

Serving Methods

for delivering meals and snacks to students.

Make the breakfast, snack, or lunch program a fun, warm, and caring place to be. When possible, sit down as a group to eat together, socialize, and offer students the opportunity to build food and nutrition skills.

Meal or snack rooms provide students with room to sit and enjoy their meal or snack at tables. These could be set up temporarily or in a dedicated room. A dedicated room can accommodate a large number of students in one location. This requires no special transportation or packaging of foods. This may not work for breakfast if school busses arrive close to class time.

Classroom meals or snacks can reach a large number of students. This works well when classroom schedules are flexible enough to incorporate meals or snacks into the day. You can deliver and serve food in the classroom before the first morning class or during break time. Student volunteers can deliver bins or carts, prepared in advance with meals or snacks, to each classroom.

“Grab and go” meals or snacks work particularly well for older students. You can package food in bags

or serve them whole (**for example:** fruit). Get the food ready for pick up at various sites in the school, such as the **office, resource room, or study area** during a break period in the day. You might set up **food carts** with meals or snacks in your school’s hallways for quick service.

You can involve your **school canteen or cafeteria** as well! You can set out food prepared in the cafeteria

or canteen during a “free” meal or snack time as self-serve, served, or as a salad bar. You can develop

a unique system where your nutriti
students

pick up from the canteen or cafeter

meals and/or snacks that

