



BREAKFAST AFTER THE BELL

One of the most effective ways to significantly boost school breakfast participation is to make it a part of the school day. Traditional school breakfast programs often operate too early for students to participate, particularly if bus or carpool schedules do not allow them to get there on time. A few innovative models of serving school breakfast that have proven to be successful in expanding access to school breakfast include:

Breakfast in the Classroom: Students eat breakfast in their classroom after the official start of the school day. Students or staff may deliver breakfasts to classrooms from the cafeteria via coolers or insulated rolling bags. Breakfast in the Classroom typically takes 10–15 minutes.

Grab N' Go: Students pick up conveniently packaged breakfasts from mobile service carts in high traffic areas, such as hallways, entryways or cafeterias. Students can eat in the cafeteria, the classroom or elsewhere on school grounds.

Second Chance Breakfast: Students eat breakfast during a break in the morning, often after first period or midway between breakfast and lunch. Schools can serve breakfast in the same manner as they would with traditional Grab N' Go breakfast. This model can be particularly effective for older students who may not be hungry first thing in the morning or may opt to hang out with friends.

IMPACT OF BREAKFAST AFTER THE BELL

In an analysis of school breakfast programs in over 850 schools in Arkansas, Maryland and North Carolina, Share Our Strength found that breakfast after the bell can drastically increase participation in the school breakfast program. [Maryland Meals for Achievement](#), a state-funded classroom breakfast program that requires participating schools to serve breakfast in the classroom at no cost to all students, showed the greatest rate of participation at 90 percent. The table below compares the rate of participation of free and reduced-price students in the school breakfast program by breakfast after the bell model.

Model	Free and reduced-price breakfast participation	Number of schools
Breakfast in the Classroom	88%	123
Maryland Meals for Achievement	90%	362
Grab N' Go	63%	349
Second Chance Breakfast	70%	14
Traditional Cafeteria	46%	