



DISTRICT: Lake Worth ISD, Lake Worth, Texas
CHILD NUTRITION DIRECTOR: Judy Taylor
ALTERNATE BREAKFAST SERVICE: Provision 2; Breakfast in the Classroom

★ **BACKGROUND**

New to Lake Worth ISD in 1996, Judy Taylor examined what could be done to improve the foodservice program. Driven by goals to provide meals to more children and become more cost-effective, Judy Taylor investigated all the options. After networking at a Texas School Food Service Association meeting with foodservice professionals who had Provision 2, Taylor conducted the feasibility study to determine if it could work for her district. Results were positive and with the base year starting in 1997-98, Taylor began feeding free breakfast and lunch to all five schools in the district, plus the day care center.

★ **IMPLEMENTATION**

To guarantee the highest participation level, Taylor decided to feed students Breakfast in the Classroom. Foodservice staff pack the breakfast tubs. Coaches and aids deliver the tubs to elementary classrooms and students are assigned the responsibility in middle and high schools. A simple, two-week menu cycle is used with items ranging from Pop Tarts® and cheese cubes to cinnamon rolls, always teamed with milk and fruit or juice.

★ **IMPACT**

During the past five years a 96% breakfast participation rate has been maintained. In October, 1996 (before Provision 2), average daily breakfast participation (ADP) was 450; in October, 1997, (after Provision 2) the ADP shot up to 1,582. With enrollment increases each year, over 1,935 breakfasts are being served, which is 96% of the enrollment. Lake Worth has a 72% free/reduced rate and makes up the federal reimbursement difference with a la carte sales and catering.

According to Taylor, "Teachers resisted Breakfast in the Classroom the first year because they thought it would be too much extra work. We got them on board by giving them a free breakfast, too, and when they saw the positive results, they became very supportive." Now, breakfast is an expected part of the school day and most teachers and students don't know it any differently. "The best part is almost all students are eating breakfast," explains Taylor. "Eating Breakfast in the Classroom gives children the additional advantage of getting their early morning 'chit-chat' over with while they're eating, so they're ready to learn when class starts. Their learning is the reason we are doing this program."

★ **WORDS OF ADVICE**

"When you have a well-established program like ours everyone becomes accustomed to it," cautions Taylor. "It's critical to re-explain each year to administration, staff, everyone, why you have a breakfast program, its benefits and how they can best support it."