

Breakfast After the Bell Model Recommendations

Elementary Schools

Option 1: Breakfast in the Classroom *(Recommended by United Way)*

Overview of model: Breakfast is delivered to and served in the classroom at the beginning of the school day. Typically, students or staff deliver breakfasts to classrooms via coolers, carts, and/or insulated rolling bags. On average, schools implementing this model have 88% of their free and reduced-price lunch eaters also eating school breakfast.

What it looks like:

Before school, breakfast is not served. Kitchen staff use this time to prep breakfast to deliver to classrooms. Early students gather in a common space as they do now. At the bell, all students go directly to their classroom.

Either student leaders can deliver the bags to their respective classrooms, teachers can pick bags up, or kitchen staff will each have a stocked cart and designated route of classrooms to serve breakfast to. If students or teachers bring the breakfast to the classroom then the teacher will be in charge of taking the point of service meal count and then ensuring bags are returned to kitchen. If kitchen staff deliver, they can deliver before the school day starts so breakfast is there when students walk into the classroom (and teachers take the point of service meal count) or deliver at the start of day.

In each classroom, students are given a minimum of 10 minutes to eat their breakfast. Once finished, students clean up quietly. Teachers are expected to incorporate breakfast and clean up into their morning routines (i.e. taking attendance or starting a warm-up activities while students are eating).

Pros:

- Highest rates of participation are seen with Breakfast in the Classroom models.
- Kitchen staff can use before school time to prep for breakfast (and lunch).
- Instruction time is not interrupted.
- Schools participating in the Community Eligibility Provision or Provision II may do a simple tally versus a by name meal count for their point of service meal count.

Considerations:

- The number of classrooms each kitchen staff is responsible for and their proximity to one another may increase the total breakfast service time. This would not happen if student leaders are delivering the bags or teachers pick bags up on their way to class.
- Teachers will need training on point of service meal counting and what makes a reimbursable meal; Serve Only or Offer Vs. Serve.
- Some schools opt to adjust bus schedules so students arrive just before the warning bell.



Breakfast delivered to the classroom at Cascade Elementary. Student helpers push carts loaded with breakfast to classroom pods and then each classroom grabs their bag and teachers check off students eating



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Option 2: Grab and Go

Overview of Model: Easy to grab bags are prepared and packed with a complete school breakfast. Students all pass through a central point that offers school breakfast to any student who would like one. Students then carry bags to the classroom and eat breakfast. This model averages 60% of students eating school breakfast.

What it looks like:

Breakfast is not served before the bell, instead, students would gather in a common space before school. Kitchen staff use this time to prepare the bags and stock any carts used (if applicable).

At the bell, students line up by class. Teachers meet their class line and walk them through a centrally located breakfast line, where any student who wishes may grab a breakfast. The breakfast line can be in the cafeteria, or a pop-up in the hallway. An electronic point of service system is recommended for schools with 600 or more students. Also, many schools opt to not prepack milk in breakfast bags, instead offering it for student to take from a crate or cooler, if they want. Students then proceed with their class to their classroom to eat breakfast.

In each classroom, students are given a minimum of 10 minutes to eat their breakfast. Once finished, students clean up quietly. Teachers are expected to incorporate breakfast and clean up into their morning routines (i.e. taking attendance or offering a worksheet while students are eating).

Pros:

- Kitchen staff can use before school time to prep for breakfast (and lunch).
- Instruction time is not interrupted.
- Less equipment needed to implement.
- Schools participating in the Community Eligibility Provision or Provision II may do a simple tally versus a by name meal count for their point of service meal count.

Considerations:

- Warning bell timing may need to be adjusted to allow all students to pass through the breakfast line and arrive in class on time.
 - 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.
- Some schools opt to adjust bus schedules so students arrive just before the warning bell.
- If using carts, need to strategically plan where carts will be located and which classrooms go to which cart.



Grab and Go setup in Park Orchard Elementary. The school started with two carts placed in different hallways (right). Then when a multipurpose room was completed the breakfast lines moved in there (left).

