BREAKFAST AFTER THE BELL

A TOOLKIT FOR SCHOOLS

Full Plates Full Potential
ENDING CHILD HUNGER IN MAINE
Under Maine law, a school administrative unit with a public school in which at least 50% of students qualified for a free or reduced-price school meal during the preceding school year is required to serve breakfast after the start of the school day and qualifies for state funding.

Learn more at: https://www.maine.gov/doe/schools/nutrition/programs/breakfast

Any school not eligible for state funding to support breakfast after the bell is encouraged to apply for a Full Plates Breakfast Grant.

Learn more at: https://www.fullplates.org/grants/school-breakfast-grant-program/
After the morning bell and you get to your classroom.

WHEN?
After the morning bell and you get to your classroom.

WHAT?
All kinds of yummy and healthy breakfast foods.

WHERE?
Right at your desk in your classroom with all your classmates.

WHY?
To feel good and get ready for your school day.

WHO?
All students can get breakfast!
BREAKFAST AFTER THE BELL
Students K-5

WHY?
If you don't eat breakfast, it can be hard to concentrate on school work. Some kids get a headache, feel sleepy, or just don't feel well until they have something to eat. Sometimes there might not be breakfast food at home, you might not be hungry when you first wake up, or you may have to hurry to get ready for school and not have time to eat. There are lots of reasons why fueling up with a healthy breakfast gets you ready for your school day.

WHAT?
Your school has rules that they need to follow to make sure that the meals they serve students are healthy and nutritious. There are many breakfast foods that are available to be served for breakfast. A breakfast meal will always include fruit, milk, grains and more. Some of the foods that will be offered will be cereal, juice, fresh fruit, pancakes, granola bars, yogurt, breakfast sandwiches, muffins, eggs and a whole lot more. Your school will likely have a monthly breakfast menu like your lunch menu for you to see!

WHERE?
When you get to school you follow your school's rules until the starting bell rings. That might mean waiting in the cafeteria, gym, or outside until it is time to go to your classroom. Breakfast was always available to you but lots of kids don't like sitting in the cafeteria eating breakfast while other kids are playing or socializing. With “Breakfast After the Bell” everyone goes to the classroom either with their breakfast or breakfast will come to you on a breakfast cart! Everyone will eat and start the day together!

WHEN?
Schools have different schedules, so each might be a little different. Your school principal, teachers, and school nutrition staff will work together to get the timing worked out for you and your school.

WHO?
There are lots of reasons that kids don't eat breakfast but with “Breakfast After the Bell", we hope to make it easier for ALL kids to get a great breakfast every day. You will do the same thing you do for lunch to get breakfast. You will enter your meal PIN, or be checked off when you get your meal.
1. **WHY?**
To feel good and get ready for your school day.

2. **WHAT?**
All kinds of tasty and healthy breakfast foods.

3. **WHERE?**
Right at your desk in your classroom with all your classmates.

4. **WHEN?**
After the morning bell and you get to your classroom. Some schools may have a "second chance" breakfast after your first period.

5. **WHO?**
Every student can get breakfast!
BREAKFAST AFTER THE BELL

Students 6-12

**WHY?**
If you don't eat breakfast, it can be hard to concentrate on school work. Some kids get a headache, feel sleepy, or just don't feel well until they have something to eat. Sometimes there might not be breakfast food at home, you might not be hungry when you first wake up, or you may have to hurry to get ready for school and not have time to eat. There are lots of reasons that a nutritious breakfast is necessary for success in Middle and High School. It can improve your performance both academically and athletically.

**WHAT?**
Your school has rules that they need to follow to make sure that the meals they serve students are healthy and nutritious. There are many breakfast foods that are available to be served for breakfast. A breakfast menu will always include fruit, milk, grains and more. Some of the foods offered would be cereal, juice, pancakes, granola bars, yogurt, breakfast sandwiches, muffins, eggs and a whole lot more. Your school will likely have a breakfast menu for you to see!

**WHERE?**
When you get to school you follow your school's rules until the starting bell rings. That might be waiting in the cafeteria, gym, or outside until it is time to go to your classroom. Breakfast was always available to you but lots of kids don't like sitting in the cafeteria eating breakfast while other kids are socializing. With the new “Breakfast After the Bell” everyone goes to the classroom either with their breakfast or breakfast comes to you! Or, some schools may do a “Second Chance” breakfast where you get breakfast after first period. Everyone will eat together and start your school day!

**WHEN?**
Schools have different schedules, so each might be a little different. Your school principal, teachers, and school nutrition staff will work together to get the timing worked out for you and your school. Your school may choose to have a “Second Chance” breakfast which could happen after first period.

**WHO?**
There are lots of reasons that kids don't eat breakfast but with “Breakfast After the Bell”, we hope to make it easier for ALL kids to get a great breakfast every day they need it. You will do the same thing you do for lunch to get breakfast. If you pay for lunch, you will also pay for breakfast. The money will be taken out of your meal account. Some schools may accept cash at breakfast. If you get free or reduced priced meals you will get breakfast for free. Nobody will know the difference and all students can eat a healthy and yummy breakfast as part of their school day!
TESTIMONIALS

Old Town Middle School, reasons kids say they like Breakfast in the Classroom, after the bell:

“1. You can eat while doing your work. 2. If you’re late you can still get breakfast”
-Kylee, Lily, and Abbey, gr 7

“You can take your time to eat vs. rushing to finish”
-Chloe, gr 6

“It’s calm so you can eat in peace and do your work”
-Will and Dominic, gr 8

“Not having to juggle food with moving around bags and stuff”
-Harmony, gr 6