

## EXPANDING BREAKFAST DELIVERS RESULTS MURFREESBORO HIGH SCHOOL STEPS UP TO THE CHALLENGE!



<b>DISTRICT:</b>	Murfreesboro School District, Murfreesboro, Ark.
<b>SCHOOL NUTRITION PROFESSIONAL:</b>	Lynn Gleba, School Nutrition Director
<b>FREE/REDUCED RATE:</b>	78%
<b>ENROLLMENT:</b>	540 (district)
<b>NUMBER OF SCHOOLS:</b>	2
<b>IMPLEMENTED EXPANDING BREAKFAST:</b>	2006
<b>ALTERNATE BREAKFAST SERVICE:</b>	Breakfast After 1st Period / 2nd Chance Breakfast

### ★ BACKGROUND

The breakfast program at Murfreesboro High School was facing serious challenges to their breakfast program participation at the start of the 2006-2007 school year. With only six to twelve students participating in school breakfast, it prompted School Nutrition Director, Lynn Gleba, to try something new.

### ★ IMPLEMENTATION

Gelba took action and with the support of the superintendent implemented a delayed breakfast for all students 6th – 12th grades. Murfreesboro High School was one of the first in the State of Arkansas to offer its high school students a unique breakfast program where students are offered breakfast after attending first period classes. This breakfast option provides participants the opportunity to socialize with friends or sleep in till the last minute, wake up, and eat when they get hungry. Delayed breakfast ensures that all students are allowed the opportunity to eat breakfast and not be associated with any stigma that is often associated with breakfast.

Students come to school and attend first period classes. Then, all students come to the cafeteria to enjoy a variety of breakfast items. The students enjoy eating together and socializing for about 20 minutes before returning to classes.

### ★ IMPACT

At the start of the 2006-07 school year, the breakfast participation of six to twelve students was not even enough to pay for the food and labor costs of preparing breakfast. Now on any given day you will find participation at near capacity of 97-100%.

Murfreesboro may be small, but they are doing good things for the students and the students are taking advantage of the opportunity to start off each day with breakfast.