

BREAKFAST AFTER THE BELL

Frequently Asked Questions

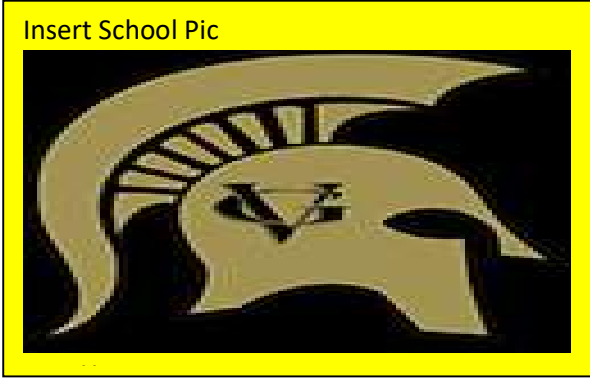


Casa Grande Union High School District is committed to ensuring that all of our students start the day with a healthy breakfast. Kids who eat breakfast tend to perform better in school, have better attendance rates, and display fewer behavior problems.

Casa Grande Union High School District serves breakfast in a way that is accessible to students: **At this time** we will be giving each student an opportunity to pick up meals at various locations posted on the School website.

As things return to “normal”:

There are many great things about our improved breakfast program. In addition to having access to a nutritious breakfast, eating with classmates every morning creates a community experience, and it takes pressure off parents and caretakers to provide breakfast in the morning. The **No Kid Hungry Starts with Breakfast** resource is a great way to find out more about the benefits of breakfast, including how kids who eat breakfast do better in math, miss fewer days of school, and are more likely to graduate high school than their peers who don't eat breakfast regularly.



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Below are some Frequently Asked Questions about the program:

HOW DOES IT WORK?

Breakfast is available from 7:30am to 8:00am each school day. Breakfast costs \$2.00 for full price, .030 cents for reduced price and at no cost to those students who qualify.

DOES MY KID HAVE TO EAT SCHOOL BREAKFAST?

Participation in the school breakfast program is voluntary.

WHAT IS BEING SERVED FOR BREAKFAST? IS THE FOOD HEALTHY?

We publish our menu on the school website, in the school newspaper and in the cafeteria. Any food items served at breakfast must meet [strict dietary guidelines](#) created by the [United States Department of Agriculture \(USDA\)](#). Milk is served daily, as well as fruit or juice. Entrees are nutritious and easy to eat quickly. Meals often include popular breakfast items such as Breakfast burritos, pancake on a stick, cold cereal, and bagels. Casa Grande Union High School District rotates the menu items every 2 weeks. We work hard to identify which foods are student favorites, and which foods should be taken off the menu. We conduct random surveys so we are always listening to students requests within the guidelines set by USDA.



DOES SCHOOL BREAKFAST TAKE AWAY FROM INSTRUCTIONAL TIME?

No! On average, it takes students about 15 minutes to eat breakfast. Teachers spend that time constructively on classroom activities, and report that they actually gain instructional time due to fewer disruptions such as visits to the school nurse, tardiness, and absenteeism.

DOES EATING SCHOOL BREAKFAST CONTRIBUTE TO CHILDHOOD OBESITY?

Research has shown that obesity rates do not increase for kids who eat breakfast at home and at schoolⁱ. In fact, skipping breakfast is associated with a 2.66 times higher risk of being obese or overweight than eating breakfast at home

and at schoolⁱⁱ. Kids who eat school breakfast are also more likely to have a better overall diet, eating more fruits, dairy and a variety of foodsⁱⁱⁱ.

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WHAT ABOUT FOOD WASTE?

Through thoughtful menu planning and careful cafeteria practices, we've designed our breakfast program to be efficient and effective in providing kids with healthy food to start their day, while also reducing food waste. For instance, Casa Grande Union High School District encourages students to take advantage of the "share table" in the cafeteria, which allows students to put the food they aren't going to eat on a table so other students can take it. We allow students to self-select what breakfast items they want, which reduces the amount of food that ends up in the trash can. Students have plenty of time to finish their breakfast which reduces food waste.



WHERE CAN I GET MORE INFORMATION?

Contact Carla Wells, Food Service Secretary at (520)876-9400 xt. 4146 or email at cwells@cguhsd.org for additional questions/concerns. Keep updated on the school menus On the school website at cguhsd.org under the administration/food service tab. To find out more about No Kid Hungry and the benefits of school breakfast, visit the No Kid Hungry [Center for Best Practices](#).

ⁱ Wang, S., Schwartz, M. B., Shebl, F. M., Read, M., Henderson, K. E., and Ickovics, J. R. (2016) School breakfast and body mass index: a longitudinal observational study of middle school students. *Pediatric Obesity*, doi: 10.1111/ijpo.12127.

ⁱⁱ Wang, S., Schwartz, M. B., Shebl, F. M., Read, M., Henderson, K. E., and Ickovics, J. R. (2016) School breakfast and body mass index: a longitudinal observational study of middle school students. *Pediatric Obesity*, doi: 10.1111/ijpo.12127.

ⁱⁱⁱ Basiotis, P. P., Lino, M., & Anand, R. S. (1999). Eating breakfast greatly improves schoolchildren's diet quality. *Nutrition Insight*, 15. Alexandria, VA: U.S. Department of Agriculture, Center for Nutrition Policy and Promotion.