



Key Findings

School Breakfast: Strengthening Health and Learning

The School Breakfast Program (SBP) supports students both nutritionally and academically. Simply put, healthy students are better students.

Students who eat breakfast at school consume more fiber, calcium, iron and vitamin C, which are nutrients all children need to grow and thrive. Additionally, studies show the SBP helps improve academic performance, decreases tardiness and reduces behavioral issues in the classroom. A nutritious school breakfast can have a dramatic impact on the health of students and the success of our 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.



An average of **61.7 FRP breakfasts** were served for every **100 FRP lunches**.

61.7
BREAKFASTS



100
LUNCHES



Schools using the **Community Eligibility Provision** were **2.2x more likely** to have high breakfast participation.



Schools implementing **Breakfast After the Bell** were **1.9x more likely** to have high breakfast participation.

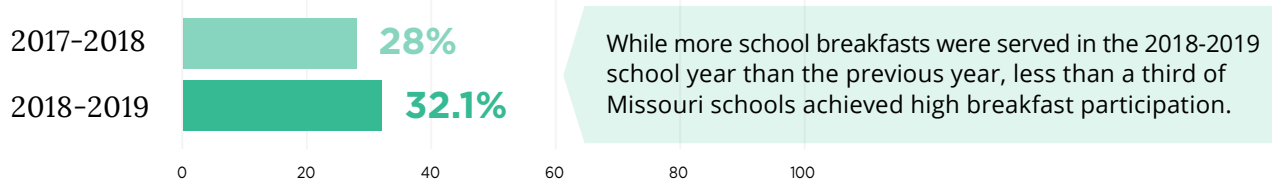


Southeast Central Region had the highest breakfast participation at **70.7:100**.

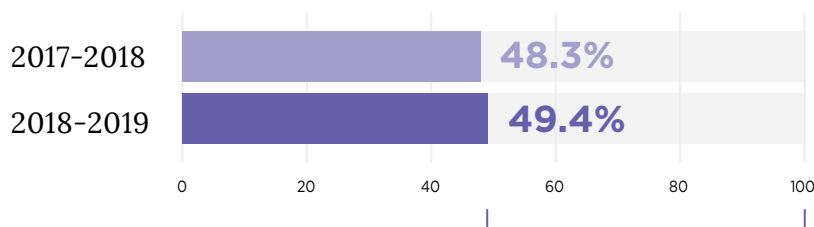
Year-Over-Year Trends in Missouri

School Breakfast Program (SBP) participation is increasing in Missouri. However, there are opportunities to improve the program and ensure more students start their school day ready to learn.

Schools Achieving High Breakfast Participation

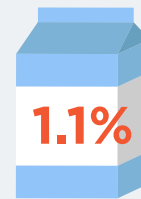


Total Possible Free/Reduced Price Breakfasts Served



Comparing the total number of potential FRP breakfasts to the number that were actually served, only half of all possible FRP breakfasts were served in the 2018-2019 school year.

Increase in FRP Breakfast Participation Statewide



Opportunities to Grow School Breakfast

Each day students are missing out on an opportunity to eat breakfast at school due to barriers such as transportation, scheduling and stigma. While school breakfast participation is increasing, Missouri still isn't reaching its full potential. As schools reimagine what meal service looks like during the COVID-19 pandemic, they should consider adopting best practices to ensure all students have the chance to eat a nutritious breakfast at school each morning while keeping everyone healthy and safe.

Here's how you can grow the School Breakfast Program in your district:

- 1 Adopt a Breakfast After the Bell delivery model.
- 2 Consider utilizing the Community Eligibility Provision to provide meals at no cost to all students while also reducing paperwork and administrative costs.
- 3 Promote school breakfast through the year with teachers, students and parents.
- 4 Collaborate with other school administrators on best practices to increase participation, especially for middle school and high school.

Visit our website for more information about breakfast at your school and schools in your region.

[MOSchoolBreakfast.org](https://moschoolbreakfast.org)

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

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