

Service Model Selection Guide: Recommendations for Elementary and Secondary Schools



Breakfast After the Bell is an approach to administering the School Breakfast Program in which *all* students are given the opportunity to access a healthy school breakfast *after* the start of the instructional day. It is a nationally recognized best practice for increasing participation in school breakfast.

In Breakfast After the Bell schools, one of the following three recognized service models is used to integrate breakfast into the instructional day:

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. Avg participation: 88% of free and reduced-price lunch eaters also eat school breakfast.¹

Grab and Go Breakfast (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, all students pass through a Breakfast station where they may pick up a meal to eat in their classroom as the instructional day begins. Avg participation: 60% of free and reduced-price lunch eaters also eat school breakfast.

Second Chance Breakfast (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. Avg participation: 65% of free and reduced-price lunch eaters also eat school breakfast.

When selecting a Breakfast After the Bell model for a school, consider the grade levels served, size and student needs. Review the below recommendations based on school characteristics, and continue for more detailed descriptions of the procedures, benefits, and considerations for each service model.

RECOMMENDED SERVICE MODEL: ELEMENTARY SCHOOLS

Best Practice: Breakfast In the Classroom (BIC)

Breakfast In the Classroom results in the highest participation of any model and is strongly recommended for all elementary schools. In addition to reliably resulting in large participation increases, it is very popular with students, teachers, principals, and parents once implemented. Feedback from participants BIC participants includes:

- It most effectively eliminates stigma around school breakfast, and creates a culture of participation
- It provides valuable opportunities to engage student leaders in breakfast delivery, set-up, clean up, and return
- It is streamlined. Instead of the whole student body funneling through a breakfast line for a morning meal, students start the morning with their breakfast already in the classroom, ready to go.

¹ No Kid Hungry, [Three Effective Approaches to Breakfast After the Bell](#)

Grab and Go Breakfast can also be effective in elementary schools, when executed properly. It does not typically reach the levels of participation seen with BIC, however several Washington schools have been successful when implementing with the following procedures and priorities:

- Traditional breakfast is eliminated
- The Point of Sale is as orderly as possible. Students should be led by their teacher through the breakfast line on their way to class.
- All-staff buy-in is key to success. Teachers, kitchen staff, and other adults should reinforce the importance of breakfast and actively encourage participation.
- Continue to the section “A Closer Look at Grab and Go Breakfast” for further detail.

Second Chance Breakfast is **not** appropriate for elementary schools.

RECOMMENDED SERVICE MODELS: SECONDARY SCHOOLS

Best Practice: Second Chance Breakfast (2C) and Breakfast In the Classroom (BIC)

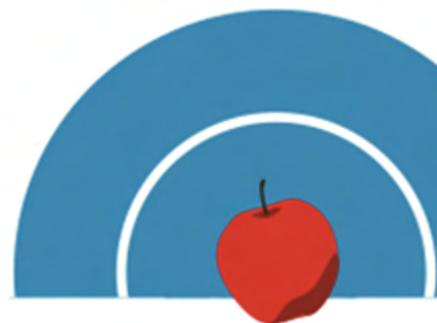
Second Chance Breakfast is the service model most often implemented in secondary schools. It is specifically suited to this age group for the following reasons:

- As kids get older, they tend to have less of an appetite first thing in the morning. The Second Chance opportunity for breakfast comes at the perfect time for many students.
- Second Chance Breakfast is often seen as “cool” by older students!
- Remember, however, that in order to be effective, schools must prioritize fine tuning the number and placement of their Breakfast Stations to ensure all students encounter an opportunity for breakfast on their normal route between classes.

Breakfast In the Classroom is effective in secondary schools for the same reasons it is effective in elementary schools! Additionally, it has proven particularly popular in small and alternative middle and high schools.

Grab and Go Breakfast can be successful in secondary schools, however it is recommended that a Second Chance option is available to secondary students wherever possible. Grab and Go programs in secondary schools must prioritize implementing the following procedures:

- Traditional, before-school breakfast should be eliminated
- All entry points should be controlled at the time the bell rings, and enough Breakfast Stations should be strategically placed, for all students to pass an easily-accessed Breakfast Station on their way to class.
- Continue to the section “A Closer Look at Grab and Go Breakfast” for further detail.



A CLOSER LOOK AT BREAKFAST IN THE CLASSROOM (BIC) *(Recommended by United Way)*

Before school, breakfast is not served. Instead, kitchen staff use this time to load a Breakfast Set (a set of insulated bags used to deliver meals) for each classroom. Breakfast sets are transported to each classroom by student leaders and/or staff. When students arrive at school, they go directly to the classroom where they can access a healthy breakfast as their teacher begins the instructional day.

In each classroom, students are encouraged to participate in breakfast and are allowed adequate time to eat their meal (on average, this all takes about 15 minutes). These can be considered instructional minutes, so long as regular morning tasks occur and instructional activities are offered alongside breakfast. Teachers frequently report taking attendance, making morning announcements, collecting homework assignments, reading aloud, and providing table-group warm-ups.

After breakfast, students clean up their spaces, dispose of breakfast waste in a designated trash can (to be removed from the classroom), and the Breakfast Sets are returned to the cafeteria.

The Details: Point Of Sale

When operating BIC, service occurs and is documented in the classroom. Teachers must be familiar with meal counting, in order to ensure students take each component of a complete meal. Students are typically familiar with these requirements, and learn quickly what is required when taking breakfast, but it is vital that teachers understand what constitutes a reimbursable meal.

Schools participating in the Community Eligibility Provision or Provision II may take a simple tally of the number of students eating in each classroom, as they are not required to individually identify students, however schools not participating in these programs must document which students ate. This is typically marked on an attendance sheet or roster.

Considerations: Arrival Times

With breakfast served after the bell, students will not need to arrive early in order to eat. Many schools opt to adjust bus schedules and arrival times to be closer to the start of instruction. This allows for students to arrive and head straight to the classroom to start their day, as opposed to congregating and requiring supervision.



A CLOSER LOOK AT SECOND CHANCE BREAKFAST (2C) *(Recommended by United Way)*

Breakfast is available to students before school as usual. Students who do not wish to access before-school breakfast, or those who do not arrive in time to access before-school breakfast, go directly to their first period class. These students know that they will have an opportunity to eat after their first class.

Second Chance Breakfast is available at a designated time before 10am - typically during a pre-existing passing period. Breakfast Stations (kiosks, carts, or tables with quickly-accessible breakfasts) are strategically placed throughout the school so that all students pass one as they transition between classes. Each Breakfast Station must use an electric POS to individually identify students.

Many schools opt to slightly extend their passing period (typically 1-2 minutes) to ensure students have time to pass through the breakfast line at the Breakfast Station and make it to their next class on time. Once in the classroom, students are allowed adequate time to eat their breakfast - at minimum 10 minutes. These can be considered instructional minutes, so long as regular morning tasks occur and instructional activities begin alongside breakfast.



Additional Considerations - Utilizing First Period to Streamline Breakfast

Secondary students may have class periods not conducive to eating in the classroom. To avoid disruptions in instruction, while ensuring all students have the opportunity to consume their breakfast after the bell, many schools designate the start of first *and* second period as acceptable times to eat in the classroom. This way, if a student knows that they have a second period chemistry lab where chemicals make eating at their desk unsafe, they can enjoy their breakfast after the bell during first period, and vice versa.

2C Top Priority

Staff buy-in must be a top priority when implementing Second Chance Breakfast. It is essential that teachers are all on the same page, and every classroom is a welcoming place for students to eat at their desk while instruction begins. Remember, the expectation is that all students start their day with breakfast, so that they can be ready to learn!

Please Note: Using a passing period to distribute meals for the classroom is the best practice for increasing breakfast participation, however some schools may opt to build a nutrition break into their schedule. Without proper messaging and procedures, nutrition breaks can result in re-arranged schedules and extra work for staff, but minimal changes in participation. If your district is considering this, we advise you reach out to schoolbreakfast@uwkc.org and/or your Program Specialist to discuss your procedures.



A CLOSER LOOK AT GRAB AND GO BREAKFAST (G&G)

Before school, breakfast is not served. Instead, kitchen staff use this time to load Breakfast Stations (these can be kiosks, carts, or tables with quickly-accessible breakfasts). At the bell, students line up by class. Teachers meet their class line and walk them through a Breakfast Station line on their way to the classroom. As they pass through the line, students are encouraged to access a meal.

If, at the secondary level, requiring students to be led through a line by their teacher is not feasible, students must be funneled through a breakfast line on their way to class. This will require controlling the flow of traffic as students arrive to school, identifying available student entrances, and placing Breakfast Stations accordingly.

Once in the classroom, students are allowed adequate time to eat their breakfast - at minimum 10 minutes. These can be considered instructional minutes, so long as regular morning tasks occur and instructional activities are offered alongside breakfast. Teachers frequently report taking attendance, making morning announcements, collecting homework assignments, reading aloud, and providing table-group warm-ups.

After breakfast, students clean up their spaces and dispose of breakfast waste in a designated trash can to be removed from the classroom.



IMPORTANT: AVOID THIS MAJOR G&G ERROR!

Remember, in order to be considered Breakfast After the Bell, *all* students must be given the opportunity, *after the start of the school day*, to enjoy a school breakfast. It is not sufficient to serve traditional breakfast to students who arrive on time, and offer a Grab and Go option only for late arrivals. This can exacerbate stigma experienced by the late-arriving students, and does not address the barriers faced by students who arrive in time for breakfast, but have to make the choice between starting the day with a meal *or* participating in social activities with their peers. It also does not, generally, increase participation.

The best way to ensure Breakfast After the Bell is accessible to all students is to operate G&G as a stand-alone program, as described above, and eliminate traditional before-school breakfast. All students should be walked through the breakfast line by their teacher, and alongside their peers. This simplified approach to breakfast streamlines staff operations, promotes equitable access to meals, *and* increases participation.

If you have additional questions about G&G procedures, what is or isn't considered Breakfast After the Bell, or generally how to ensure your G&G meal service is successful, please reach out to schoolbreakfast@uwkc.org for individualized technical assistance.

G&G Top Priorities

Staff buy-in must be a top priority when implementing Grab and Go. It is essential that teachers are all on the same page, encouraging students to participate, and that every classroom is a welcoming place for students to eat at their desk while instruction begins. Remember, the expectation is that all students start their day with breakfast so they can be ready to learn!



The Details: Point Of Service

The point of sale occurs and is documented at the Breakfast Station. Schools participating in the Community Eligibility Provision or Provision II may take a simple tally of the number of students who take breakfast as they pass through the line, as they are not required to individually identify students. A CEP or Provision II school with 500 students and 4 serving lines averages 3-5 minutes of serving time when using a simple tally point of service meal count.

In schools not operating CEP or Provision II, an electronic POS should be used to individually identify students accessing breakfast. The warning bell timing may need to be adjusted to allow all students to pass through the breakfast line, identify themselves at the Point of Service if they have taken a meal, and continue to class on time.

Considerations: Arrival Times

With breakfast served after the bell, students will not need to arrive at school early in order to eat. Many schools opt to adjust bus schedules and arrival times to be closer to the start of instruction. This allows for students to arrive and head straight to the classroom to start their day, as opposed to congregating and requiring supervision.

