

## More than One Way to Serve School Breakfast

Students who eat breakfast are able to pay attention longer, demonstrate better behavior in the classroom, have improved attendance and less tardiness, and make fewer trips to the school nurse. Despite all the evidence about the benefits, few children eat breakfast each morning. These students are missing out on key nutrients needed for health and academic success.

Schools can explore a variety of ways to serve school breakfast allowing more students the opportunity to consume a regular morning meal.

More Than One Way to Serve School Breakfast	
Traditional Breakfast	
Description	Advantages
<ul style="list-style-type: none"> <li>▪ Breakfast is eaten in the cafeteria at the same time for all students or in shifts</li> <li>▪ Served before school starts</li> <li>▪ Time: at least 15 min before school starts</li> </ul>	<ul style="list-style-type: none"> <li>▪ Provides an option for students to eat a nutritious meal before the school day begins</li> <li>▪ Students have an opportunity to socialize and interact with one another</li> <li>▪ Multiple serving lines can be more efficient</li> <li>▪ Only one area needs to be cleaned</li> </ul>
Grab n' Go Breakfast	
Description	Advantages
<ul style="list-style-type: none"> <li>▪ Hand-held breakfast items</li> <li>▪ Items can be bagged or packaged for quick pick up</li> <li>▪ Time: depends on the number and location of serving lines</li> </ul>	<ul style="list-style-type: none"> <li>▪ Takes less time for Child Nutrition staff to prepare than most traditional breakfasts</li> <li>▪ Easier for students to pick up breakfast and make it to class on time</li> <li>▪ Students like hand-held breakfast items</li> </ul>
Satellite Service or Breakfast Kiosk	
Description	Advantages
<ul style="list-style-type: none"> <li>▪ Breakfast serving line or mobile cart is set up in a high traffic area away from the cafeteria (i.e., school bus or carpool drop-off, parking lot, entrance, hallway)</li> <li>▪ Time: 5 minutes or less</li> </ul>	<ul style="list-style-type: none"> <li>▪ Easier for students to pick up breakfast and make it to class on time</li> <li>▪ Multiple serving lines can be more efficient</li> </ul>
Breakfast Break	
Description	Advantages
<ul style="list-style-type: none"> <li>▪ Breakfast served after first period or at a scheduled time later in the morning</li> <li>▪ Time: depends on the breakfast service method</li> </ul>	<ul style="list-style-type: none"> <li>▪ Provides nutritious meals to students who do not have time to eat breakfast before school</li> <li>▪ Allows students to eat later in the morning when they are hungry and ready to eat</li> <li>▪ Provides students with a nutritious break</li> <li>▪ Offers students a healthy choice versus snacks from vending machines, school stores or fundraisers</li> <li>▪ Gives time for Child Nutrition staff to prepare breakfast</li> </ul>



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### Second Chance Breakfast

Description	Advantages
<ul style="list-style-type: none"> <li>▪ In addition to breakfast before school, breakfast is served after first period or at a scheduled time later in the morning</li> <li>▪ Time: depends on the breakfast service method</li> </ul>	<ul style="list-style-type: none"> <li>▪ Provides nutritious meals to students who do not have time to eat or miss breakfast before school</li> <li>▪ Allows students to eat later in the morning when they are hungry and ready to eat</li> <li>▪ Provides students with a nutritious break</li> <li>▪ Offers students a healthy choice versus snacks from vending machines, school stores or fundraisers</li> <li>▪ Students have an opportunity to socialize and interact with one another</li> </ul>

### Breakfast in the Classroom

Description	Advantages
<ul style="list-style-type: none"> <li>▪ Breakfast is delivered to the classroom by Child Nutrition staff or students</li> <li>▪ Breakfast can be served and eaten during announcements, roll call or morning work</li> <li>▪ Time: 7 - 10 minutes</li> </ul>	<ul style="list-style-type: none"> <li>▪ Offers students the opportunity to eat breakfast with their classmates in a familiar setting</li> <li>▪ Provides nutritious meals to students who do not have time to eat breakfast before school</li> <li>▪ Encourages students to make breakfast a part of their daily routines</li> <li>▪ More students can participate if the cafeteria is too small or crowded</li> <li>▪ Principals and teachers do not have to organize supervision for students eating breakfast in the cafeteria before school</li> </ul>

### Breakfast on the Bus

Description	Advantages
<ul style="list-style-type: none"> <li>▪ Breakfast bagged or packaged is handed to students as they step on the bus in the morning</li> <li>▪ Child Nutrition program coordinates with the bus drivers about routes and schedules</li> <li>▪ Students throw out trash upon leaving the bus</li> <li>▪ Time: 7 - 10 minutes on the bus ride to school</li> </ul>	<ul style="list-style-type: none"> <li>▪ Students who ride the bus for long periods of time are able to get the nutrition they need</li> <li>▪ Hand-held food items are individually wrapped and easy to eat</li> <li>▪ Hand-held breakfast can be enjoyed before arriving at school</li> </ul>

### Universal Breakfast

Description	Advantages
<ul style="list-style-type: none"> <li>▪ School districts with a higher percentage of students who are eligible for free and reduced price meals are able to balance expenses and reimbursement to offer breakfast at no charge to all students regardless of income</li> <li>▪ Time: depends on the breakfast service method</li> </ul>	<ul style="list-style-type: none"> <li>▪ Dramatically increases school breakfast participation</li> <li>▪ Removes the stigma of participating in the School Breakfast Program for low income children</li> <li>▪ Makes eating breakfast at school the healthy choice for all students every day</li> </ul>

Students benefit from eating breakfast every school day!

