

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