

# Breakfast ON THE BUS



## Why serve Breakfast on the Bus?

- Challenge for students to arrive at school before the start of the day in order to eat breakfast.
- Reaches a large number of students in a setting where they will have adequate time to consume a meal prior to the start of the school day.

## How does Breakfast on the Bus work?

- School nutrition staff pack breakfasts the day before and have ready for transportation staff to pick up in the morning.
- Packaged or bagged breakfasts are served to students as they board their school bus every morning.
- Students then eat their breakfast while riding on the way to school.
- Drivers mark which students take a breakfast on a manual roster for school nutrition staff.
- Trash disposal may be made available to students:
  - while they are still on the bus
  - as they exit the bus
  - once they are inside the school

## When does Breakfast on the Bus work best?

- Students spend an adequate amount of time (15 minutes or more) on the school bus every morning.
- The busing schedule leaves inadequate time for students to enjoy traditional breakfast service at school.
- The busing service is amenable to establishing a Breakfast on the Bus arrangement.
- School offers breakfast free for all students.

## Keys to Successful Implementation:

- Involve school administration, transportation staff, custodian, school nutrition staff, students and families in the planning and implementation.
- Adequate number of trash cans to discard breakfast trash in the hallways and classrooms.
- Have menu items that are portable and decrease crumbs.
- The effectiveness of the Breakfast on the Bus is amplified when breakfast is offered free to all students regardless of income.
- Offering breakfast free to all students reduces stigma associated with school breakfast and increases participation which helps the school nutrition department budget. Visit [www.fns.usda.gov/sites/default/files/toolkit\\_expandingaccess.pdf](http://www.fns.usda.gov/sites/default/files/toolkit_expandingaccess.pdf) for more information.

*Adapted from USDA Energize Your Day! Eat School Breakfast and Food Research and Action Center Expanding School Breakfast*

