



Fremont County School District 25 food service director Mary Borns told students about the more portable breakfast options available on the "grab and go" cart that will be stationed in the Riverton High School commons every morning before classes begin. *Photo by Katie Roenigk*

RHS hopes breakfast cart will help teens

Feb 20, 2013 - By Katie Roenigk, Staff Writer

Riverton High School students now have more options to choose from when selecting their first meal of the day.

A new "grab and go" cart has been set up in the high school commons area, where many students gather to chat, do homework, or eat before classes start.

Hot breakfasts have long been available at all Riverton schools before classes begin, but food service director Mary Borns said more portable offerings are better for some high school students.

"The kids get here like two minutes before the bell rings," she said last week. "This is just more convenient. ... It's in a bag, they put the components in, and if they need to stick it in their backpack or locker they can do that and eat it as they have a break."

The program began last week.

Students seemed pleased with the addition of the cart, which contained milk and juice, fruit, peanut butter and cream cheese with bagels, pancakes to-go, three different kinds of muffins, and several fruit-and-yogurt parfaits.

"It's pretty spiffy," senior Bridget Otto said.

A regular breakfast customer, Otto said she usually stashes some food in her locker to be eaten throughout the day.

"Now I have a bag to carry it in," she said, holding up her plastic sack full of food.

Junior Renea Mosher liked the wider variety of food available with the cart in use.

"It seems like there are more choices, better choices," she said.

The traditional hot meal still is offered daily, consisting of breakfast favorites such as waffles, pancakes, eggs, biscuits and gravy, pizza or cinnamon rolls on Fridays. But on Tuesday students were vying for items from the new cart.

"The bagels were a hit," server Lisa Charlton said. "We'll have to make more. ... The pancakes are delicious, (and) they love these fruit parfaits; we'll be making those every day."

Fremont County School District 25 Superintendent Terry Snyder said he hoped that more students would arrive in class feeling full as a result of the new breakfast program.

"That morning meal is the most critical meal in the day," Snyder said during a recent meeting. "You have to have something in your stomachs to be able to churn out that great algebra 2 content."

Borns said the cart likely will boost participation in school-based meals. She pointed out that fewer students will stop at the convenience store in the morning if they know they can get something in the commons.

"It's just kind of one of those things just to feed their brains," she said.

Like the hot breakfast, to-go meals cost \$1.35 for a drink, fruit or fruit juice, and a main dish. Borns said students are able to pay extra if they want more food.

"This is pretty legit," senior Tiana Rieck said as she headed off to eat her breakfast. "Now I'm just ready to learn."