

2017-18 North Carolina School Breakfast Program Fact Sheet McDowell County Schools

Overview of the School Breakfast Program (SBP)

- The SBP helps prepare students to learn by serving them a healthy breakfast each morning.
- Many low-income children rely on school meals for a large portion of their daily nutrition.

School Breakfast in McDowell County Schools

- **Schools Serving Breakfast:** Of the 13 schools serving school meals, **13 (100%)** served breakfast.
- **Community Eligibility Provision (CEP):** **11 (85%)** of the 13 schools serving meals participated in CEP, which allows schools in low-income areas to serve breakfast and lunch to all students at no cost.
- **Free and Reduced-Price (FRP) Students:** Of the 6,665 students in the district, **4,820 (72%)** were eligible for FRP meals.

Opportunities in the SBP

- Many students have difficulty participating in the SBP when it is served before school in the cafeteria.
- Using an innovative breakfast serving model and/or offering breakfast at no cost to all students can help make it easier for students to participate.
- Of the schools serving breakfast in McDowell County Schools, **9 (69%)** offer at least one innovative breakfast serving model and **11 (85%)** offer breakfast at no cost to all students.

Table 1: Innovative Breakfast Serving Models

| Model | Definition | Number (Percent) of Schools |
|--|---|-----------------------------|
| Breakfast in the Classroom | Breakfast is delivered to the classroom and incorporated into instructional time. | 9 (69%) |
| Second Chance Breakfast/Breakfast Break | Breakfast is served after first period or another scheduled time later in the morning. | 1 (8%) |
| Grab n' Go/Breakfast Kiosk | Students pick up breakfast items in high traffic areas and take them to eat in the cafeteria, classroom, or other location at the school. | 0 (0%) |

*Totals may be greater than number of schools offering at least one innovative breakfast serving model as schools may offer more than one type of serving model.

October 2017 School Breakfast Participation

- **Overall Participation:** Among students overall, **4,270 (64%)** participated in school lunch and **3,034 (46%)** participated in school breakfast.
- **FRP Student Participation:** Among students eligible for FRP meals, **3,448 (72%)** participated in school lunch, and **2,572 (53%)** participated in school breakfast.
- **Breakfast Gap:** Comparing the number of students eligible for FRP meals who participated in school breakfast with school lunch, there is a breakfast gap of **876** students not participating in breakfast.
- The ratio of children eligible for FRP meals who participate in school breakfast per 100 that participate in school lunch is used nationally by the Food Action Research Council (FRAC) as an indicator of how much of the need for school breakfast is being met.

Table 2: Ratio of children eligible for FRP meals who participate in school breakfast per 100 that participate in school lunch

| McDowell County Schools | Statewide Average | FRAC Goal | NC School District Rank (Out of 115 Districts) |
|-------------------------|-------------------|-----------|--|
| 74.60 | 59.32 | 70 | 24 |

Data Source: NC Department of Public Instruction October 2017 Meals Claims Data and 2017-2018 Site Application Breakfast Offerings Data.