

(3/12/25 – District Administrator’s Corner Article)

The River Valley School District is happy to be a part of the National School Breakfast Program, a federal meal program which has been operating in public schools since 1966. It was started as a pilot project, and was made a permanent entitlement program by Congress in 1975. Participation has steadily grown over the years.

This is yet another example of a program that River Valley has chosen (not required) to offer its families because the kids deserve it. On average, hundreds of students enjoy breakfast at school on a weekly basis. Yes, you read that correctly...on average, 1,200 breakfasts are served in our buildings each week.

The Food and Nutrition Service of the United States Department of Agriculture (USDA) administers the program at the federal level. And at the state level, this program is administered by the Wisconsin School Nutrition Department at our Department of Public Instruction. In our buildings, it is our devoted kitchen staff that wake up early and get the kitchens open and running for our students.

All school breakfasts must meet federal nutrition requirements, though decisions about the specific foods to serve and how the foods are prepared are made by local school food personnel. Many will think that this means it is not fun or tasty. Please know, it is good and fresh! As I say good morning to the kitchen staff on most days, I see items such as french toast sticks, croissants with bacon/egg/cheese, chicken/biscuit sandwiches, fresh fruit and yogurt, overnight oats, banana bread, or whole grain donuts.

Based on household income and family size, children may be determined “categorically eligible” for free meals through participation in certain federal assistance programs, such as free or reduced price school meals. But we see many other students also eating breakfast. Enjoying milk, juice, or breakfast is great before jumping into academics.

Studies show that eating breakfast has a positive effect on school performance. Students with morning nutrition have better concentration and more energy. Research has shown that kids who eat breakfast the morning before a standardized test have significantly higher scores in math, spelling, and reading than those who don't. Breakfast eaters have improved brain function, memory, and attention. Children who eat breakfast are in better health overall, based on many factors (healthychildren.org).

We are proud of the ways that River Valley staff go above and beyond for our students and families. We are proud of our food service team. We are happy to celebrate National School Breakfast Week as it recognizes and celebrates the significant impact of a good meal for the health, well-being, and education of children.

Sincerely,

Loren Glasbrenner, District Administrator
River Valley School District