

BREAKFAST AFTER THE BELL

Frequently Asked Questions



Wellton Elementary School is committed to ensuring that all of our students start the day with a healthy breakfast. Kids who eat breakfast tend to perform better in school, have better attendance rates, and display fewer behavior problems. We know that morning routines can be hectic and many kids aren't hungry when they wake up and that is exactly why we provide breakfast every morning in a way that allows all students to participate, even after the bell.



WELLTON ELEMENTARY SCHOOL serves breakfast in a way that is accessible to students;

Breakfast in the Classroom – breakfast is served to students after the start of the school day in their classrooms. Students have an opportunity during the first 15 minutes of class to eat breakfast with their classmates and get the fuel they need to be ready to learn. Teachers will begin lessons as usual during breakfast time.

There are many great things about our improved breakfast program. In addition to having access to a nutritious breakfast, eating with classmates every morning creates a community experience, and it takes pressure off parents and caretakers to provide breakfast in the morning. The **No Kid Hungry Starts with Breakfast** resource is a great way to find out more about the benefits of breakfast, including how kids who eat breakfast do better in math, miss fewer days of school, and are more likely to graduate high school than their peers who don't eat breakfast regularly.



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Below are some Frequently Asked Questions about the program:

HOW DOES IT WORK?

Breakfast is available from 7:45 a.m. TO 8:00 a.m. after the official start of the school day. Breakfast is available at no cost to all students.

DOES MY KID HAVE TO EAT SCHOOL BREAKFAST?

Participation in the school breakfast program is voluntary. If you prefer your child not eat breakfast at school, tell your child's teacher.

WHAT IS BEING SERVED FOR BREAKFAST? IS THE FOOD HEALTHY?

We publish our menu [at our web site](#) at [welltonschool.org](#). Any food items served at breakfast must meet [strict dietary guidelines](#) created by the [United States Department of Agriculture \(USDA\)](#). Milk is served daily, as well as fruit or juice. Entrees are nutritious and easy to eat quickly. Meals often include popular breakfast items such as [cold cereal, bagels and string cheese](#). On "Hot Food Days," a hot entrée such as [Breakfast pizza, Bagels, Biscuits](#) and Gravy/ Breakfast Burritos, Breakfast Sandwiches, and a lot more healthy and nutritious foods are served [at Wellton Elementary School](#). We work hard to identify which foods are student favorites, and which foods should be taken off the menu.



DOES SCHOOL BREAKFAST TAKE AWAY FROM INSTRUCTIONAL TIME?

No! On average, it takes students about 15 minutes to eat breakfast in their classroom. Teachers spend that time constructively on classroom activities, and report that they actually gain instructional time due to fewer disruptions such as visits to the school nurse, tardiness, and absenteeism.

DOES EATING SCHOOL BREAKFAST CONTRIBUTE TO CHILDHOOD OBESITY?

Research has shown that obesity rates do not increase for kids who eat breakfast at home and at schoolⁱ. In fact, skipping breakfast is associated with a 2.66 times higher risk of being obese or overweight than eating breakfast at home

and at schoolⁱⁱ. Kids who eat school breakfast are also more likely to have a better overall diet, eating more fruits, dairy and a variety of foodsⁱⁱⁱ.

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Through thoughtful menu planning and careful cafeteria practices, we've designed our breakfast program to be efficient and effective in providing kids with healthy food to start their day, while also reducing food waste. For instance, Wellton Elementary School encourages students to take advantage of the "share table" in their classrooms, which allows kids to put food they aren't going to eat on a table so other kids in the classroom can take it. We allow kids to self-select what breakfast items they want, which reduces the amount of food that ends up in the trashcan. Each classroom allows enough time for kids to finish their breakfast, which also reduces food waste.



WHERE CAN I GET MORE INFORMATION?

Contact [Teresa G. Valdez](mailto:Teresa.G.Valdez@welltonschool.org) at (928)785-3311 for additional questions/concerns. Keep updated on the school menus at welltonschool.org. To find out more about No Kid Hungry and the benefits of school breakfast, visit the No Kid Hungry [Center for Best Practices](#).

ⁱ Wang, S., Schwartz, M. B., Shebl, F. M., Read, M., Henderson, K. E., and Ickovics, J. R. (2016) School breakfast and body mass index: a longitudinal observational study of middle school students. *Pediatric Obesity*, doi: 10.1111/ijpo.12127.

ⁱⁱ Wang, S., Schwartz, M. B., Shebl, F. M., Read, M., Henderson, K. E., and Ickovics, J. R. (2016) School breakfast and body mass index: a longitudinal observational study of middle school students. *Pediatric Obesity*, doi: 10.1111/ijpo.12127.

ⁱⁱⁱ Basiotis, P. P., Lino, M., & Anand, R. S. (1999). Eating breakfast greatly improves schoolchildren's diet quality. *Nutrition Insight*, 15. Alexandria, VA: U.S. Department of Agriculture, Center for Nutrition Policy and Promotion.