



SMART BREAKFASTS BOOST BRAINPOWER!

Date _____ School Name _____ Completed by _____

The Smart Breakfast Boosts Brainpower Scorecard is a list of simple, no-cost or low-cost strategies that may increase participation, reduce food waste, and increase selection and consumption of healthy meals at school. The Scorecard can be completed by one or more people.

INSTRUCTIONS

1. Review the Scorecard before beginning.
2. Choose one breakfast period to observe. Place a check beside each statement that you observe.
3. Some questions, including those with an asterisk*, will require following up directly with the School Food Service Director and/or administration to collect the most accurate information.
4. Unflavored milk refers to plain, unflavored skim and/or 1% white milk.
5. Tally the score by adding the subtotals from each section together. Compare your total to the Award Level.
6. Discuss the results with staff, students and other partners.
7. Choose any unchecked strategies to put into action.

FOCUS ON FRUIT & INCLUDE VEGETABLES

- 1. At least two types of fruit are offered.
- 2. Sliced or cut fruit is offered.
- 3. Fresh fruit is offered at least 3 days per week.
- 4. A variety of mixed whole fruits are displayed in attractive bowls or baskets.
- 5. At least one fruit or vegetable is labeled with a creative, descriptive name where meals are served.
- 6. Vegetables are offered occasionally at breakfast in an entrée item or served as a side dish (e.g., black bean breakfast burrito). *

Focus on Fruit & Include Vegetables
Subtotal _____ of 6

MOVE MORE WHITE MILK

- 1. White milk is displayed in front of other beverages in *all* coolers.
- 2. White milk represents at least ½ of all milk offered in each milk cooler.

Move More White Milk
Subtotal _____ of 2

BRAIN POWER BOOSTING & APPEALING MENU

- 1. A protein (meat/meat alternate) is offered with each breakfast meal. *
- 2. The weekly menu includes hot entrees 3 or more times per week. *
- 3. The menu has one or more “made from scratch” item(s) per week. *
- 4. All cold cereal options contain < 7 grams of added sugar per serving. *
- 5. Yogurt containing less sugar is served with the goal of no more than 15 grams of sugar per 4 oz. serving (<31 grams per 8 oz. serving). *
- 6. Unflavored (white) milk is the only milk option offered at breakfast. *

Brain Power Boosting & Appealing Menu
Subtotal _____ of 6

BOOST REIMBURSABLE MEALS

- 1. Cafeteria staff politely prompt students who do not have a reimbursable meal to select a fruit or vegetable.
- 2. Signs show students how to make a reimbursable breakfast meal on each service line (e.g. signage states, "Choose 3 of 4 items to build a complete breakfast!")
- 3. A reimbursable meal is served as part of the school day in expanded locations such as: breakfast in the classroom, grab and go, or breakfast after 1st period. *
- 4. A share table is available for the re-use of whole fresh fruit, unopened milk or juice, or other packaged items. *

Boost Reimbursable Meals
Subtotal _____ of 4

CAFETERIA ATMOSPHERE

- 1. A menu board with featured menu options is readable from 5 feet away in the service or dining area.
- 2. A menu board with tomorrow's featured menu is readable from 5 feet away in the service or dining area.
- 3. Students are warmly welcomed when they arrive for breakfast and are kindly encouraged to finish eating when meal time ends.
- 4. Students who arrive to school late are allowed and encouraged to eat school breakfast.

Cafeteria Atmosphere
Subtotal _____ of 4

STUDENT/COMMUNITY INVOLVEMENT

- 1. Students provide feedback (e.g. verbal feedback through the line, suggestion box, student advisory committee or surveys) to inform menu development. *
- 2. A school breakfast promotion program, campaign, or event is held at least once a year. *
- 3. School staff, food service and community collaborate to make the breakfast program successful. *
- 4. Information about the benefits of school breakfast is provided to families annually. *

Student/Community Involvement
Subtotal _____ of 4

The **asterisk** * indicates items that may need input from school nutrition director, teachers, or administrators for accuracy.

BOOST BRAIN POWER with BREAKFAST SCORECARD

Focus on Fruit & Include Veggies _____ of 6

Move More White Milk _____ of 2

Brain Boosting & Appealing Menu _____ of 6

Boost Reimbursable Meals _____ of 4

Cafeteria Atmosphere _____ of 4

Student/Community Involvement _____ of 4

Scorecard Total _____ of 26

AWARD LEVEL

Nutrition Hero 1 – 12 points

Great job! This breakfast program is off to a strong start.

Shining Star 13 – 20 points

Excellent! Think of all the kids that are inspired to eat healthier!

Brain Boosting Program 21 – 26 points

Top Notch! Thank you for boosting students' academic potential! Keep reaching for the top!

What are your goals for your Breakfast Program?

- 1.
- 2.

