



Breakfast by Grade Level

School Breakfast: All Ages Welcome

Breakfast is important for students of all ages. However, older students are less likely to eat breakfast at school, citing timing and stigma as some of the largest barriers of participation.

In Missouri, elementary schools are significantly more likely to have high breakfast participation than middle schools or high schools.



What is high breakfast participation?

It means schools have met or exceeded the national benchmark of 70 Free/Reduced Price (FRP) breakfasts served for every 100 FRP lunches.

2018-2019 FINDINGS



61.7 FRP breakfasts

were served **for every**
100 FRP lunches served.



Elementary schools
had the highest breakfast to lunch ratio.

71.3 : 100



Elementary schools were
3.2x more likely
to have high breakfast participation
than middle and high schools.

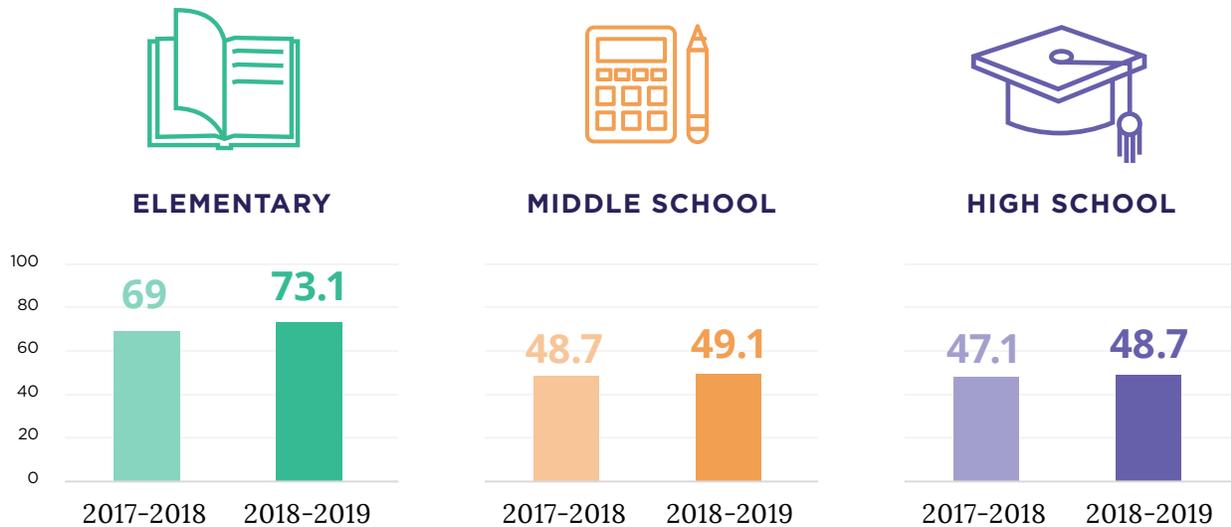


13.9% of middle and high schools
had high breakfast participation compared
to **44.6% of elementary schools.**

Year-Over-Year Trends in Missouri

Average Breakfast Participation by Grade Level

Shown as the number of FRP breakfasts served for every 100 FRP lunches.



More students in every grade level ate breakfast at school during the 2018-2019 school year compared to the 2017-2018 school year. However, elementary schools are still serving significantly more meals than middle schools and high schools.

Average Breakfast to Lunch Ratio in Schools using CEP and BATB



When schools of every grade level use the Community Eligibility Provision (CEP) and a Breakfast After the Bell (BATB) delivery model, more breakfasts are served each school day.

School Breakfast Matters at Every Age

Studies show school breakfast improves academic performance and attendance, which in turn increases graduation rates and job readiness. Ensuring students have access to healthy school meals during these formative growing years can help improve long-term health outcomes and support economic stability for students across Missouri.

Visit our website for more information and to read case studies from other schools in Missouri.

MOSchoolBreakfast.org

School breakfast data was obtained from the Missouri Department of Elementary and Secondary Education.

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