

Breakfast After the Bell 101



What Is Breakfast After the Bell (BAB)?

Serving Breakfast After the Bell is an approach to administering the School Breakfast Program. Instead of breakfast being served before school, all students have the opportunity to access and consume a healthy school breakfast alongside their peers, as the instructional day begins. It is a nationally recognized best practice for maximizing participation in school breakfast.

Who needs to implement BAB?

High-Needs schools, as defined in RCW 28A.235.210 as any school where 70% or more students are eligible for free or reduced-price meals (or a claiming percentage of 70% or more if operating the Community Eligibility Provision) must Implement Breakfast After the Bell. Additionally, any school seeking to increase participation and promote equitable access to a healthy school breakfast for all students is strongly encouraged to implement.

How does BAB work?

BAB means all students must have the opportunity to access a healthy school breakfast, and a reasonable amount of time to consume their meal, *after* the start of the instructional day. This is achieved by implementing one of the following recognized service models:

Breakfast In the Classroom (BIC)

Meals are packed by classroom into insulated carts. At the beginning of the school day, carts are delivered to each classroom where breakfast is served and students eat as the instructional day begins. BIC averages the highest participation of any model at 88%.*

Grab and Go (G&G)

Breakfast Stations (carts or kiosks loaded with meals) are placed in high-traffic areas throughout a school. On their way to the classroom at the start of the day, students pass through a Breakfast station where they may pick up a meal to eat in their classroom as the instructional day begins.

Second Chance (2C)

Students have two options for accessing breakfast each morning - before school (either through a traditional cafeteria service or Grab and Go) or during a Second Chance Breakfast available during a passing period or break later in the morning.

* No Kid Hungry, <http://bestpractices.nokidhungry.org/programs/school-breakfast/implement-breakfast-after-the-bell>

Start Strong: Avoid These Common Mistakes



BAB is for ALL students.

BAB does NOT mean serving traditional breakfast to students arriving on time and providing a Grab and Go option for late arrivals. Schools must encourage ALL students, regardless of when they arrive at school, to eat breakfast during the first part of the instructional day. Best practice is to eliminate the traditional before-school option when serving BIC or G&G.

Additionally, Breakfast Stations should not be in a front office or other out-of-the-way location. All students should be led through the breakfast line by a teacher or staff member where possible, and should at minimum conveniently pass by a Breakfast Station.

BAB counts as instructional time.

Some mistakenly believe breakfast will take away from instructional time. Per Washington State law (RCW 28A.150.205), breakfast counts as instructional time as long as instructional activities are provided concurrently with the consumption of breakfast. Teachers often report *gaining instructional time* with fewer behavioral disruptions, nurses visits, reduced tardiness and absenteeism.

Why Breakfast After the Bell?

When breakfast is served after the bell, more students eat. It removes the stigma associated with eating breakfast in the cafeteria, eliminates the need for students to choose between participating in before school activities with their peers or starting the day with a healthy breakfast, and prevents hectic morning schedules from resulting in a missed meal. Ensuring access to a healthy Breakfast After the Bell is shown to benefit students through:

- Improved concentration, comprehension, and learning*
- Higher scores in standardized testing
- Reduced absenteeism
- Increased graduation rates**

It is also a **matter of equity**. Breakfast In the Classroom levels the playing field by ensuring the students with the fewest resources and highest hurdles to education start their day with the morning nutrition they need for focus, attendance, health, and emotional wellness. This has long-term economic implications, as students who eat school breakfast tend to do better in school and attend class more frequently, leading to greater job-readiness and self-sufficiency after high school.**

For more information, explore WashingtonBreakfast.org and reach out to [UWKC at schoolbreakfast@uwkc.org](mailto:schoolbreakfast@uwkc.org) or OSPI at child.nutrition@k12.wa.us

*Research Brief: Breakfast for Learning, Food Research & Action Center, 2011.

**No Kid Hungry Starts with Breakfast, https://bestpractices.nokidhungry.org/sites/default/files/no-kid-hungry-starts-with-breakfast_0.pdf



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