition

2015 Michigan Junior Chef Competition

Whitney Vance, R.D., Michigan Department of Education

Mediterranean Quiche? Breakfast Egg Rolls? Cherry-Oatmeal Dunkers? If you want to know what middle and high school students will eat for breakfast, you have to ask them. And, asking and involving students in creating original and tasty school breakfast dishes that appeal to their peers' ever-changing and often finicky palates, is exactly what Junior Chef 2015 was all about.

"This is our fourth time coordinating the Junior Chef competition and we are continually amazed and impressed by the creativity and professionalism these student teams bring to Junior Chef," said Whitney Vance, Junior Chef coordinator and registered dietitian at the Michigan Department of Education (MDE). "Every year there are new recipes and new surprises. These young chefs keep coming up with creative dishes that are amazingly good and on-target with students' current interests and food preferences."

The Junior Chef Competition is an opportunity for students to get involved at the state level and create recipes that can be added to school breakfast menus at their schools. The event, held on May 13, 2015, at Michigan State University, is sponsored by Michigan Team Nutrition at MDE, the Michigan State University (MSU) Center for Regional Food Systems, and the United Dairy Industry of Michigan.

As with previous Junior Chef events, the student teams chosen for the Michigan Junior Chef Competition first entered a recipe contest. To be selected for the cooking competition recipes had to include fresh, local and USDA foods (federal commodities) and meet specific nutrition criteria for calories, fat, saturated fats, and sodium. Breakfast menus also had to be practical and easy for school food service operations to offer as part of their school breakfast programs.

Eight teams, including both middle and high school students, won the recipe contest and were invited to compete in the cook-off:

1. The Breakfast Bunch, Dewitt High School, Dewitt, MI
2. Fast Breakers, Boulan Park Middle School, Troy, MI
3. Shelby Tiger Chefs Extraordinaire, Shelby Middle School, Shelby, MI
4. Murtillo Mazzo (The Blueberry Bunch), Baseline Middle School, South Haven, MI
5. Grocery Gobblers, Manchester High School, Manchester, MI
6. Mattawan Crepe 66 Café Junior Chefs, Mattawan Middle School, Mattawan, MI
7. Sandusky Chefs, Sandusky Junior/Senior High School, Sandusky, MI
8. Marquette-Alger RESA Culinary Arts Team, Northern Michigan University/Marquette Alger RESA; Marquette, MI

At MSU, in an on-campus cooking lab the student teams prepared their winning recipes for a panel of judges: Karla Love, foodservice supervisor for Olivet Community Schools; Adam Montri, MSU Hoophouse outreach specialist; and Andrea Collier, journalist and author. The recipes were judged on nutrition quality; use of USDA foods and local Michigan ingredients; time and labor to prepare; taste; appearance and presentation; creativity; and use of student-friendly

foods. In addition to presenting their dishes to the judges student teams were also required to create and present to the judges a marketing piece that would “sell” their dishes to fellow students.

First place went to the Marquette-Alger RESA Culinary students for their Hearty Flatbread Sandwich, second place to South Haven’s Murtillo Mazzo (The Blueberry Bunch) for Blueberry Oatmeal Sundaes, and third place to Mattawan’s Crepe 66 Café Junior Chefs for their Not-Your-Ordinary Gluten Free Breakfast Crepe. Each team member received a prize, and the school foodservice departments received monetary awards to put toward healthy school breakfast initiatives of their choice.

To wrap up the event the young chefs and their adult mentors were led by Colleen Matts, farm to institution specialist at the MSU Center for Regional Food Systems, on a tour of The Bailey GREENhouse and Urban Farm, an on-campus learning lab operated and maintained by MSU students. There, participants were able to see fruits, veggies, and herbs growing outside, in a greenhouse, and on a rooftop; as well as hops climbing up a dormitory wall, and bee-keeping on a second-floor balcony. On the tour the students learned more about the importance of sustainable local food systems and the importance of knowing where food comes from.

“It’s important that we continue to actively involve students in making decisions about foods offered at school. Junior Chef is one way to do that,” said Nick Drzal, director of Michigan Team Nutrition at the Michigan Department of Education. “It’s been two years since former State Superintendent Mike Flanagan launched the second Superintendent’s First Fuel School Breakfast Challenge. The challenge was for all Michigan schools to have at least 60 percent of students who participate in school lunch also participate in school breakfast. We want all students and staff to get on board with breakfast and breakfast-promoting events like Junior Chef. The research is there: Kids who eat breakfast do better in school.”

Research shows, that when students are involved in the planning, testing, preparation, and promotion of foods on the school menu, word gets out and other students are more willing to try new offerings. The young chefs who took part in Junior Chef were excited – and invested in – helping their fellow students eat healthier.

When asked, “What is one important thing you learned by taking part in Junior Chef?” responses from the Junior Chef competitors included: “It’s important to work as a team; you have to work fast if you work in a school kitchen; our foodservice director has a harder job than we thought; and you can cook things that are healthy and still make them look and taste great!”

Want to know more about Michigan Junior Chef? Short videos can be viewed on the Michigan Team Nutrition YouTube channel: <https://www.youtube.com/user/miteamnutrition1>



Blueberry Oatmeal Sundaes Capture 2nd Place at Michigan Junior Chef Competition!

**Baseline Middle School, South Haven Public Schools,
South Haven, Michigan**

Amy Nichols, foodservice director at South Haven Public Schools, had her eye on a prize in January. She wanted a win for her district at the spring 2015 Michigan Junior Chef Competition. To accomplish that, Nichols, with the help of Principal Bill Stitt, assembled a hard-to-beat team of creative and energetic student chefs with a passion for cooking, eating, and fun. The result was what Nichols had hoped for – Baseline Middle School captured a second-place victory for their locally inspired Grab ‘n Go Blueberry Oatmeal Sundaes.

The team of chefs at Baseline called themselves “Murtillo Mazzo,” which means “The Blueberry Bunch” in Italian. The bunch consisted of three girls, Tori Loikits, Opal Eddy, and Holli Danneburg. Before the competition, Murtillo Mazzo met several times to plan their recipe, practice preparing it, make modifications, and more. “We had a lot more to do than I thought we would,” explained Loikits. “The competition was a lot of fun – but also a lot of hard work!”

The blueberry sundae recipe was modified from a recipe Amy received from dietitian, professional blogger, and friend, Nicole Morrissey (aka Prevention RD). The team worked with Nicole to tweak the recipe to fit competition requirements and make it their own. Competition rules dictated that recipes must include local ingredients, feature two USDA commodity foods, follow USDA meal patterns for grades 9-12, and meet the nutrition standards for sodium, calories, saturated fat, and trans fat.



“There were a lot of dishes in the competition that were fancier than ours,” explained Loikits. “When we saw those, we were a little worried. But we knew from testing the blueberry sundaes at our school that our dish was good and that it was something other schools could easily prepare. We emphasized all those things when we presented our dish to the judges.”

Nichols explained that being part of the competition was a fantastic experience both for her and her student team. “I was very proud at how professional our team was while working on the recipe at school and in East Lansing at the competition. These girls worked hard and I am very proud of them for that!” The Grab ‘n Go Blueberry Oatmeal Sundaes, when served with fat-free milk, are a fully reimbursable school breakfast that is now on the South Haven Public Schools’ menu. It’s easy to replicate, it’s healthy, and it tastes delicious.

For their win, team members of Murtillo Mazzo each received a NutriBullet blender and the South Haven Public Schools foodservice department received a \$500 award. The Michigan Junior Chef competition takes place every other year in Michigan.

Facebook post: Locally inspired blueberry oatmeal sundaes are on the breakfast menu at South Haven Public Schools. Find out more at www.shps.org. (photo)

Tweet: Sundaes for breakfast? You bet! Fresh. Local. Tasty. #TeamNutritionMI (story)

Mattawan's Crepe 66 Café Crew Takes Third Place with Gluten-Free Breakfast Crepes

Mattawan Middle School, Mattawan, Michigan

Ask a middle school student if they've ever eaten a crepe and many will ask: *What's a crepe?* Not at Mattawan Middle School.

This year, a three-person team of talented young chefs, who called themselves the *Mattawan Crepe 66 Café Crew*, created a unique and tasty recipe that left a lasting impression on the Michigan Junior Chef contest judges: It's called *Not Your Ordinary Gluten-Free Crepe and Parfait Breakfast*.

The Crepe 66 crew got the inspiration for their team name from the I-94 exit nearest their school, No. 66. All team members attend Mattawan Middle School, and their coach, David Rose, is the foodservice director for Mattawan Public Schools.



The Michigan Junior Chef contest is a biannual event, held at Michigan State University and sponsored by the Michigan Department Education, the Michigan Center for Regional Food Systems, and the United Dairy Industry of Michigan. The theme of this year's contest was school breakfast. Schools were required to form teams of young chefs who would create tasty new breakfast meals that are easy to replicate, meet current school nutrition guidelines, and taste great.



The Mattawan crepe crew settled on gluten-free crepes because so many of their friends and family members now embrace the gluten-free lifestyle. Also, one contest guideline was to follow current food trends – and gluten-free diets are certainly one of them.

The winning dish – the breakfast crepe is a very thin, homemade gluten-free crepe cooked on the stove top and placed in a muffin pan to form a nesting cup. The cup was filled with an egg, cheese, and veggie mixture; baked; and then topped with *It's Greek to Me Yogurt Salsa*. In keeping with the highway theme, the crepe was accompanied by a 10-ounce, *Highway Parfait* which looked like a traffic light with red, yellow, and green fruit; yogurt; and a homemade granola-type topping.

Mattawan's Foodservice Director, David Rose is no stranger to Junior Chef. 2015 was his second year to bring a team to the competition. According to Rose, "Junior Chef is an amazing experience for me and for the kids. Our student team gets to create something new, influence what their friends eat, and visit the beautiful MSU campus where the competition is held. Who wouldn't like that?"

For their third-place win, Crepe 66 team members each received a copy of Michele Obama's book, *American Grown*, and Mattawan school foodservice department received a check for \$250.

Facebook post: What's hiding inside this crepe and egg cup? Not gluten! Mattawan student team creates new gluten free school breakfast dish. (photo)

Tweet: Going gluten-free at Mattawan. New recipe receives a third-place win at Statewide Junior Chef competition. #TeamNutritionMI (photo)

MARESA Culinary Students Take First Place at Michigan Junior Chef Competition

Marquette Alger Regional Educational Service Agency (MARESA), Marquette, Michigan

High-school students in the culinary arts program, offered through a partnership between



Northern Michigan University and the Marquette Alger Regional Educational Service Agency (MARESA), love a challenge, and that's just what they got when they signed up for the Michigan Junior Chef Competition, which was held May 15, 2015.

Although the other young competitors certainly gave the budding young MARESA chefs a run for their money with creative and exotic new school breakfast dishes such as Blueberry Oatmeal Sundaes, Breakfast Egg Rolls, and French Crepes with Potato Hash, the MARESA team won the hearts - and taste buds - of judges by putting a new spin on a classic favorite, the breakfast sandwich.

The MARESA Junior Chef team consisted of high school students receiving credit for studying culinary arts at Northern Michigan University. Team members unanimously agreed that they could not have won the competition without the help, guidance, and support from their mentors/instructors/coaches Chris Kibit, CCE CHE, and Loganne Boersma.

The task for this year's Junior Chef competitors was to develop a creative, fully reimbursable school breakfast that could easily be replicated and served to students across the state. MARESA's

Hearty Flatbread Sandwich, included cooked egg whites, onions, spinach, hash browns, mushrooms, and tomatoes – a delectable combination that took first prize. The egg and veggie mixture was topped with fresh basil leaves and a spicy Sriracha-lime sauce and served on hot, pressed Naan flatbread. To make the breakfast reimbursable, the sandwich was accompanied by a yogurt parfait made with plain Greek yogurt, blueberries, raspberries, peaches, blueberry puree, and homemade granola.



“We worked so hard for this win,” said student chef Joe Warner. “We all spend so much time cooking and talking about food... it’s our life. We were so excited for a chance to compete. After all we’ve learned, from cooking techniques to sanitation to marketing, the competition gave us a chance to show off what we know. Being in this competition was an amazing experience!”

All of the competing Junior Chef teams had to work hard to ensure their recipes met strict state school-foodservice requirements. Competition rules dictated that recipes submitted must

include local ingredients, feature two USDA commodity foods, follow USDA meal patterns for grades 9-12, and meet the nutrition standards for sodium, calories, saturated fat, and trans fat.

For their win, team members of MARESA each received a Nintendo DS and MARESA received \$750.

Facebook post: MARESA culinary students win Michigan Junior Chef with a new, anything-but-boring hearty breakfast sandwich and a fresh and fruity yogurt. (photo)

Tweet: ...Nothing better than turning a boring egg sandwich into an amazing experience. MARESA wins MI Junior Chef. #TeamNutritionMI (photo)

Michigan Schools Boost Breakfast!

Michigan Department of Education, Team Nutrition Program

In case you haven't noticed, three million more school breakfasts were served to Michigan students this past year, which helped them start the school day alert, well-fed, and ready to learn. This boost in number of breakfasts served was due to: a superintendent's challenge, a \$350,000 Michigan Department of Education Team Nutrition grant, over \$350,000 in grants from United Dairy Industry of Michigan and Blue Cross Blue Shield of Michigan (\$250,000) and Michigan Action for Healthy Kids (\$175,000), and most importantly the creativity, effort, and commitment of over 500 Michigan school foodservice directors and building decision makers to make it a priority to "boost breakfast."

It began with a challenge. *The First Fuel School Breakfast Challenge* was issued by Michigan Superintendent Mike Flanagan in 2013. The challenge was to have at least 60% of students who participate in the National School Lunch Program also participate in the School Breakfast Program.

Why breakfast? According to the Food Research and Action Center (FRAC) School Breakfast Scorecard, participation in school breakfast programs do more than reduce student hunger; they have also been linked with improved overall dietary quality; a lower probability of overweight and obesity; fewer incidences of tardiness, absenteeism, and disciplinary problems; and fewer visits to the school nurse.

Michigan Department of Education's Team Nutrition: Funded by the United States Department of Agriculture, a \$350,000 Michigan Team Nutrition Boost Breakfast grant was developed as a complimentary aspect to the 2013 Superintendent Breakfast Challenge. Approximately 970 school nutrition professionals were trained through regional trainings (295), local School Nutrition Association of Michigan meetings (354), and professional conferences (329). Over 14,000 unique visitors gathered boost breakfast information from the Boost Breakfast Michigan landing page (www.boostbreakfast.com). Over 5300 viewed Michigan Foodservice professionals boost breakfast videos to be inspired and learn from peers.

Additional support came from state-level partners including \$250,000 in grants from the United Dairy Industry of Michigan (UDIM) and Blue Cross Blue Shield of Michigan (BCBSM). Michigan Action for Healthy Kids provided \$175,000 to fund 70 schools an average of \$2,500 each to create or expand school breakfast programs. Michigan No Kid Hungry worked with schools to implement new ways to serve breakfast that make breakfast a part of every student's morning schedule.

Michigan School Nutrition Professionals Are Creative! Over 500 Michigan school foodservice professionals and building decision makers responded to the call to "boost breakfast." They tested and advocated for moving breakfast out of its traditional place - the cafeteria. Some tried Breakfast in the Classroom, Grab 'N Go Breakfast Carts, while others served breakfast after first hour as a Second Chance Breakfast, or through a vending machine. Some even tried breakfast on a bus to ensure students who travel more than 60 minutes to school arrive at school ready to learn.

Michigan's boost breakfast efforts are working. As of November 2015, the total breakfast to lunch ratio increased 5.6% (42.9% to 48.5%). This equates to more than 3 million additional breakfasts being served! It's also important to note that while total breakfast servings increased 5% during this time period, student enrollment in Michigan decreased 2.4%. 1,076 schools were successful in increasing their breakfast participation to 60%.

Watch and learn. Want to know how they did it? Short videos of Michigan's school breakfast success, and former Michigan Superintendent Mike Flanagan's congratulations to Michigan schools on their school breakfast efforts, can be viewed on the Michigan Team Nutrition YouTube channel: <https://www.youtube.com/user/miteamnutrition1>

For more information on Michigan's Boost Breakfast Initiative contact Nick Drzal, Michigan Department of Education School Nutrition Programs, at 517) 373-8121 or Drzaln@michigan.gov.