# Virginia Department of Education Office of School Nutrition Programs logo

# Breakfast Club

## Promoting Nutritious Breakfast across the Commonwealth of Virginia

**Best** Practice 1: **Remove barriers to access by initiating or expanding Alternative Breakfast Models, such as Breakfast in the Classroom, Grab & Go Breakfast and/or Second Chance Breakfast.**

Resources for divisions: [Partners for Breakfast in the Classroom](https://breakfastintheclassroom.org/)

Exemplar school(s): [Chesterfield County provides Grab & Go breakfasts](https://www.wric.com/news/gov-mcauliffe-kicks-off-school-breakfast-week-with-chesterfield-students/) at a majority of their schools. Out of 66 sites, 54 sites participate in Grab & Go breakfast and breakfast participation rates are on the rise.

**Best Practice 2: Increase consumption of high quality protein for students’ growth, development and learning.**

Resources for divisions: [American Egg Board’s Eggs in Schools](https://www.aeb.org/eggs-in-schools/schools)

Exemplar school(s): Protein based menu items include Egg & Avocado Toast, Staunton City.

**Best Practice 3: Reduce sugar consumed by students by reducing the number of days fruit juice is offered; serving more fresh fruit in place of fruit juice.**

Resources for divisions: [USDA DoD Fresh Fruit and Vegetable Program](https://www.fns.usda.gov/usda-foods/usda-dod-fresh-fruit-and-vegetable-program)

Exemplar school(s): Across the U. S., San Francisco Unified School District in California prohibits 100% juice across the whole district and Austin Public Schools in Texas offers fresh fruit a minimum of three times per week.

**Best Practice 4: Increase participation by providing innovative new foods and menu items.**

Resources for divisions:[Team Nutrition Popular Events Idea Booklet](https://www.fns.usda.gov/tn/popular-events-idea-booklet)

Exemplar school(s): Menchville High School in Newport News, Virginia, serves a Blueberry Breakfast Smoothie to get students excited about breakfast.

**Best Practice 5: Reduce sugar consumed by students by replacing sweet items with savory items.**

Resources: [Alliance for a Healthier Generation’s Smart Food Planner](https://foodplanner.healthiergeneration.org/menu-plans/)

Exemplar school(s): Richmond Public Schools replaced sugary breakfasts such as poptarts and donuts with savory items like breakfast pizza and chicken biscuits. They also removed flavored milk from the breakfast menu.