

Comparing Models of School Breakfast



Elements of the service models can be combined to customize a school breakfast program that works best for your school.

Model	Traditional Breakfast	Classroom Breakfast	Grab n' Go Breakfast	Second Chance Breakfast
When	<ul style="list-style-type: none"> BEFORE the 1st bell 	<ul style="list-style-type: none"> AFTER the 1st bell, usually during the first 10-15 minutes of class 	<ul style="list-style-type: none"> BEFORE the 1st bell - OR - AFTER the 1st bell, during nutrition break or passing period 	<ul style="list-style-type: none"> AFTER 1st bell, during nutrition break or passing period
Service Location	<ul style="list-style-type: none"> Cafeteria 	<ul style="list-style-type: none"> Classroom 	<ul style="list-style-type: none"> Serving carts in high foot-traffic areas (e.g., yard, hallways, bus drop-off, school entrances) 	<ul style="list-style-type: none"> Cafeteria -OR- Carts in high foot-traffic areas (e.g., yard, hallways)
Dining Location	<ul style="list-style-type: none"> Cafeteria 	<ul style="list-style-type: none"> Classroom 	<ul style="list-style-type: none"> On the way to class In the classroom In designated eating areas (e.g., outdoor tables) 	<ul style="list-style-type: none"> On the way to class In the classroom In designated eating areas (e.g., cafeteria or outdoor tables)
How	<ul style="list-style-type: none"> Students are served and eat in the cafeteria 	<ul style="list-style-type: none"> Nutrition services staff pack breakfasts in insulated containers Designated students bring containers to classrooms In 10-15 minutes, students serve, eat, and clear breakfast During breakfast, teachers conduct morning activities or eat with students 	<ul style="list-style-type: none"> Nutrition services staff pack breakfasts in bags or arrange items on service carts Service carts located strategically around campus Items are usually hand-held and portable (e.g., no utensils required) 	<p>Depending on service location</p> <ul style="list-style-type: none"> Similar to traditional breakfast - OR - Similar to Grab n' Go from carts around campus
Impact	<p>Participation is often low because students:</p> <ul style="list-style-type: none"> Are unable to get to school early Want to avoid the stigma of eating in the cafeteria Choose socializing or playing over eating May not be hungry before school 	<ul style="list-style-type: none"> Usually highest participation of all breakfast models (upwards of 70%) Decreases stigma Students serve and clear breakfast Teachers record which/how many students eat breakfast 	<ul style="list-style-type: none"> Reduces stigma by moving breakfast out of the cafeteria Serves students who are short on time before school or between classes Helpful for schools with limited cafeteria serving/seating capacity 	<ul style="list-style-type: none"> Serves students who <ul style="list-style-type: none"> Can't get to school early due to bus or family schedules Are not hungry before school but are hungry before lunch Particularly helpful for schools with late lunch periods
Keys to Success	<ul style="list-style-type: none"> School busses arrive in time for students to eat breakfast Effective promotion Consider integrating breakfast into the school day (e.g., meet for morning announcements in cafeteria) 	<ul style="list-style-type: none"> Support from teachers, custodians, and administrators is essential Well suited for Provision 2 schools where all students eat free of charge More common in elementary schools 	<ul style="list-style-type: none"> Meal payment system does not require cash at point of service Thoughtful waste management plan Adequate number of service carts and effective placement More common in middle or high schools 	<ul style="list-style-type: none"> Bell schedule provides adequate time for mid-morning breakfast Thoughtful student supervision plan Adequate number/size of service and dining locations