

BREAKFAST AFTER THE BELL



A TOOLKIT FOR SCHOOLS

Under Maine law, a school administrative unit with a public school in which at least 50% of students qualified for a free or reduced-price school meal during the preceding school year is required to serve breakfast after the start of the school day and qualifies for state funding.

Learn more at:

<https://www.maine.gov/doe/schools/nutrition/programs/breakfast>

Any school not eligible for state funding to support breakfast after the bell is encouraged to apply for a Full Plates Breakfast Grant.

Learn more at:

<https://www.fullplates.org/grants/school-breakfast-grant-program/>

BREAKFAST AFTER THE BELL

Business
Managers



WHAT?

Students will be offered a wide variety of nutritious food choices that not only meet USDA guidelines but are delicious!



WHEN?

Usually within the first 10-15 minutes of class ([see list of models to make this happen](#))

1

WHY?

Studies show that students who eat breakfast are more likely to perform better on tests, attendance is better, there is less disruption in the classrooms and graduation rates are higher

2



WHERE?

Breakfast will be part of the school day and available to all students by offering it in the classrooms.

3

4



5

WHO?

Breakfast is available to all students every day!

BREAKFAST AFTER THE BELL

Business Managers

WHY?

Participation in school breakfast programs has traditionally been very low due to barriers such as parents or buses dropping students off too late, students not knowing about school breakfast, students choosing to socialize with friends, or the stigma of sitting in the cafeteria to eat. Recognizing the connection between school breakfast and academic achievement and behavior problems, policy makers across the country are rethinking how and where breakfast is served. The goal is to close the participation gap and ensure kids have the nutrition they need to succeed. As an added benefit, many teachers and principals cite breakfast in the classroom as an opportunity to incorporate social and emotional learning for younger students into the school day. Sharing a meal together in the classroom also reduces the stigma associated with school breakfast for low-income children and provides social bonding time for students and teachers. Additionally, School Nutrition Programs are reimbursed by the federal government. As numbers of students participating in the expanded school breakfast programs increase, reimbursement income can in large part, pay for the additional cost of feeding more children. Reimbursement for an income qualified free student breakfast is \$2.14, reduced is \$1.84, and paid is \$.31. This could potentially bring thousands of dollars to your School Nutrition Program.

WHAT?

School Nutrition Programs and food vendors work together to find breakfast foods that kids like and that meet strict USDA nutritional guidelines. These include breakfast sandwiches, pancakes, muffins, breakfast bars, cereal choices, yogurt, fruit, milk, and lots more. Your school nutrition staff will likely distribute a breakfast menu. We want kids to look forward to eating their morning meal at school!

WHERE?

Students may pick up a grab 'n go type breakfast in the cafeteria, then head to the classroom or it may be delivered to them by School Nutrition Staff on a cart. It can also be a kiosk in the hallways that students go to on their way to class. Middle and High School Students may have a different Breakfast after the Bell model. Most will eat at their desks with their classmates and teacher.

WHEN?

For older students, if the school opts for the model, "Second Chance Breakfast" it happens after the first period where students get their meal and either eat it in their second period classroom, or if time permits, in the cafeteria. For Breakfast after the Bell, students eat during the first 10-15 minutes of class. Depending on individual school or teacher daily schedule, this may be during morning announcements or while the teacher takes attendance, checks homework, or reviews lessons. Some teachers also use breakfast in the classroom as a means to teach valuable nutrition lessons or incorporate breakfast into reading, science, or math lessons.

WHO?

Breakfast is available to ALL students. The National School Breakfast Program is a federal school nutrition program, just like school lunch. Meals are made affordable for all students through subsidies and reimbursements provided by the federal government. If a child gets free or reduced priced meals they will get free breakfast. If a child pays full price for meals they will pay full price (usually around \$1.50) for breakfast. The money will come out of their school meal account. Students will either enter their PIN like they do at lunch, or be checked off. No money passes at breakfast and there is no outward identification of meal status. That is why it is important to urge the parents of your students to fill out and return the free/reduced price Meal Application that they receive at the beginning of the school year. The applications are available at any time during the school year, as well. Help to do everything you can to assure healthy meals for kids at school!

HOW CAN I HELP?

- Introduce at School Board meeting. Bring School Nutrition Director, students and a Champion!
- Visit classrooms during breakfast.

MYTHS

School breakfast will cost your school money.

This is not true. The School Nutrition Program will receive federal reimbursement to support their breakfast program. The more kids that eat school breakfast, the more revenue the district has to make their program a success.

For more information and assistance with your program contact:

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