

Pennsylvania Governor's School Breakfast Challenge

2025 Checklist

School food authorities can use this checklist to track their completion of the challenge's requirements for each month to ensure they meet all criteria.

| January |
|---|
| <input type="checkbox"/> Promote breakfast to families and students (parent flyer, social media messages, etc.) by using the Breakfast Toolkit or other creative ways. |
| <input type="checkbox"/> Provide at least one breakfast promotion activity. See examples at: No Kid Hungry List of Breakfast Promotion Strategies |
| <input type="checkbox"/> Formulate a plan with school administration to implement an alternative serving method.* Not applicable if the building already offers an alternative breakfast serving method. |
| <input type="checkbox"/> Serve at least one local food (milk excluded) a week at breakfast. Local is PA Agriculture (grown or raised-must be minimally processed per USDA definition**). PA Harvest of Month may also be incorporated. paharvestofthemonth.org |
| <input type="checkbox"/> Offer a hot breakfast (main item/entrée) choice, a minimum of two times/week |
| <input type="checkbox"/> Offer high sugar items at breakfast no more than three times a week. High sugar items include: toaster pastries, sweet rolls, fruit turnovers, cereal bars, breakfast bars, granola bars, doughnuts, funnel cakes, coffee cakes, and cereals with more than 6 grams of sugar per dry ounce. |
| <input type="checkbox"/> Upload one new picture of a healthy student breakfast to the LEA's/SFA's social media or website platform(s). May include students if parental consent has been obtained. |

February

Promote breakfast to families and students (parent flyer, social media messages, etc.) by using the [Breakfast Toolkit](#) or other creative ways.

Provide at least one breakfast promotion. See examples at: [No Kid Hungry List of Breakfast Promotion Strategies](#)

Prepare to implement the alternative serving method* plan identified in January.
Not applicable if the building already offers an alternative breakfast serving method.

Serve at least **one** local food (milk excluded) a week at breakfast.
Local is PA Agriculture (grown or raised-must be minimally processed per USDA definition**). PA Harvest of Month may also be incorporated. paharvestofthemonth.org

Offer a hot breakfast (main item/entrée) choice, a minimum of **two** times/week

Offer high sugar items at breakfast no more than **three** times a week. High sugar items include: toaster pastries, sweet rolls, fruit turnovers, cereal bars, breakfast bars, granola bars, doughnuts, funnel cakes, coffee cakes, and cereals with more than 6 grams of sugar per dry ounce.

Upload one new picture of a healthy student breakfast to the LEA's/SFA's social media or website platform(s). May include students if parental consent has been obtained.

March

Promote breakfast to families and students (parent flyer, social media messages, etc.) by using the [Breakfast Toolkit](#) or other creative ways.

Provide at least one breakfast promotion activity. See examples at: [No Kid Hungry List of Breakfast Promotion Strategies](#)

Implement or pilot alternative serving method* according to plan identified in January. Must be in place by the end of March. Not applicable if the building already offers an alternative breakfast serving method.

Serve at least **two** local foods (milk excluded) a week at breakfast. Local is PA Agriculture (grown or raised-must be minimally processed per USDA definition**). PA Harvest of Month may also be incorporated. paharvestofthemonth.org

Offer a hot breakfast (main item/entrée) choice, a minimum of **three** times/week

Offer high sugar items at breakfast no more than **two** times a week. High sugar items include: toaster pastries, sweet rolls, fruit turnovers, cereal bars, breakfast bars, granola bars, doughnuts, funnel cakes, coffee cakes, and cereals with more than 6 grams of sugar per dry ounce.

Upload one new picture of a healthy student breakfast to the LEA's/SFA's social media or website platform(s). May include students if parental consent has been obtained.

All buildings that participate in the National School Lunch Program under the administration of the School Food Authority (SFA) must also be participating in the School Breakfast Program by the end of the month or are approved in PEARS to begin in April.

By April 25, 2025

Submit attestation that criteria were met for each month, including a testimonial statement from at least one student or parent on the value of free breakfast, lesson(s) learned or best practice related to increasing participation while meeting Breakfast Challenge criteria, and the recipe for the most popular breakfast item (must be compliant with nutrient standards and creditable). The recipe submitted cannot be a fully processed or prepackaged item. The recipe must be made from scratch or speed scratch (which is removing some parts of the cooking process to make the process easier/quicker).

Late Summer/early 2025-26 School Year

Breakfast Challenge participants are recognized, with special recognition for schools with the greatest success in participation

* An alternative breakfast serving method is any service method where the meal is made more accessible to the students and the students are not limited to obtaining **and** eating the meal in the cafeteria. Examples include but are not limited to; breakfast in the classroom, grab and go breakfast (this can be served from the cafeteria or other locations in the school), second chance breakfast, etc.

** The USDA defines minimally processed foods as those that have not undergone significant processing or alteration and retain their inherent nutritional and physical properties. Examples of minimally processed foods include but are not limited to milk and dairy foods such as cheese and yogurt; fruits and vegetables (including 100% juices, fresh, frozen, or canned); grain products such as pastas and rice; meats (whole, pieces, or food items such as ground meats); and meat alternates such as beans or legumes.