



## Second Chance Breakfast Basics

### **What is Second Chance Breakfast (2CB)?**

As the name suggests, Second Chance Breakfast is a breakfast served during morning recess or snack break, usually sometime between 9:00 and 10:30 am. Ideally, 2CB operates in addition to conventional pre-bell breakfast. The use of tickets or a point of sale (POS) system ensures that students who receive free or reduced-priced school (FRP) meals are served only one school breakfast per day at the FRP rate, either during conventional breakfast or Second Chance Breakfast.

Second Chance Breakfast is now popular in schools of all grade levels throughout California and nationwide. For example, many schools in Los Angeles Unified School District, California's largest school district, serve 2CB. Also, all mainstream schools in Newark Unified School District, a small district in northern California, successfully operate 2CB.

### **Why Second Chance Breakfast?**

Many children do not eat a healthy breakfast at home. Studies show that children who eat breakfast have overall healthier diets and are less likely to be obese compared to children who skip breakfast. Breakfast eaters also experience higher academic achievement, miss less school, and demonstrate better behavior. 2CB is an excellent, innovative strategy to provide all students with an opportunity to eat breakfast.

2CB is effective for students who may not want or be able to eat first thing in the morning. 2CB is also important for students who, due to family schedules, eat breakfast at home very early in the day and are hungry again before lunch. For the many students who do not arrive at school in time to eat breakfast before classes begin, 2CB may be the only opportunity to eat a morning meal.

*By increasing school breakfast participation, Second Chance Breakfast can bolster the fiscal strength of your district while also nourishing all students so they are prepared to learn.*

### **Does 2CB Impact Lunch Participation?**

With proper scheduling, Second Chance Breakfast does not reduce school lunch participation. Scheduling 2CB at least two hours before lunch helps ensure that NSLP participation is not decreased. In fact, schools can experience an increase in breakfast and lunch participation with 2CB implementation.

### **Does 2CB increase supervisory duties for teachers and administrators?**

Not necessarily. Adequate supervision of students is, understandably, always a concern for administrators and teachers. Typically, schools can manage 2CB with little to no additional supervisory burden.

### **Does 2CB increase work for custodial staff?**

Not necessarily. Custodial staff may have to adjust their work patterns to accommodate 2CB cleanup. However, these efforts have proven manageable at the many schools operating 2CB.

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