

This FAQ document accompanies the BreakfastFirst webinar on Classroom Breakfast. Additional webinar materials, including the webinar recording, are available [here](http://www.breakfastfirst.org/tools/webinar2.shtml) (<http://www.breakfastfirst.org/tools/webinar2.shtml>).

Our schools have decided to implement Classroom Breakfast. What now?

A variety of materials and practices exist to support successful Classroom Breakfast programs. A collection of sample materials that addresses training, outreach, and operations is available [here](#). These materials were developed by a public school district in California that currently operates a thriving Classroom Breakfast program. Other districts have successfully adopted these materials to start programs of their own. For example, a public school district on the Central Coast of California is using the materials to guide Classroom Breakfast implementation at all of their elementary school sites during the 2010-11 academic year. While there is much to learn from the experiences of these two school districts, please remember that Classroom Breakfast programs can be tailored to meet the unique needs of the schools in your community.

The materials referenced above can be accessed at:
<http://www.breakfastfirst.org/tools/sample.shtml>

Does Classroom Breakfast count toward instructional minutes?

In July 2010, the State Superintendent of Public Instruction and the State Controller clarified in this [letter](#) that time spent serving and eating Classroom Breakfast can count towards instructional minutes for the purpose of an audit as long as Classroom Breakfast takes place in conjunction with an activity that otherwise qualifies as “instructional time.”

“Instructional time” is defined as classroom learning time plus explicitly permitted “non-instructional” activities, including certain administrative activities like taking roll. Teachers in schools with successful Classroom Breakfast programs generally perform these administrative activities or start the day’s lesson as students are eating breakfast.

The letter referenced above can be accessed at:
http://www.breakfastfirst.org/pdfs/OConnell_Chiang_memo.pdf

How do teachers engage students in learning during Classroom Breakfast?

The Classroom Breakfast model can be tailored by teachers to meet the needs of their students. Below are some examples of activities, listed by grade level, that occur during

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Classroom Breakfast. These examples were provided by California public school teachers who have successfully integrated Classroom Breakfast into their daily schedules.

5th grade students engage in language arts lessons. Students identify Their teacher displays a paragraph with intentional errors. The students find the errors and correct them using standard editing marks. The students also use this time to complete test prep materials. While the students eat, they complete the prep materials individually and then self-correct as a class.

4th grade students work on individual assignments from two self-paced programs for reading and accelerated math.

3rd grade students:

- Review language arts lessons using practice books; practice reading and reciting high frequency words.
- Complete the math problem of the day.
- Conduct calendar activities that include the months, days, basic number concepts, and reading large numbers.

2nd grade students:

- Engage in language arts lessons, identifying and correcting errors in intentional mistakes displayed by the teacher.
- Sing patriotic songs.
- Recite poetry.

Students in a **multi-grade English as a Second Language class** focus on a new poem each week during Classroom Breakfast.

- Students glue the poem into their poetry folders and repeat the poem line by line. The class discusses the meaning of the poem and collectively selects pictures to accompany the text. As individual students are ready, they recite the poem by memory to the class.
- Other activities completed in relation to the poem are finding rhyming words, creating motions to go with the poem, and illustrating the poem.

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What are some ways to limit Classroom Breakfast to 10-15 minutes each day?

Administrators and teachers use a variety of strategies to ensure that Classroom Breakfast does not exceed its allotted time each day, for example:

- A campus-wide bell rings to mark the end of Classroom Breakfast.
- Morning announcements are scheduled to conclude at the same time as Classroom Breakfast.
- A timer is set in each class to ring at the conclusion of Classroom Breakfast. Students are assigned to monitor clean up after the timer rings.

What are some strategies for garnering support for Classroom Breakfast?

There is no single answer to garnering support for Classroom Breakfast among all district stakeholders. But many different strategies have proven successful in districts across California. In general:

1. Share key messages about Classroom Breakfast with district stakeholders, including administrators, teachers, parents, students, custodial staff, nutrition services staff, and school board members.
2. Propose a Classroom Breakfast pilot to test the model for a limited period of time at a limited number of school sites.
3. Track the student and fiscal outcomes of this pilot to demonstrate its impact. Use input gathered from stakeholders about the pilot to refine the implementation of Classroom Breakfast at additional school sites.

Below are examples of key messages and materials you can share with stakeholders about Classroom Breakfast:

- Classroom Breakfast helps ensure that all students are well-nourished and ready to learn. In addition to the health and academic benefits for students, Classroom Breakfast can be fiscally beneficial to school districts.
- *Benefits of Breakfast: Health and Academics* [fact sheet](http://www.breakfastfirst.org/pdfs/HealthAndAcademicBenefits.pdf) (http://www.breakfastfirst.org/pdfs/HealthAndAcademicBenefits.pdf)
- *Fiscal Benefits of School Breakfast* [fact sheet](http://www.breakfastfirst.org/pdfs/FiscalFactSheet.pdf) (http://www.breakfastfirst.org/pdfs/FiscalFactSheet.pdf)
- [District data](http://www.breakfastfirst.org/districtdata/index.shtml) on school breakfast participation and the resulting fiscal impact (http://www.breakfastfirst.org/districtdata/index.shtml)

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- The nutrition services department for your district will have site-specific information about student need and school meal participation.
- Fact sheets, videos, and handouts on the BreakfastFirst Classroom Breakfast [page](http://www.breakfastfirst.org/classroom/index.shtml) (<http://www.breakfastfirst.org/classroom/index.shtml>)

How can you connect with district stakeholders?

- Request a meeting with the director of your district's nutrition services department to discuss the potential for a Classroom Breakfast pilot.
- Contact the PTA leadership at your school and ask for an opportunity to discuss Classroom Breakfast at an upcoming PTA meeting.
- Bring your ideas about Classroom Breakfast to the school board by requesting an agenda item at an upcoming meeting or by speaking during a meeting's public comment period.
- Share your ideas about Classroom Breakfast with teachers by requesting time on the agenda for an upcoming school- or district-wide meeting of the local teachers association.
- Schedule meetings with principals or other site administrators in your district.
- Request a meeting with the district superintendent.
- Also consider contacting your district's Wellness Policy Committee, student government, school nurses, or other groups invested in student health, nutrition, and academics.

Can you operate Classroom Breakfast if you are not on Provision 2?

There are schools operating Classroom Breakfast at sites that are not on Provision 2. Non-Provision 2 sites can opt to offer Classroom Breakfast free-of-charge to all students. This may be a fiscally feasible option for schools with a high percentage (~75%) of students who are eligible for free or reduced price meals. Non-Provision 2 sites can also have students who are not eligible for free meals pre-pay for Classroom Breakfast if those students want to participate in the program. Some schools opt to utilize the Provision 2 option only for breakfast service and not for lunch.

For more information about Provision 2, visit this USDA web [page](http://www.fns.usda.gov/cnd/governance/prov-1-2-3/Prov1_2_3_FactSheet.htm) (http://www.fns.usda.gov/cnd/governance/prov-1-2-3/Prov1_2_3_FactSheet.htm).

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How do you keep meal counts for Classroom Breakfast?

For Provision 2 sites, only a total meal count is required. Procedures for collecting this total meal count can include:

- Teachers record how many students were served a breakfast and return this record to nutrition services staff.
- Teachers use a roster to check off the students who did not receive a breakfast and return this roster to nutrition services staff. This practice is sometimes called “negative rostering.”
- Teachers use a roster to check off the students who did receive a breakfast and return this roster to nutrition services staff.

For non-Provision 2 sites, daily records must indicate which students received breakfast. In this case simple meal counts or “negative rostering” are not sufficient. Of the examples listed above, only the last option would suffice for non-Provision 2 sites.

Is Classroom Breakfast a good fit for high schools or middle schools?

While many campuses that operate Classroom Breakfast house only elementary schools, there are also secondary schools that successfully operate the model. This [article](#) describes the Classroom Breakfast program implemented in Pueblo, Colorado high schools. Other secondary schools operating Classroom Breakfast include Melrose Leadership Academy and West Oakland Middle School in Oakland Unified School District.

The article referenced above can be accessed at:
http://www.usatoday.com/news/education/2010-09-14-1Aschoolbreakfast14_CV_N.htm#

How can school districts cover start up costs for Classroom Breakfast?

The California Department of Education offers grants for one-time funds to start up or expand the School Breakfast Program. Grants up to \$15,000 are awarded per school site. Additional information is available from the [CDE Funding](#) page (<http://www.cde.ca.gov/fg/fo/>).

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Private funds may also be available from organizations such as the Dairy Council of California and the *got breakfast?* Foundation. Check the [Hot Off the Stove](http://www.breakfastfirst.org/index.shtml#hot) (<http://www.breakfastfirst.org/index.shtml#hot>) section of the BreakfastFirst website for up-to-date announcements about grant funding opportunities.

Fundraising for Classroom Breakfast start up costs is a great way for PTAs to support a fiscally sustainable program. With start up funds raised by the PTA (or other parent or student groups on campus), a school can implement a Classroom Breakfast program that will continue to serve students for years to come because the program can be sustained by per-meal reimbursements provided by the state and federal governments.

Have additional questions?

Please visit www.BreakfastFirst.org or contact the BreakfastFirst Team:

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