

Breakfast Results

Thompson Public Schools, Thompson CT



Thompson Middle School's Grab N Go Station



“Students are genuinely excited to come to breakfast now. We have added to our menus many new oven-baked, scratch items like smoothies, parfaits, breakfast sandwiches, muffins.”

-Lisa Durand, Food Service Director

Thompson Public Schools **increased breakfast participation by 165%** through a combination of serving models, adding new menu items, running promotions to encourage participation, and ensuring all students have access to breakfast after the morning bell.

During the 2018-2019 school year Thompson Public Schools began providing free breakfast to all students in the middle and high school. Building on a model established in the elementary school the year before, this change further reduced the stigma associated with school breakfast resulting in a dramatic increase in participation.

All three schools in Thompson, CT increased breakfast participation and have noticed a notable improvement in student morale in the morning.

