



Small and/or Rural School Food Authority (SFA) Breakfast Trailblazer Award



School breakfast can be the foundation to student success. The Small and/or Rural SFA Breakfast Trailblazer fuels a student's day by providing a nutritious breakfast with limited added sugars and engages students in planning breakfast menus that are fun and enjoyable.

SFAs are eligible to apply for this Recognition Award if they participate in the School Breakfast Program (SBP) in the contiguous United States, Hawaii, Alaska, District of Columbia, Puerto Rico, Guam, or the United States Virgin Islands.

To qualify for the Small and/or Rural School SFA Breakfast Trailblazer Award, the SFA must have an enrollment of less than or equal to 5,000 students; OR the majority of students within the SFA are enrolled in a rural school as defined by a locality code of 41, 42, or 43 according to the [National Center for Education Statistics \(NCES\) online tool](#).

All (100 percent) of the schools within the SFA that participate in the SBP must meet the award criteria, and all grade levels must be represented.

Award Criteria

Within the past 12 months, the SFA has changed their reimbursable school breakfast menus to lower added sugars, using at least **two** strategies.

The following list includes example strategies that the SFA can use to reduce added sugars (additional strategies can also be used).

- Only unflavored milk is offered.
- All breakfast cereals contain ≤ 6 grams of added sugars per dry ounce.
- All yogurts contain ≤ 12 grams of added sugars per 6 ounces.
- No grain-based desserts are offered, as defined by superscripts 3, 4, or 5 in the [Food Buying Guide for Child Nutrition Program's Exhibit A: Grain Requirements for Child Nutrition Programs](#)
- Weekly breakfast menus have been modified to reduce added sugars to less than 10 percent of the calories.

Note: Strategies may include products with less added sugars that do not use high-intensity sweeteners, such as artificial or non-nutritive sweeteners, as replacements.

Learn more about the Healthy Meals Incentives
Recognition Awards at:
www.healthymealsincentives.org

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Required Documentation

Provide a list detailing names and corresponding grade levels for each school in the district participating in the School Breakfast Program.

Provide a description of each strategy selected including:

- How it was implemented;
- When the change occurred; and
- What the impact was on the added sugar content of school breakfasts (e.g., the strategy reduced added sugars in the breakfast menu by X grams).

Submit breakfast menu for one month that has been posted on the district website or other public location representing all grade groups, including sufficient detail for reviewers to assess the changes. Identify which items on the menu reflect the implemented strategies.

Applicants may submit optional photographs including two or three clear, high-resolution photos of the menu items and any relevant activities with release forms providing USDA with royalty free unlimited rights to the use and printing of the photographs and parental permission forms, when applicable. A high-resolution image is one that's at least 300 DPI, or "dots per inch."

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