

BREAKFAST SERVING MODELS

There are alternative breakfast service methods in addition to traditional breakfast. Some breakfast serving methods include:

TRADITIONAL BREAKFAST

Breakfast consumed in the cafeteria at the same time for all students or in shifts.

BREAKFAST IN THE CLASSROOM

Breakfast delivered to the classroom and consumed in the classroom setting before school or during 1st period.

GRAB AND GO BREAKFAST

Breakfasts packaged in bags with all components of the meal available at sites throughout school for pick up on the go, before school or during 1st period and consumed in the classroom, hallway, or other school venue.

BREAKFAST AFTER 1ST PERIOD

Breakfast served/consumed after the 1st period between classes (and finished during 2nd period) or during their break.

In selecting the best meal service method(s) for your school, talk to other schools that have already been through the process and have selected a service method you may be considering. Talk to them, find out what works, what does not work, what resources they needed to get started and what obstacles they needed to overcome.

Evaluate your own school for these opportunities to begin a program or increase participation. Structuring breakfast a part of the school day, however, is the most effective way to increase participation. Whether breakfast is served in the classroom or the hallways, the flexibility to eat



Traditional Breakfast

- The cafeteria is already set up for large flow of students in one location.
- It requires no special transportation or packaging of foods; conducive to serving hot food options.

Will traditional breakfast work for my school? Check YES or NO after each of the following statements.

1. School busses arrive early enough to allow students sufficient time in the cafeteria. YES
 NO
2. Non-bussed students can arrive at school in time to participate in a cafeteria meal. YES
 NO
3. The cafeteria can easily serve as a central meeting place for students in the morning. YES
 NO
4. Staff is available and willing for morning service. YES NO
5. Cafeteria is available for use/not in use for other purposes before school. YES NO
6. Cafeteria is centrally located for ease of service. YES NO
7. Teachers are likely to eat breakfast with students. YES NO
8. Cafeteria is large enough to serve potential participants. YES NO

SUCCESS STORY

School: **Wolfe Street Academy (School #23)**

School System: **Baltimore City Public Schools**

Grades Served: **Pre-K – 5th**

Enrollment: **180**

Free and Reduced Meal Enrollment: **93%**

Average Number of Breakfasts Served (Dec. 2008): **136/day**

Each morning, doors to General Wolfe Street Academy open at 7:20AM to welcome its students and families in the morning. School breakfast ends at 8:00AM when classes begin, however, the serving line closes around 7:50AM. Families are encouraged to bring their children early to school to participate in school breakfast and also to attend the school's community meeting conducted by the principal. Community announcements are made (in English and Spanish) and teachers report on general classroom progress. The cafeteria staff serve the breakfasts, parents help feed their younger children who need assistance eating breakfasts, and custodial staff clean-up when students are dismissed to class with their teachers. The school offers a quick breakfast to late students until 9:00AM. They either eat quickly in the cafeteria or take milk and graham crackers to their classroom. General Wolfe Street Academy has been able to achieve such high participation in the morning because the cafeteria is a central gathering place for students and families are encouraged to get involved in the morning.

SUCCESS STORY

School: **Bentalou Elementary School (School #150)**

School System: **Baltimore City Public Schools**

Grades Served: **Pre-K – 5th**

Enrollment: **370**

Free/Reduced: **93%**

Average Number of Breakfasts Served (Dec. 2008): **290/day**

Breakfast at Bentalou Elementary School runs for an extended period: it starts at 7:30AM and ends at 8:15 AM. Younger students generally arrive first to the cafeteria to be served in the cafeteria serving line. Older students meet in their classrooms and arrive to the cafeteria with their teachers. The principal at Bentalou Elementary heavily promotes breakfast in the school community by sending fliers sent home and having personal communication with individual families. Teachers assist with breakfast delivery, clean up, and maintenance in the cafeteria along with the cafeteria and custodial staff. The staff at the school has seen improvements in tardiness because breakfast at Bentalou is offered consistently to its students. Bentalou has been successful with traditional breakfast because of a strong commitment from the principal to outreach to families and school staff to assist with the maintenance of the program.

Take-home lessons for traditional breakfast:

- Offer breakfast for an extended period in the morning to maximize students' ability to get to the cafeteria.
- Require all students to enter the building through the door closest to the cafeteria or make the cafeteria the mandatory morning gathering place for students.
- Hold community meetings in the morning during breakfast time.
- Encourage teachers and administrators to assist with the program.
- Ensure that parents know about breakfast and invite them to come in the school in the morning.
- Run two serving lines, create a self-service breakfast bar, and offer foods that are easy to grab to serve breakfast quicker.

Breakfast in the Classroom

- Breakfast in the classroom is the best way to bring the benefits of school breakfast to all the students. Once you bring the food to the kids, just about every child eats.
- Breakfast in the classroom provides nutritious meals to students who do not have time to eat breakfast before school.
- Children can look forward to a good breakfast in the comfort of the familiar surroundings of their classroom.
- If the cafeteria is too small, crowded or in use, more students can eat a good breakfast when served in the classroom.
- Students can stop by the cafeteria and pick up their breakfast, along with milk and juice, and then go to class.

How does breakfast in the classroom work?

Students eat breakfast in the classroom at the beginning of the school day or during morning break time. Breakfasts can be individually packaged in easy to grab bags. Breakfasts can be either hot or cold, depending on a school's facilities. Either food service staff can deliver breakfast to each floor or classroom before class begins or student representatives from each class can pick up pre-packed meals from the cafeteria and deliver them to the classroom. Carts, crates, and/or coolers can be used to transport the breakfast items. Following breakfast, students or staff can return the coolers and any remaining food to the cafeteria.

Concern about losing valuable instructional time is valid, however, little teaching time is lost, as breakfast in the classroom only takes 10 to 15 minutes for the students to receive and eat. Many teachers use that time to take attendance, collect homework, deliver announcements, read to the class, or share current events. Alternatively, students are free to complete their homework or work on exercises or chat with each other. Everyone helps with a quick clean up, the trash goes outside the classroom door for custodial staff to collect, and the untouched food and food service equipment is returned to the cafeteria. After a few weeks, students develop routines and classroom eating manners, leaving no garbage or stains. And, each morning, within 10 to 15 minutes, all of the students are fed a healthy breakfast, and the class is really ready to learn.

Many teachers feel this is a valuable use of time and that their classes are more productive when students start their day with a healthy breakfast. Many teachers state that breakfast in the classroom does not interfere with their ability to teach and that the time spent in breakfast in the classroom is more than made up in the quality of the instruction throughout the day.

Why serve breakfast in the classroom?

Breakfast in the classroom yields the highest participation rates and ensures that students who want to eat can eat. It is a great model that reaches students who do not have time to eat before school, or who are not able to get to school early enough for breakfast served before the start of

classes. Breakfast in the classroom also alleviates the space crunch some schools feel because they do not have enough cafeteria space to serve all of their students breakfast in the cafeteria. Classrooms provide a familiar and comfortable environment to students eat, learn, and socialize. Breakfast in the classroom is convenient and can be prepared quickly, with little extra cost on labor or equipment

When does breakfast in the classroom work best?

Breakfast in the classroom can work in a variety of schools, but it works particularly well in elementary schools where the students stay in their homeroom. Breakfast in the classroom also works best in schools with the following characteristics:

- Busses and students arrive just before the start of classes.
- Students are in the same room at the start of each school day.
- Teachers would be supportive of the change in location from the cafeteria to the classroom.
- There is limited space to serve breakfast in the cafeteria.
- The cafeteria is centrally located to facilitate delivering the breakfast to individual classrooms.

Will breakfast in the classroom work for my school? Check YES or NO after each of the following statements.

1. Participation in the breakfast program is significantly lower than lunch. YES NO
2. School buses arrive right before school begins. YES NO
3. Non-bussed students arrive right before school begins. YES NO
4. Classroom schedules are flexible enough to incorporate breakfast into the day. YES NO
5. The principal is open to the change. YES NO
6. Teachers are open to the new breakfast model. YES NO
7. Food service staff and custodial staff are willing to help with new breakfast option. YES NO
8. The cafeteria is small and crowded. YES NO
9. The cafeteria is centrally located for ease of service. YES NO
10. Classrooms and the kitchen are on the same floor or have accessibility ramps/elevators. YES NO

SUCCESS STORY

School: Charles Carroll Barrister Elementary School (School #34)

School System: Baltimore City Public Schools

Grades Served: Pre-K – 5th

Enrollment: 276

Free/Reduced: 94%

Average Number of Breakfasts Served (Dec. 2008): 254/day

Charles Carroll Barrister Elementary first implemented breakfast in the classroom as a pilot program in 2000. The school staff members were floored by the results and have maintained the program ever since.

“Since we’ve had breakfast... more kids come to school. Attendance has gone up. I notice a difference in concentration...And they’re not coming in with 3 bags of onion chips from the corner store...It’s healthier, and we don’t have colds and flus like we used to.” –Administrator

The school designates in classroom breakfast to start at 7:45AM and end at 8:10AM. Because the food service staff members realized that personnel capacity and time limited them, the school sought out parent volunteers to help pack the food the day before. In the morning, the cafeteria staff and older student helpers distribute the meals to the classrooms. Teachers are encouraged to eat breakfast with their students in the morning. Some teachers use time designated for breakfast to do character building (focusing on their school themes of respect and honesty to set the tone for the day). Other teachers use the time simply to interact with their students and model good social skills. For clean up of in classroom breakfast, the school utilizes large, plastic trashcans for kids to drop their waste. They say it is cleaner than leaving a garbage bag on the floor. Each class also designates a student helper to assist the teacher with spills and clean up.

To facilitate breakfast in the classroom, Charles Carroll Barrister Elementary holds an orientation for students to show them how to receive their breakfast, which meal components they need, and how to properly dispose of their trash. The school also provides training on breakfast in the classroom at an all-staff meeting so teachers understand what meal components students are supposed to take and how to properly fill out accountability sheets to track students who take breakfast in the morning.

Charles Carroll Barrister places a banner outside of the school and consistently sends information about breakfast in their parent newsletter to ensure families know about school breakfast. The school also sends letters home to homes where children are chronically tardy to remind them that breakfast is only offered in the classroom until 8:10AM.

As a result of structuring breakfast as a part of the school day through in-classroom breakfast, Charles Carroll Barrister has seen tremendous response through increased student breakfast

SUCCESS STORY

School: **Sarah M. Roach Elementary School (School #73)**

School System: **Baltimore City Public Schools**

Grades Served: **Pre-K – 5th**

Enrollment: **285**

Free/Reduced: **95%**

Average Number of Breakfasts Served (Dec. 2008): **239/day**

Sarah M. Roach Elementary instituted breakfast in the classroom several years ago and has consistently exhibited great participation since. School starts at 7:45AM, but students are allowed into the school building at 7:30AM. The school makes the cafeteria the central gathering place for students. Teachers then line their students up and walk them to their respective classrooms. While students report to the cafeteria in the morning, they receive breakfast in the classroom. Breakfast is designated from 7:45AM to 8:05AM. The custodial staff does not pick up the crates until closer to 9:00AM; thus, children who are late to school are encouraged to still eat

breakfast. Students who are very late are sometimes sent to the cafeteria to eat.

The cafeteria staff prepares the breakfasts for each classroom the afternoon before service. Before the school day begins, breakfasts are delivered in crates that are wheeled to the classrooms. Each cart contains the requisite number of components based on class enrollment, a breakfast count accountability sheet, and a description of what is included that morning encased in a sheet protector. Some teachers for younger students distribute breakfast to each desk prior to students entering the classroom. Teachers of older students have students grab the components on their own. Teachers have their students dispose of their breakfast in trash cans set in the hallways of the classroom, rather than dispose of their breakfasts in classroom trash cans. Teachers place the crates outside of the classroom for pick-up. The custodial staff members go through the hallways to pick-up the crates and handle the trash around 9:00AM.

Because breakfast has been served in the classroom for so long at Sarah Roach Elementary, it is very ingrained in the school's culture. All staff members, particularly custodial staff members, are on board with breakfast in the classroom. To implement in-classroom breakfast, the school uses at least one milk crate for every classroom, and required four carts to deliver the food. Two carts (one for food and one for drink) for the first floor and two carts (one for food and one for drink) for the second floor. Combining a few outside resources along with enthusiasm from the school's staff to implement breakfast in the classroom results in Sarah Roach Elementary School serving over 80%

SUCCESS STORY

School: **Calverton Elementary/Middle School (School #75)**

School System: **Baltimore City Public Schools**

Grades Served: **Pre-K – 8th**

Enrollment: **721**

Free and Reduced Meal Enrollment: **88%**

Average Number of Breakfasts Served (December 2008): **568/day**

Average Number of Breakfasts Served (December 2007): **199 /day**

Prior to October of 2008, Calverton Elementary/Middle School served breakfast in the cafeteria before the start of the school day from 8:30AM to 8:50AM. Students who were late were not able to eat breakfast. Food service at Calverton Elementary/Middle School recognized the barrier of time; twenty minutes is too short of time period for students to eat breakfast, especially for kids who arrive to school by bus. Because there are numerous entry points into the building and not enough staff capacity for grab and go carts at each entryway, Calverton decided that the in-classroom

breakfast model would suit them best.

Before each morning of service, food service staff members organize shelf-stable boxed breakfasts along with an attendance sheet and an accountability sheet. In the morning, student volunteers help administrators and food service staff members deliver the breakfasts to each classroom with library carts. These student volunteers receive service hours, which are required for 8th grade students at the school. During the first twenty minutes of the day (8:50AM to 9:10AM), students eat breakfast in the classroom with their teachers. Many teachers opt to let students socialize and do schoolwork, while others use the time to read with their students. Custodial and food service staff members pick up trash and breakfast leftovers after breakfast is over.

In a short amount of time, Calverton Elementary/Middle School has gone from serving a little over a quarter of its students breakfast to over four-fifths of their students. It took the leadership and commitment of its school staff to commit to a new model and get everyone on board. They have

Take-home lessons for breakfast in the classroom:

- If the food service staff need additional assistance:
 - Use student volunteers and offer service hours.
 - Recruit parent volunteers.
- Ensure all school staff members are on board with the service method: principals, teachers, cafeteria staff, and custodial staff.
- Have all components of the breakfast and accountability sheets well labeled for maximum organization.
- Encourage food service to prepare/package cold breakfasts the afternoon before.
- Allow teachers to eat breakfast with their students to model good breakfast eating habits. This also provides buy-in to the teacher to allow breakfast in the classroom.

Grab and Go Breakfast

- Grab and go breakfasts are convenient. They take less time to prepare than most traditional breakfast meals and decrease long lines.
- A bagged breakfast can be enjoyed on the go, before school or during break.
- Older students like grab and go breakfast for opportunities to eat at different locations and times.

How does a grab and go breakfast work?

Grab and go breakfasts are packaged in paper or plastic bags, boxes or trays. Students pick up their breakfast before school and are able to eat it when and where they want, within school guidelines. Food service staff pack reimbursable breakfasts into individual bags, generally the day before but can also do so in the morning. Alternatively, food service can purchase prepackaged reimbursable breakfasts in boxes (more information on these breakfasts can be found later in this section). The breakfasts are served with milk the next morning. Breakfasts are usually cold; however, with a little bit of preparation in the morning, they can include hot items as well.

Grab and go breakfasts can be served first thing in the morning, between classes, or at a mid-morning break. Bags can be served from carts located in the hallway, school entrance, cafeteria, or other high traffic areas at the school. Students can take the breakfast and eat it outside, in the hall, in class, or in the cafeteria, depending on what the school decides is appropriate. There is a lot of flexibility with this method of serving breakfast, depending on the school's needs. The students are responsible for following the school's policies as to where and when they can eat and where and how to throw away their trash.

How do breakfast carts with grab and go breakfast work?

Breakfast carts act as mobile serving areas for breakfast. Instead of having the students come to the cafeteria for breakfast, breakfast is brought to them. Reimbursable grab and go breakfasts work best with a breakfast cart. Breakfasts can be prepackaged; however, some schools offer choices from their breakfast cart. The general rule is the food has to be portable.

Schools typically put their breakfast carts in high traffic areas such as the main entrance, hallway, outside the front door, or near the gymnasium. Wherever the students congregate is where the cart is located. Carts usually have a computer with software to facilitate the process of counting the number of breakfasts served. Carts are filled with breakfast items, including milk from the cafeteria and then taken to the location outside the cafeteria. A food service staff operates the cart before school, during morning break, or between classes, depending on the school.

There is almost no other added cost or time for the food service staff to assemble and serve breakfast. Students are responsible for their trash and following school rules as to where and when they can eat their breakfast.

Why serve a grab and go breakfast?

More students eat breakfast when served as a grab and go model. Grab and go breakfasts make breakfasts easier for the students, making it more convenient for them to choose to eat breakfast. Some students are not hungry first thing in the morning or would rather hang out with friends. Grab and go breakfasts give students the flexibility to eat breakfast where and when they want. Grab and go breakfasts are convenient for food service staff and can take less time to prepare than traditional breakfasts. Due to the ease and efficiency of grabbing breakfasts in this model, schools are able to serve breakfast more effectively by reaching more students in a quicker manner.

When does a grab and go breakfast work best?

Grab and go breakfasts seem to work particularly well in middle and high schools because older students enjoy the flexibility of this model. Grab and go also works best in schools with the following characteristics:

- Busses and students arrive just before the start of classes.
- The cafeteria or gym is crowded or not available for breakfast.
- Students rely on vending and convenience foods from outside the school for breakfast.
- The cafeteria is not located where students enter the building or hang out.
- The cafeteria tends to be congested or is too small to serve breakfast.

Will grab and go breakfast work for my school? Check YES or NO after each of the following statements.

1. Participation in the breakfast program is significantly lower than lunch. YES NO
2. School buses arrive right before school begins. YES NO
3. Non-bussed students arrive right before school begins. YES NO
4. Food carts are available or space exists for placement of tables in entrances for “curbside” services. YES NO
5. The principal is open to the change. YES NO
6. Food service staff and custodial staff are willing to help with new breakfast option. YES NO
7. Breakfast needs to be served faster and serving areas need to be more accessible. YES NO
8. Students grab soft drinks and snacks from vending machines as they rush to class. YES NO
9. Meal payment system does not require cash at point of service. YES NO
10. The cafeteria is small and crowded. YES NO
11. Congestion in cafeteria dining room needs to be reduced. YES NO

SUCCESS STORY

School: **Rippling Woods Elementary School (School #3392)**

School System: **Anne Arundel County Public Schools**

Grades Served: **Pre-K – 5th**

Enrollment: **685**

Free/Reduced: **36%**

Average Number of Breakfasts Served (March 2008): **175/day**

Average Number of Breakfasts Served (March 2005): **41/day**

Several years ago, Anne Arundel Food and Nutrition Services instituted the “breakfast with class” serving model for some of their schools that are not eligible for Maryland Meals for Achievement. “Breakfast with class” is an innovative breakfast delivery program that allows students to receive breakfast through the cafeteria but eat breakfast in the classroom. During the allotted time set for school breakfast in the morning, students stream through the cafeteria serving line with personal bags to place their breakfast items. Students still fall under the three categories for meals and pay according to eligibility. They then bring their bags to their respective classrooms and eat breakfast in the classroom. Teachers are also offered breakfast and are encouraged to join in with their students. Anne Arundel has seen higher breakfast participation rates for the eight schools that use the “breakfast with class” model than schools that do not.

“I am very pleased with the Breakfast with Class program. We have seen several improvements, there are fewer behavior problems, and students are in class on time and have the opportunity to begin class work while they eat. I would not want to return to serving breakfast in the cafeteria.” –Administrator

“I think it is a good idea because some kids don’t have breakfast in the morning. I also think it’s a good idea because they can just listen to the teacher’s directions while they’re eating. Plus they won’t be late for class.” –Student

Rippling Woods Elementary is one of eight schools using the “breakfast with class” service model in the county’s school system. At Rippling Woods Elementary School, the cafeteria serves breakfast at 7:50 AM and stops at 8:15PM. School officially starts at 8:20AM. There are two serving lines that students are able to go through to pick up their bag with the breakfast components plus milk and juice and pay if necessary. Students take breakfasts to their classrooms and enjoy with their classmates and teacher. Cafeteria staff pre-package breakfasts the afternoon before the serving and store it in the storeroom overnight. They rotate through a variety of cold breakfasts, including banana loafs, muffins, and bagels. Teachers often use the time students use to eat to make classroom announcements. Clean up is incredibly simple and self-contained: students place their trash in the bags the breakfast come in and place it in the classroom’s trashcan. Custodial staff members pick up the trash bags at the end of the day and love that they do not have to clean the cafeteria in the morning. The principal and teaching staff are incredibly supportive of “breakfast with class” and regularly send out newsletters reminding parents and families of the program.

As a result of this innovative method, breakfast participation has increased substantially over the past few years at Rippling Woods Elementary.

SUCCESS STORY

School: **National Academy Foundation High (School #421)**

School System: **Baltimore City Public Schools**

Grades Served: **9th – 12th**

Enrollment: **346**

Free/Reduced: **58%**

Average Number of Breakfasts Served (Dec. 2008): **85/day**

Average Number of Breakfasts Served (Dec. 2007): **15/day**

National Academy Foundation High School is in the unique position of sharing building space with another high school. While this school is situated on the first floor, the other high school is on the 2nd floor, along with the cafeteria. Food service staff and administrators took note that the inconvenient location of the cafeteria was a huge obstacle to students from National Academy Foundation High.

“Kids need that nourishment in the morning, so we need to do what we can.”

–Food service manager

To eliminate the barrier of accessibility, the school decided to set up a grab and go breakfast cart on the first floor to make breakfast more accessible to the students of National Academy Foundation High School. While some service staff remain upstairs to serve hot breakfasts to students from the other high school and some students from National Academy Foundation, one food service staff member carts downstairs shelf-stable boxed breakfasts and cold milk in plastic bottles. The cart is stationed near the entryway of the school. This staff member checks students off the accountability form as they grab their breakfast and milk in a line by the cart en route to class. Students generally eat the breakfast in their 1st period classroom before class begins. Some teachers also allow their students to eat in the first few minutes of class time. Students dispose of the meal themselves.

National Academy Foundation High School implemented grab and go breakfast in the late fall of 2008 and have seen positive increases to participation in the School Breakfast Program in a short period of time.

BOXED BREAKFASTS

In October of 2008, Baltimore City Public Schools launched boxed breakfasts to bridge breakfast in the city's public schools. To facilitate grab and go breakfast for food service programs, all breakfast components, including whole grain cereal and 100% fruit juice, are packaged in a shelf-stable box. Students are able to easily grab the box and a bottle of cold milk in the morning. For more information on how the Baltimore City Public School System have utilized boxed breakfasts and have customized the boxes to fit their needs, please contact their Food Service department.

SUCCESS STORY

School: **Doris M. Johnson High School (School #426)**

School System: **Baltimore City Public Schools**

Grades Served: **9th – 12th**

Enrollment: **538**

Free/Reduced: **69%**

Average Number of Breakfasts Served (Dec. 2008): **196/day**

Average Number of Breakfasts Served (Dec. 2007): **18/day**

Doris M. Johnson High School demonstrates another example of how crucial it is to provide accessibility to breakfast through alternative delivery models. In efforts to increase breakfast participation at the school, administrators and food service implemented grab and go

breakfast in the fall of 2008.

Before school each morning, administrators at Doris M. Johnson High pick up shelf-stable boxed breakfasts and milk, organized and set aside by the food service manager. Administrators set up the grab and go cart near the main entryway of the high school and encourage students entering in to pick up a breakfast. Students who desire a breakfast grab one and are checked off the accountability sheet. Students consume the breakfasts en route to class or in the classroom prior to the start of class and dispose of the waste in the trash cans set up in the classroom. Administrators then return the remainder of the breakfasts to the cafeteria along with the accountability form.

Within such a short time span, Doris M. Johnson has been able to increase participation in the

Take-home lessons for grab and go breakfast:

- Ensure all school staff members are on board with the service method: principals, teachers, cafeteria staff, and custodial staff.
- Encourage food service to prepare/pre-package breakfasts the afternoon before.
- Place breakfast carts/tables in high-traffic areas, particularly near school entrances.
- Run multiple points of service and only offer breakfasts in an easy to grab format.

Breakfast After 1st Period

- Breakfast served following the first instructional period provides students a nutrition break.
- Students who ate little at home may be hungry again by this time.
- A mid-morning breakfast gives students a nutritious choice versus vending machine items or a non-reimbursable milk break.

How does breakfast after 1st period work?

This model is also known as second chance breakfast where students eat breakfast during a break in the morning, after their first class. Reimbursable breakfasts are served in a grab and go fashion, often offered from mobile carts or tables located in high traffic areas as students move toward their next class. Breakfasts can either be hot or cold.

Students are responsible for throwing away their trash. Extra trash cans in the areas where students congregate between classes helps to minimize trash.

Why serve a breakfast after 1st period?

Many schools already offer a break from classes in the morning, and by serving a reimbursable meal at this time, students who were not hungry first thing in the morning or ate breakfast very early have an opportunity to eat a healthy meal. These reimbursable meals also provide a healthy option over what students may otherwise obtain from vending machines or student stores.

When does breakfast after 1st period work best?

Breakfast after 1st period seems to work particularly well in middle and high schools. Breakfast after 1st period also works best in schools with the following characteristics:

- A morning break already exists or class scheduling is flexible to incorporate one.
- There is no time to serve breakfast before classes, or participation is low in breakfast served before school delivery models.
- Students rely on vending and convenience foods from outside the school for breakfast.
- There is little or no space to serve breakfast.
- The cafeteria is centrally located.

Will breakfast after 1st period work for my school? Check YES or NO after each of the following statements.

1. There is flexible class scheduling to accommodate a breakfast break. YES NO
2. Food carts are available or space exists for placement of tables in high-traffic areas. YES NO

3. Students grab soft drinks and snacks from vending machines as they rush to class. YES
 NO
4. The principal is open to the change. YES NO
5. Food service staff and custodial staff are willing to help with new breakfast option. YES
 NO
6. There are one or more areas in the building where breakfast could be distributed. YES
 NO
7. Meal payment system does not require cash at point of service. YES NO
8. The cafeteria is small and crowded. YES NO