

## Frequently Asked Questions

---

*This FAQ document accompanies the BreakfastFirst webinar on serving breakfast at a better time and place. Additional webinar materials, including the webinar recording, are available [here](http://www.breakfastfirst.org/tools/webinar3.shtml) (<http://www.breakfastfirst.org/tools/webinar3.shtml>).*

### **D**oes school breakfast need to be served at a specific time of day?

Federal regulations, referenced in this [CDE management bulletin](#), define “breakfast” as a meal that is “served to a child in the morning hours. The meal shall be served at or close to the beginning of the child’s day at school.” Federal regulations do specify that school lunch must be served between the hours of 10am and 2pm. These regulations do not prohibit breakfast from being served in the late morning, for example, at 10am.

The CDE management bulletin referenced above can be accessed at:  
<http://www.cde.ca.gov/ls/nu/sn/mb05113.asp>

### **D**oes a specific amount of time need to pass between serving school breakfast and serving school lunch?

There is no state or federal regulation specifying the amount of time that must pass between serving school breakfast and serving school lunch. However, if a sufficient gap does not exist between meal services, breakfast participation can negatively impact lunch participation. The experience of districts around the state indicates that a minimum of two hours should elapse between breakfast and lunch service times.

### **H**ow are students supervised during Second Chance Breakfast and Nutrition Break?

Typically, Second Chance Breakfast and Nutrition Break are scheduled in the late morning during a recess, extended passing period, or other break between classes. Supervisory practices for Second Chance Breakfast and Nutrition Break vary by campus. Most often, supervision of breakfast participants can be incorporated into the supervision of other students (by teachers, staff, administrators, etc.) that would normally occur during these out-of-classroom periods.

Christina Rico, a BreakfastFirst webinar panelist and the principal of Hollenbeck Middle School in Los Angeles Unified School District, reports that all administrators, campus aides, and out-of-the-classroom certificated staff such as coaches and coordinators take part in supervising students for Nutrition Break. During the break the entire student body (approximately 1,700 pupils) leaves class and is invited to eat

## Frequently Asked Questions

---

breakfast. Those students who participate in breakfast eat within a designated, supervised outdoor eating area.

### **H**ow can students be encouraged to eat during Second Chance Breakfast or Nutrition Break if the other option is to play or socialize with friends?

Good nutrition, physical activity, and socializing are all important during the school day. With efficient service lines and adequate service periods, students who eat during Second Chance Breakfast or Nutrition Break can also have enough time to be active/socialize.

One practice that works well for some elementary schools that operate Second Chance Breakfast is having teachers escort their classes to the service area (e.g. cafeteria) at recess time. Those students who want to eat will select a breakfast. Those students who do not want to eat can exit through the service area onto the playground for recess. Students who want breakfast can join their peers on the playground once they are done eating or, if campus rules allow, take their meals onto the playground.

### **W**hat do you do about students who want to eat two breakfasts with the Second Chance model?

Federal regulations state that only one breakfast per student per day can be claimed for reimbursement. Electronic point of sale (POS) systems are very helpful in ensuring that the correct number of meals gets claimed. Independent of how many meals are claimed, some schools opt to provide students with a second breakfast at the reduced price. That is, a student who eats during the early morning breakfast and is hungry again during Second Chance would only be charged the reduced rate for the second breakfast.

### **W**hat types of foods can be served during Second Chance Breakfast, Nutrition Break, or Grab n' Go?

The types of food served during Second Chance Breakfast and Nutrition Break depends on the service locations. For example, if breakfast is served from the cafeteria, the same foods that would be served during a conventional breakfast can be offered for Second Chance/Nutrition Break. If mobile service carts are used, foods that are easily portable (e.g. individually wrapped) would work best.

## Frequently Asked Questions

---

This same general rule applies to foods served with the Grab n' Go model. Items such as whole-grain muffins, breakfast burritos, breakfast sandwiches, string cheese, and whole fruit would be a good fit. Items such as yogurt and cereal that require utensils would be appropriate for students who are able to eat Grab n' Go breakfast inside their classrooms or in areas with outdoor seating/tables.

### **H**ow can we most efficiently move students through service lines during Second Chance Breakfast, Nutrition Break, or Grab n' Go?

Multiple service locations, electronic point of sale (POS) systems, and the Provision 2 option can all contribute to efficiently serving students in a short period of time.

Having multiple service locations around campus, such as mobile carts placed at school entrances, can help reduce the length of lines. Multiple service locations can also help increase participation by serving students in areas where they naturally congregate or necessarily pass through. Utilizing electronic POS systems that allow students to procure a meal by entering a PIN number or swiping an ID card can help speed up service lines, especially compared to cash sales. PIN numbers and ID cards can track a student's payment status (i.e. FRP-eligibility) and, if applicable, can be linked to a student's pre-paid meal account.

Provision 2 is an option for school districts to offer meals free of charge to all students in exchange for simplified administrative procedures. Schools participating in Provision 2 need only collect total meal counts for the purposes of claiming meal reimbursements. Provision 2 can allow for very efficient service lines because a simple tally will suffice for meal counts. For example, Central Unified School District (CUSD) uses Provision 2 to offer breakfast free of charge to all students. Some sites operate a Grab n' Go model, serving breakfast from mobile carts located at the gates of campus. Other sites serve breakfast in the cafeteria. For the Grab 'n Go sites, nutrition services personnel at each cart manually tally how many meals are served. For CUSD, Provision 2 eliminates the need for an electronic POS system and helps ensure that service lines move quickly.

*Note that manual tallies would not be appropriate at sites where breakfast is served more than once per day as duplicate claiming could occur.*

More information about Provision 2 is available on this [USDA webpage](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](http://www.fns.usda.gov/cnd/governance/prov-1-2-3/Prov1_2_3_FactSheet.htm)).

## Frequently Asked Questions

---

### Have additional questions?

Please visit [www.BreakfastFirst.org](http://www.BreakfastFirst.org) or contact the BreakfastFirst Team:

- Bay Area and Northern California - Tia Shimada ([tia@cfpa.net](mailto:tia@cfpa.net)) and Markell Lewis ([markell@cfpa.net](mailto:markell@cfpa.net))
- Central Valley and Central Coast - Ellen Braff-Guajardo ([ellen@cfpa.net](mailto:ellen@cfpa.net))
- Southern California - Nicola Edwards ([nicola@cfpa.net](mailto:nicola@cfpa.net))