



How it Works: “Second Chance Breakfast” Fact Sheet

Second chance breakfast, where breakfast is served after first period, works particularly well for secondary schools because older students are often not hungry early in the morning and high school students tend to arrive at school closer to the start of the school day leaving even less time for breakfast. In particular, in high school and middle school, social awareness and stigma associated with school breakfast can be reduced by implementing alternative service models like second chance breakfast. This model would also fit the needs of schools with later lunch periods, and if scheduled properly, offering second chance breakfast does not reduce lunch participation.

What it looks like:

- Students arrive at school and go to first period classes. Some schools choose to serve breakfast before school as well, either in the cafeteria or from carts in the hallways.
- School nutrition staff serve breakfast after first period during a morning nutrition break or between classroom periods, either in the cafeteria or from carts in the hallway or other locations.
- Depending on the model used, students can eat in the cafeteria similar to traditional school breakfast or take a bagged meal to be consumed in between classes or during the next period.
- If serving breakfast from carts, students participating in breakfast are counted by school nutrition staff when the meal is picked up using mobile point of sale systems or manual lists at each cart.
- If breakfast is served from the cafeteria, students should have enough time between classes to pick up breakfast and eat in the cafeteria.

Keys to Successful Implementation:

- When teachers, parents, and administrators support second chance breakfast, the program can thrive. Engaging these stakeholders early in the implementation process to address possible obstacles is essential as some scheduling and bell time changes may have to be made to accommodate the program.
- Schools should offer breakfast at least two hours before lunch, typically between 9am and 10am, and should ensure that students have adequate time to go to the cafeteria or cart and eat breakfast.
- Schools using a “grab and go” model should ensure that carts are strategically placed throughout the school and that there are an adequate number of trash cans to discard breakfast trash in the hallways and classrooms.
- The effectiveness of second chance breakfast and other alternative service models is amplified when breakfast is offered free to all students regardless of income. Offering breakfast free to all students reduces stigma associated with school breakfast and increases participation which helps the school nutrition department budget.