

Sample Menu

Use the sample menu to develop BIC menus that will appeal to students and provide sufficient nourishment.

Monday	Tuesday	Wednesday	Thursday	Friday

BIC reduces the stigma attached to eating breakfast at school. It makes breakfast available to those students who may not want to participate in the program for fear of being labeled “poor.”

BIC tends to have improved attendance, less tardiness, and increased test scores.

Other alternative forms of Breakfast Service models include Universal Free Breakfast, Grab n’ Go Breakfast, Breakfast on the Bus, and Second Chance Breakfast.

Resources

USDA

https://www.fns.usda.gov/sbp/toolkit_gettingstarted

<https://healthymeals.fns.usda.gov/resource-library/child-nutrition-program-resources/school-breakfast-program>

Breakfast Toolkit

https://www.fns.usda.gov/sites/default/files/oolkit_waytoserve.pdf

For more information contact

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