

GRAB 'N' GO

Breakfast



Why Serve a Grab 'N' Go Breakfast?

- Grab 'N' Go breakfasts bring breakfast to the student, making it easier for them to choose to eat breakfast.
- Many middle and high school students are not hungry first thing in the morning or they want to hang out with friends.
- Grab 'N' Go breakfasts allow students the flexibility and choice to eat breakfast where and when they want.
- Grab 'N' Go breakfasts are convenient for food service staff, and prepackaged breakfasts can take less time to prepare than traditional breakfasts. As a way to save time, food service staff often pack reimbursable breakfasts into individual containers the day before.
- Quick way to serve breakfasts to students when in a convenient bag.

How Does Grab 'N' Go Breakfast Work?

- Breakfast is served first thing in the morning before the first bell.
- School nutrition staff pack breakfast meals into bags to be picked up in the cafeteria or from carts located in the hallway or other high traffic areas such as:
 - Bus drop off
 - Main student entrance
 - Concession stand
- Breakfast items can be cold or hot.
- Menu items are typically portable and easy to eat on the go.
- Students participating in breakfast are counted by school nutrition staff when the meal is picked up either through the point of sale system or manual lists at each cart.
- Students can eat at their desks, on the way to class, or in other designated areas determined by the school.
 - If eating in class, it generally takes about 10 minutes to eat once students are in their classroom and is often done during morning activities, such as announcements, turning in homework or individual reading time so no instructional time is lost. In Michigan, breakfast can be counted as [instructional time](#).
 - When finished eating, students clear breakfast trash and wipe down desks. Breakfast trash can be placed in the hallway to be collected by custodial staff and liquid milk can be discarded in the sink or, if there is no sink, in a designated bucket.

When Does a Grab 'N' Go Breakfast Work Best?

- Grab 'N' Go breakfasts work in any type of building
- The cafeteria or gym is crowded or not available for breakfast
- A large number of students have to eat in a short amount of time
- Buses arrive just before the start of classes
- Teachers and custodial staff are supportive of breakfast and realize its importance to learning
- Students rely on a la carte and convenience foods from outside the school for breakfast
- The cafeteria isn't located where students enter the building or hang out

Equipment Needed:

- Service area (current or new line)
- Cart and portable cooler for breakfast items and milk
- Point of sales equipment (manual book, scanner, tablet, computer)

Keys to Successful Implementation:

- Consider the traffic flow of the building and place where most students gather
- Consider having more than one location in the building to serve as many students as possible
- Involve school administration, teaching staff, support staff, 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.
- The effectiveness of the Grab 'N' Go models 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 for more information.

What are Michigan Schools saying about Grab 'N' Go breakfast eaten in the classroom?

"Feedback from teachers is that students are more attentive and focused with less behavior issues"

- Aurora Anstett, Director of Food Services, Holt Public Schools, Holt, MI

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