



center for BEST
PRACTICES



TEACHER GUIDE – BREAKFAST AFTER THE BELL SET UP AND CLEAN UP

BREAKFAST AFTER THE BELL

If your school has chosen to implement Breakfast After the Bell, you may be wondering how that will affect your classroom. Breakfast After the Bell usually involves students eating breakfast in the classroom during instructional time. Teachers find that they can easily incorporate Breakfast After the Bell into their existing morning routines with planning.

The three most effective Breakfast After the Bell models are:

- *Breakfast in the Classroom:* Food service staff (sometimes assisted by students) deliver breakfast to each classroom in a cart or warming bag. Students retrieve their meal to eat at their desks or another approved space in the classroom.
- *Grab and Go to the Classroom:* Students pick up breakfast in the cafeteria or from a breakfast cart in a central location and bring it to class to eat at their desk or another approved classroom location.
- *Second Chance Breakfast:* Students eat breakfast during a break in the morning, often after 1st or 2nd period, usually via Grab and Go to the Classroom.

This resource shares best practices from teachers that have already implemented Breakfast After the Bell in their classrooms.

BREAKFAST SET UP

Each classroom will have a different set up, depending on the classroom layout, teacher, and period that breakfast is served. Building administration, food service staff, and teachers work together to devise a breakfast delivery plan to best meets the community's needs. Breakfast may be delivered as a prepackaged meal or students may have to opportunity to choose certain food items. Food service staff provide instruction on how to do this.

If breakfast is served in the classroom, teachers and students may help record who receives breakfast each morning. Food Service Staff provides a roster and teachers and/or students note who takes a meal. This roster is returned to the Food Service Staff who then charge the students' meal accounts. Teachers begin the instructional day with activities such as attendance, class/school announcements, homework review, or read alouds.

BREAKFAST CLEAN UP

School administration, custodial staff, and teachers work together to create a clean-up plan that is quick and easy. Students are provided supplies to clean both their desks and hands after eating, which facilitates student involvement and ownership of the program. Clean up ideas include, but are not limited to:

- Using separate trashcans and heavier trash bags specifically for breakfast waste,
- Using buckets or classroom sinks to collect any liquid waste, and
- Disposing of breakfast waste, immediately after eating, in a central location such as a rolling garbage can placed in the corridor. Central trash locations ease the burden on custodial staff.

ADDITIONAL RESOURCES

For more information about Breakfast After the Bell, visit No Kid Hungry's [Center for Best Practices](#), or review the resources below:

- [Breakfast After the Bell 101 Videos](#) – These short videos outline how Breakfast After the Bell benefits students and classrooms, and how it can be a seamless part of the instructional day.
 - [Breakfast in the Classroom video](#)
 - [Grab and Go to the Classroom video](#)
 - [Second Chance Breakfast video](#)
- [Breakfast in the Classroom Activity Guide](#) – New York City Department of Education's guide containing ideas for classroom activities, rules, structure, and weekly schedules that you can adapt to your own school learning environment and state guidelines.
- [Breakfast in the Classroom demonstration video](#) – Made by students in Montgomery County Public Schools in Rockville, MD.