



# Innovative Breakfast Models Help You Start Every Day Right!

## First Priority of the Day: Nutrition for the Whole Child.

- **INCREASED** attentiveness
- **FEWER** absences and tardiness
- **HIGHER** math test scores
- **INCREASE** in graduation rates



## **Breakfast After the Bell serves up daily benefits for all.**

School breakfast is literally the first crucial step in supporting the Whole Child, as they begin their academic day. By offering breakfast after the day has begun, schools can improve access, eliminate stigma and keep every student prepared to learn.

Explore the variety of breakfast service options to determine what's best for you, and count on us for guidance and resources.

**BREAKFAST IN THE CLASSROOM** With this proven model, students either carry meals into classrooms from hallway stations, or meals are delivered in insulated coolers. Efficiency is high, with a 10-15 minute mealtime integrated with the morning routine (during attendance, announcements or other pre-class activities).

Simple steps to effective implementation include: **Preparation** of meals by nutrition staff; **Delivery/Distribution** by students or volunteers; **Cleanup** of trash by students; Removal by custodial staff

**GRAB & GO** This is the most flexible breakfast model, helping schools serve the most meals in the shortest time. Using mobile service carts in high-traffic areas – main hallways and student drop-off locations – you'll reduce service time while giving every student the same level of access. Watch breakfast participation rise immediately.

Timing is flexible, with morning arrival time offering the best exposure for high participation. Students will appreciate the flexibility, taking their meals to classrooms, cafeterias or common areas. Especially suited for middle and high schools.

**SECOND CHANCE BREAKFAST** Here's another meal service option that could work for your school. At a convenient morning break time – typically just after first period or halfway to lunchtime – meals may be offered in similar fashion as the Grab & Go model. The delayed service appeals to many older students who aren't hungry earlier, creating a nutritious breaktime they'll look forward to each day.

For all of these service models, you'll find implementation support at [NutritionConnection.org](http://NutritionConnection.org). The site is filled with tips, case studies, menu suggestions, planning tools and equipment resources to help with these and other programs. Or contact

American Dairy Association North East at [schools@Milk4u.org](mailto:schools@Milk4u.org)



**AMERICAN DAIRY ASSOCIATION NORTH EAST**