



# BIC BACK TO SCHOOL TRAINING

---

Elementary Schools + Elmhurst Only

August 2025



## **NUTRITION SERVICES**

Dear OUSD Incredible Teachers,

We appreciate everything you do each day—and especially your partnership in making sure every student who needs breakfast receives it. Thank you. This is a quick training to cover all you need to know in order to have BIC go smoothly in your classroom this school year. We have heard your feedback during our BIC Observations at sites last year and this summer.

-We have discontinued the Breakfast Kits that we had in the Spring and Summer. We were using the Kits because last Spring we were part of a District wide State audit. Thanks to all of your hard work we have passed our audit with no significant findings.

-We are using one BIC Meal Counting form per month. This will help us waste a lot less paper and also allow our staff to see meal trends over time in your classroom.

-We have added yogurt + granola and also hard boiled egg to the Breakfast Menu each week to give students more morning protein. Cooking sites will also have an Egg Burrito on the menu once a week.

We hope these changes make breakfast service smoother and tastier.

Thank you again for your support.

Warmly,

The Nutrition Services Team





# Why Breakfast In the Classroom?



**OUSD has been doing BIC for the past five years across all Elementary Schools. Before COVID-19 many OUSD elementary schools participated in BIC. While we recognize it's extra work for teachers we also know it's so important**

-OUSD had last year 35,793 students of those 80% of those students qualified for Free or Reduced Priced meals

-Many of our students are growing up in "Food Deserts" especially in West and East Oakland where there are very few Grocery stores or options for families to purchase fresh fruits and vegetables.

-Students who struggle with hunger are likely to be sick more often and recover from illness more slowly. They also suffer from more headaches, colds, ear infections, and fatigue.

-Students who do not get enough nutritious food to eat tend to have higher levels of behavioral, emotional, and academic challenges. Students can also be more aggressive and anxious because they are hungry.

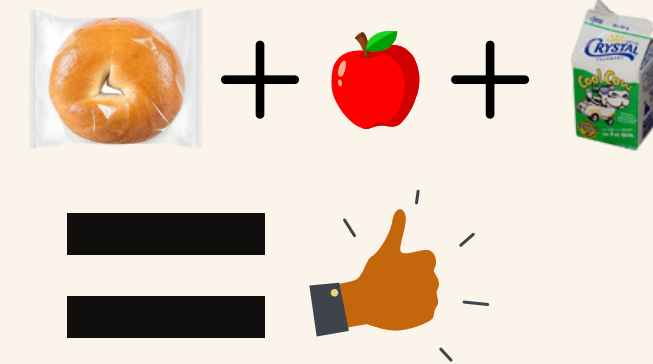
**If we want all students to learn at high levels they need the fuel to do so.**

# Breakfast In the Classroom

1) Your Principal will work with your assigned Nutrition Services Staff Person to decide if your site will have students pick up the BIC bags or if they will be delivered each morning.



2) We will not be using the Breakfast Kits. Teacher's or A breakfast Monitor will need to ensure that all students take a **Fruit and one other item** in order to have a compliant breakfast. Students can also take milk and fresh or dried fruit if they want.



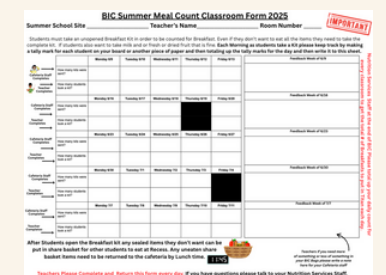
3) As students take their Breakfast you the teacher or a trained student (3<sup>rd</sup> grade and above) should be making tally marks on a piece of paper. One tally mark for each student as they pick up their breakfast.



4) While students are eating they should be working on something academic (watching a science video, reviewing flashcards, silent reading, completing a do now, etc)



5) Then once all the students have taken Breakfast who want it count up your number of Tally marks and write it on your Monthly BIC Form





# STUDENT ROLES & RESPONSIBILITIES FOR A SUCCESSFUL BIC PROGRAM



Last Updated: 7.31.2025

3rd-5th Grade Teachers can use this [SLIDESHOW](#) with their students to review the classroom jobs students can do to Support BIC in the classroom.

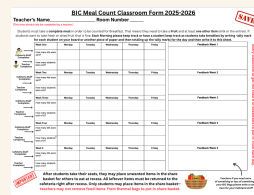
# BIC Meal Counting Form

We are going to use one BIC classroom Count Sheet for the **WHOLE MONTH!** This will help to reduce paper waste and also help our staff see patterns in over time.

Each day your Nutrition Service Staff person will write the number of Breakfast Kits they sent to your class.

Then once your students have taken their Breakfast kits you write the total number of kits served

Then put the form back in the plastic sleeve and place it back in your Red Bag to go back to your Nutrition Services Staff Person along with any leftover Breakfast Kits.



**BIC Meal Count Classroom Form 2025-2026**

Teacher's Name \_\_\_\_\_ Room Number \_\_\_\_\_

(This form should only be completed by a teacher.)

Students must take a **complete meal** in order to be counted for Breakfast. That means they need to take a **Fruit** and at least **one other item** (milk or the entree). If students want to take fresh or dried fruit that is fine. **Each Morning please keep track or have a student keep track as students take breakfast by writing tally mark for each student on your board or another piece of paper and then totaling up the tally marks for the day and then write it to this sheet.**

	Week One	Monday	Tuesday	Wednesday	Thursday	Friday	Feedback Week 1
Cafeteria Staff Completes	How many kits were sent?	15					5 more milks please 6/6
Teacher Completes	How many students took a kit?	13					
Cafeteria Staff Completes	Week Two	Monday	Tuesday	Wednesday	Thursday	Friday	Feedback Week 2
Teacher Completes	How many kits were sent?						
Teacher Completes	How many students took a kit?						
Cafeteria Staff Completes	Week Three	Monday	Tuesday	Wednesday	Thursday	Friday	Feedback Week 3
Teacher Completes	How many kits were sent?						
Teacher Completes	How many students took a kit?						
Cafeteria Staff Completes	Week Four	Monday	Tuesday	Wednesday	Thursday	Friday	Feedback Week 4
Teacher Completes	How many kits were sent?						
Teacher Completes	How many students took a kit?						
Cafeteria Staff Completes	Week 5	Monday	Tuesday	Wednesday	Thursday	Friday	Feedback Week 5
Teacher Completes	How many kits were sent?						
Teacher Completes	How many students took a kit?						

**IMPORTANT** After students take their seats, they may place unwanted items in the share basket for others to eat at recess. All leftover items must be returned to the cafeteria right after recess. Only students may place items in the share basket - **teachers may not remove food items from thermal bags to put in share basket.**

Teachers if you need more of something or less of something in your BIC Bags please write a note here for your Cafeteria staff

**Teachers Please Complete and Return this form every day.** If you have questions please talk to your Nutrition Services Staff.

Nutrition Services Staff at the end of BIC Please total up your daily count for every classroom to get the total # of Breakfasts to put in Titan each day.

Use the Feedback Box to write a note to your Nutrition Service Staff Person

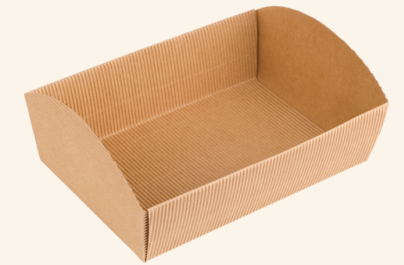


# BIC Share Basket



-After students sit down they may decide there is an item they don't want to eat. That unwrapped unopened item can be put in the **Share Basket**.

-The Share Basket should be a labeled clean tray, basket, or container for students to put unwanted items from their Breakfast. Then students who want more to eat for breakfast can look for an item they want in the Share Basket.



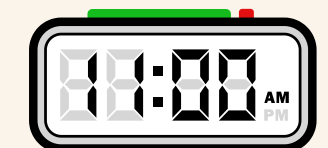
-Teachers **cannot** take items out of the BIC bag and put them in them in the share basket only students can do this from the Breakfast items they have already taken.



-At Recess time if there are still items in the Share Basket then the Teacher can offer the items to any students who are still hungry.



-Any items left after recess in the share basket should be brought back to the at the end of recess time. **They should not be kept in the classroom overnight. This could attract pests.**





If you have questions or need support with BIC at your School Site email [Eyana.Spencer@ousd.org](mailto:Eyana.Spencer@ousd.org) She can schedule a BIC Observation at your site\*

# Helpful BIC Links

## [BIC Teacher One Pager](#)

Please have teachers review and then post a copy in every classroom where BIC takes place.



## [BIC Waste Sorter One Pager](#)



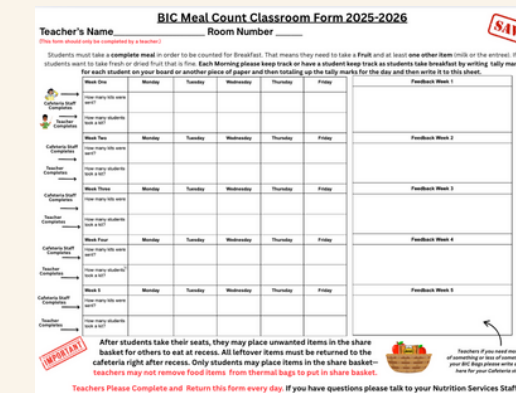
## [BIC Sign In Sheet](#)

(send to [Eyana.Spencer@ousd.org](mailto:Eyana.Spencer@ousd.org) after you have shared the slideshow with your teachers)



## [BIC Monthly Meal Count Form](#)

If you need extras



## [Past BIC Slide Show](#)

Has more information about how to start BIC (might be helpful for newer principals)



\*Even if you don't request one Eyana and Kim will conduct a BIC observation at all OUSD Elementary Schools this year.