

**ADOPT A BREAKFAST IN THE CLASSROOM POLICY****THE CHIEF EXECUTIVE OFFICER RECOMMENDS:**

That the Board adopt a Breakfast in the Classroom Policy ("Policy").

**PURPOSE:** This policy establishes the requirements for the full implementation of Breakfast in the Classroom ("BIC") program in all Chicago Public Elementary Schools. This policy seeks to create a school environment that supports breakfast participation by all students, encourages students to embrace a morning routine that includes breakfast and creates a healthy start to each school day.

The Breakfast in the Classroom Program supports the Board's commitment to serve the needs of the whole child (physical, emotional and academic) while at school. The primary goal of the BIC program is to promote student health and academic achievement by providing a nutritious breakfast as a routine start of every school day. By the end of the June 2011, CPS will be serving breakfast to approximately 295,000 Elementary Students in 474 schools.

**POLICY TEXT:****I. Background**

CPS participates in the Federal School Breakfast Program in which the US Department of Agriculture ("USDA") encourages all schools to implement a Breakfast in the Classroom model to ensure all students take part in breakfast. This model is preferred because more students eat breakfast and enjoy the health and educational benefits when it is provided as a routine start to every school day.

Research shows that an effective school breakfast program not only reduces hunger but also has a range of positive educational outcomes, including the following:

- Eating breakfast improves math grades, vocabulary skills and memory. Children who eat breakfast at school – closer to class and test-taking time – perform better on standardized tests than those who skip breakfast or eat breakfast hours earlier at home.
- Students who participate in school breakfast have lower rates of absence and tardiness and exhibit decreased behavioral and psychological problems. Children who eat school breakfast have fewer discipline problems and visit school nurses' offices less often.
- Children who participate in school breakfast eat more fruits, drink more milk, and consume a wider variety of foods than those who do not eat school breakfast or who have breakfast at home. Children and adolescents who eat breakfast are significantly less likely to be overweight, while skipping breakfast is associated with a higher risk of obesity.

Beginning with the 2007-2008 school year, all Chicago Public Elementary Schools with a free and reduced meal eligibility population of over 40% or more were required by ISBE mandate to implement one of the following two breakfast programs for their students: (1) breakfast served before school in the lunchroom available to all students who elect to eat breakfast, known as Traditional Breakfast, or (2) Breakfast in the Classroom where a pre-bagged hot or cold breakfast is provided to all students when entering the school and eaten in the classroom with the teacher at the commencement of each school day. Both programs are offer to students at no charge and is referred to as Universal Breakfast.

Schools that voluntarily adopted the Breakfast in the Classroom model achieved an average 69% student breakfast participation rate compared to an average 23% student participation for schools that adopted the model where breakfast is served in the school dining center. In addition to the dramatically increased participation rate, making breakfast a routine part of the instructional day through the BIC model relieves

students of the challenges posed by bus drop off schedules, relieves the pressure of getting to class on time, respects the desire of students to be physically active before school starts and eliminates the potential stigma of serving breakfast only to free eligible students before school.

As of January 1, 2011, 192 CPS elementary schools are voluntarily participating in Breakfast in the Classroom. Based on the success of Breakfast in the Classroom at these 192 schools, the Board wishes to implement the BIC model in all CPS Elementary Schools.

**II. Implementation.**

All CPS Elementary Schools that do not currently offer Traditional Breakfast or the Breakfast in the Classroom program will establish and operate a Breakfast in the Classroom program by June 30, 2011, in accordance with the schedule and timelines issued by the Department of Nutrition Support Services (NSS). NSS will employ a phased rollout strategy designed to ensure schools receive the necessary supports to successfully implement the BIC program. All schools shall comply with the standards, requirements, program goals and accountability measures outlined in the BIC Guidelines issued by NSS when providing Breakfast in the Classroom.

**III. Authorization to Formulate Guidelines.**

The Nutrition Support Services Logistics Officer is authorized to issue Guidelines for the effective implementation of the Universal Breakfast in the Classroom program, the requirements of this Policy and further to ensure compliance with USDA regulations in the provision of school breakfast meals.

**IV. Compliance.**

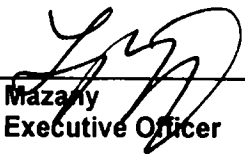
Failure to abide by this Policy or the BIC Guidelines may subject employees to discipline up to and including dismissal in accordance with the Board's Employee Discipline and Due Process Policy.

**LEGAL REFERENCES:** 105 ILCS 126/15, 7CFR 220.

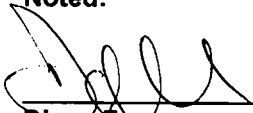
**Approved for Consideration:**

  
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**Patricia L. Taylor**  
**Chief Operating Officer**

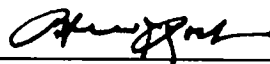
**Respectfully Submitted:**

  
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**Terry Mazany**  
**Chief Executive Officer**

**Noted:**

  
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**Diana Ferguson**  
**Chief Financial Officer**

**Approved as to Legal Form** 

  
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**Patrick J. Rocks**  
**General Counsel**