

# DISTRICT 211 SCHOOLS PARTICIPATE IN NATIONAL SCHOOL BREAKFAST WEEK



*Fremd High School Principal Kurt Tenopir (left) and Assistant Principal Eric Dolen (right) serve complimentary breakfasts during the school's Breakfast with the Principal event.*

National School Breakfast Week helps encourage and educate students about why they shouldn't skip what is considered the most important meal of the day. For many students in the country, including some in District 211, access to a proper breakfast isn't always possible.

That is why District 211 participated in National School Breakfast Week, which promotes the importance of breakfast for students.

This year, all five high schools served breakfast during lunch on Wednesday, March 9. Any students who purchased the breakfast meal for lunch received a raffle ticket for a chance to win five free breakfasts.

Fremd High School hosted its Breakfast with the Principal event on March 10. Principal Kurt Tenopir and FHS staff handed out 378 complimentary breakfast meals to students.

Schaumburg High School now offers a Grab and Go cart for breakfast in their main entrance, and on March 9 Siegie, the school's mascot, helped promote breakfast.

At District 211, both hot and cold breakfast entrees are served daily at all schools. Each school offers a minimum of seven breakfast options and approximately 1,100 breakfasts are served at school each morning. During first semester this school year, a total of 97,567 student breakfasts were served. The No.1 hot breakfast item across the district is chicken on a biscuit.

National School Breakfast Week was established in 1989 in coordination with the School Nutrition Association. It provides schools with the opportunity to highlight

and promote the importance of school breakfast. Research has shown that students who eat breakfast have improved memory, problem-solving skills, and creative abilities. School breakfast provides daily servings of fruit, whole grains, and low fat and fat free milk as well as meeting federal nutrition guidelines based on the Dietary Guidelines for Americans.

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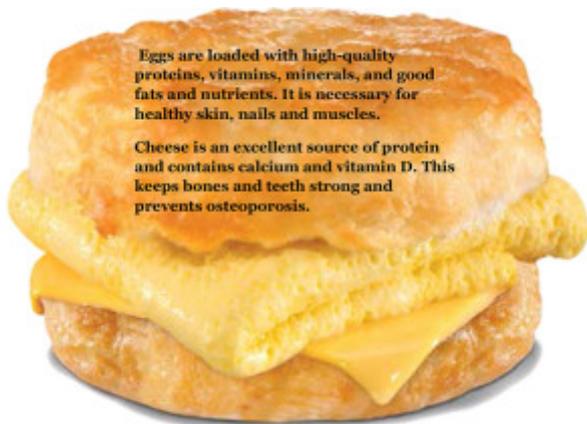
That is why District 211 is participating in National School Breakfast Week, which runs from March 2 through March 6 and promotes the importance of breakfast to students.

This year, the District is taking a new approach to celebrating one of the most important meals of the day. Each school will be serving breakfast during lunch on Thursday, March 5. Any students who purchase the breakfast meal for lunch will receive a raffle ticket for a chance to win five free breakfasts. Fremd High School will also host its Breakfast with the Principal event on March 2. The first District Breakfast with the Principal was held at Hoffman Estates in 1993.

At District 211, both hot and cold breakfast entrees are served daily at all schools. Approximately 1,200 students eat a complete breakfast at school each morning. During first semester this school year, a total of 97,836 student breakfasts were served. A complete breakfast can include whole grains, lean protein, 1-cup fruit, and 1-cup low fat milk. The No.1 hot breakfast item across the district is chicken on a biscuit.

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*Fun facts such as these were posted throughout the week at Hoffman Estates High School.*

Although it's stressed in schools, not every student has access to eat a nutritious breakfast to start the day. Some students might skip the meal because they don't realize how important it is. During National School Breakfast Week, schools help encourage and educate students on why they should partake in what is considered the most important meal of the day.

District 211 is participating in National School Breakfast Week outlined by the School Nutrition Association. The week, which started on March 4 and continues through March 8, is to promote the importance of breakfast to students and how it's beneficial not to skip.

"Regardless of where breakfast is consumed, it is truly one of the best ways to start the day," said Lauren Hummel, director of food service in District 211. "Studies have consistently shown that breakfast not only improves classroom performance, test scores, and grades, but also decreases issues related to behavior and absenteeism. Breakfast helps our bodies regulate our metabolism and blood sugar, as well."

National School Breakfast Week was established in 1989 in coordination with the School Nutrition Association. It provides schools with the opportunity to highlight and promote the importance of school breakfast. The theme this year is “Be a Star with School Breakfast” and showcases how role models such as musicians, actors, and athletes need a healthy start every day to be successful. Even celebrities need to start their day with a healthy and balanced breakfast.



Fremd, Conant, and Hoffman Estates High Schools had their own campaigns to promote eating breakfast. Fremd High School is doing a breakfast with the principal on March 8. Conant High School is conducting a breakfast trivia game throughout the week with raffle prizes. Hoffman Estates High School is offering free fruit with each breakfast and has posted breakfast trivia throughout the cafeteria.



Hummel said District 211 breakfasts are designed to meet guidelines for fat, calories, saturated fat, and other vitamins and minerals. Students are offered a variety of hot and cold options that feature whole grains and various sources of protein in addition to milk and fruit or 100 percent fruit juice.

“District 211 breakfast participation has increased by over 40 percent in the last two years alone,” she said. “Breakfasts may include egg and cheese on a whole grain bagel, low-fat yogurt with a whole grain cereal bar, homemade breakfast burritos and homemade whole grain French toast. However, the all-time student favorite is the chicken on a biscuit sandwich.”

For more information on National School Breakfast Week, please visit the School Nutrition Association’s [website](#).