

**BREAKFAST AFTER
THE BELL
IMPLEMENTATION
GUIDE**





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Introduction

The Washington Kids Ready to Learn Act of 2018 expanded breakfast opportunities by requiring Breakfast After the Bell Programs in a number of schools. This document contains information on the law, the criteria for required participation, and various resources to assist schools with implementing a successful and effective Breakfast After the Bell Program.

Benefits of Breakfast After the Bell Programs

Washington State made great progress in expanding opportunities for students to have a healthy breakfast with the passage of House Bill 1508 (2018).

By increasing availability, Breakfast After the Bell programs produce higher participation rates than traditional breakfast service. Increased breakfast participation is linked to improved academic scores, reduced disruptive behavior, and reduced rates of absence and tardiness.^{1, 2}

Breakfast After the Bell gives all students the opportunity to eat a nutritious meal at the beginning of the day. Many low-income students who are eligible for free or reduced-price meals face barriers to participation in school breakfast programs. When all students have better access to breakfast, participation increases thereby eliminating some of the stigma attached to eligibility for free and reduced-price meals.

Breakfast after the Bell reduces barriers created by transportation issues as well. Students arrive at school and can participate in activities like recess or clubs before school starts. Once all students arrive, everyone is ready for breakfast.



The Law

Located in RCW 28A.235, the law requires that school districts implement a Breakfast After the Bell program in any public school with at least 70% or more students eligible for free or reduced-price meals under the National School Lunch Program.

Breakfast After the Bell (BAB) means a breakfast that is offered to students after the beginning of the school day. Schools must make Breakfast After the Bell accessible to all students and allow students a reasonable amount of time to eat their meal.

The Washington Office of the Superintendent of Public Instruction (OSPI) assists school districts with the implementation of this law by providing this implementation guide, training, and technical assistance.

Which schools must participate?

Beginning in school year 2019-2020 and each year thereafter, public schools with enrollment of 70% or more students eligible for free or reduced-price meals in the prior school year must establish a BAB Program.

Additionally, any public school that is using Provision 2 or the Community Eligibility Provision (CEP) to provide universal free meals and that has a claiming percentage for free or reduced-price meals of 70% or more is also required to establish a BAB Program.

Schools that are below the 70% threshold have the option to participate in the program but are not required to do so. Free and reduced-price percentages are calculated using exact figures and are not rounded.

OSPI maintains a list of required schools on the [OSPI School Breakfast Program Webpage](#)



Exemptions:

OSPI has established two (2) exemptions for required schools.

- 1) Schools where free and reduced-price Breakfast participation is equal to or greater than, 70% of the free and reduced-price Lunch participation.

This exemption is provided for schools that have made progress in increasing free and reduced-price (F/RP) Breakfast Participation relative to F/RP Lunch Participation.

To calculate these participation numbers, add together Free Meals Claimed and Reduced-Price Meals Claimed for Breakfast and Lunch respectively in your October claim calculation summary using the [Washington Integrated Nutrition System \(WINS\)](#).

- 2) Alternative Schools where implementing a Breakfast After the Bell program would create an undue hardship due to the unique nature of alternative schools.

To request an exemption based on one of the above criteria, please fill out the exemption form found at the [OSPI School Breakfast Program Webpage](#)



GETTING STARTED

Is my school required to participate?

You can determine if your school may be required to participate by accessing your data in WINS.

- Open the October 2018 claim for reimbursement in WINS;
- Add together free eligible and reduced-price eligible students;
- Divide the number of free and reduced-price eligible students by total school enrollment.

With your free and reduced-price percentage number, you can use the tables below to help determine if your school is required to participate.

TABLE 1: Schools using standard claiming methods

1. Does your school have a free and reduced percentage greater than or equal to 70% in the 2018-19 school year?	Yes – Move to question 2
	No – Your school is not required to participate in the 2019-20 school year.
2. Is your schools free and reduced-price (F/RP) Breakfast participation equal or greater than 70% of the F/RP Lunch participation?	Yes – Your school may be eligible for an exemption.
	No – Move to question 3.
3. Is your school an Alternative School?	Yes – Your school may be eligible for an exemption.
	No – Your school must participate in BAB.

TABLE 2: Provision 2 and CEP Schools

1. Does your school have a claiming percentage for free or reduced-price meals of 70% or more?	Yes – Move to question 2
	No – Your school is not required to participate in the 2019-20 school year.
2. Is your schools free and reduced-price (F/RP) Breakfast participation equal or	Yes – Your school may be eligible for an exemption.



1. Does your school have a claiming percentage for free or reduced-price meals of 70% or more? greater than 70% of the F/RP Lunch participation?	Yes – Move to question 2
	No – Your school is not required to participate in the 2019-20 school year.
	No – Move to question 3
3. Is your school an Alternative School?	Yes – Your school may be eligible for an exemption.
	No – Your school must participate in BAB.

Time of Service

Federal regulations require that schools must offer breakfast at or near the beginning of the school day. Under Breakfast After the Bell, breakfast must be offered after the beginning of the school day.

Schools may continue to offer breakfast before the bell to students arriving early. However, all required schools must establish a Breakfast After the Bell Program and give adequate time for students to consume breakfast after the bell.

Can I still do traditional breakfast before the bell in addition to BAB?

Yes, a school may still offer breakfast before the bell to students arriving early. However, all required schools must have a BAB Program that is available to all students.

Furthermore, students must be freely encouraged to participate in the BAB meal service without fear of being late to class or singled out.

Current Washington State law (WAC 392-157-125) states that school breakfast and lunch periods shall allow time for each child to take care of personal hygiene and enjoy a complete meal. Federal law does not define adequate time for the School Breakfast Program however encourages schools to provide sufficient lunch periods that are long enough to give all students enough time to be served and eat their lunches (7 CFR § 210.10).

Both federal and state law emphasize that time for personal hygiene and meal service to be counted separately from adequate time to consume the meal.

Instructional Time:

Time designated to eat breakfast at the start of the school day counts as instructional time, so long as students can engage in educational activity relevant to their



instructional program offered concurrently with the consumption of breakfast. For example, classes often use this time to take attendance, review homework, or read aloud.

Breakfast Meal Patterns and Service Models

All breakfasts served in a Breakfast After the Bell program must comply with federal meal patterns and nutrition standards for school breakfast programs under the federal Healthy, Hunger-Free Kids Act of 2010, (P.L. 111-296) and any federal regulations implementing that act.

Each high-needs school may determine the Breakfast After the Bell service model that best suits their school's needs. Service models include, but are not limited to, Breakfast in the Classroom, Grab and Go, and Second Chance Breakfast.

Breakfast In the Classroom

Breakfast is delivered to the classroom where students eat with their peers. Typically, foodservice staff delivers meals to the classrooms and either foodservice staff or the teacher take the Point of Service meal count. Breakfast meals may be packaged as one unit or as separate items and may consist of hot and/or cold items.

This method allows students to eat breakfast with their classmates while their teacher takes attendance, reads, or begins other classroom duties. This time is considered instructional hours if students are provided the opportunity to engage in an educational activity that is part of the regular instructional program while eating breakfast.

Grab and Go

Breakfasts are placed on carts or other convenient location in high traffic areas. The meal is contained as one unit that students can easily pick-up and take to their classroom or other designated area to eat. Foodservice staff take the Point of Service meal count. This method provides a quick, simple way for students to grab a breakfast and is often popular in middle and high schools.

This model also provides flexibility for schools who wish to continue their traditional breakfast before the bell. Schools can continue their traditional cafeteria breakfast and



switch to Grab and Go for Breakfast After the Bell, or discontinue traditional breakfast altogether.

Grab and Go with cafeteria breakfast allows students who arrive early to eat before the school day and students who arrive right before the bell can take the Grab and

Go breakfast to their classroom. Point of service meal counts must be maintained to support the monthly claim for reimbursement.

Second Chance Breakfast

Breakfast is available both during traditional breakfast (before the bell) and at a second time later in the morning. This second breakfast can be during a passing period, recess, or a nutrition break.

This model works well in secondary schools, as older students are not always hungry when they first arrive at school and are ready for breakfast later in the morning.

Electronic Point of Service meal count systems are required to prevent claiming a second breakfast.

Other creative options

The above three models are suggestions; schools are encouraged to be creative in their implementation of Breakfast After the Bell. For example, some schools have elected to simply move their traditional cafeteria breakfast after the morning bell, ensuring that all students have an opportunity to eat while keeping food and meal counting in the cafeteria.

Point of Service Requirements

Local Education Agencies must accurately count, record and claim the number of breakfast meals actually served to students by category (i.e. free, reduced-price or paid), unless the school is using Provision 2 or CEP.

Additional thought must be put into Point of Service meal counting when planning your alternative breakfast model. Any breakfast model where a student could potentially obtain a second breakfast requires an electronic Point of Service system. Such multiple-access models include Grab and Go with multiple kiosks, or Second Chance Breakfast.



For CEP/Provision 2, any kind of multiple-access model requires a by-name meal count, as schools may only claim one meal per student according to federal law (CFR 7.220.09).

Please view the [Breakfast After the Bell Point of Service Meal Counting Reference Sheet](#) for more information.

How Does my School Begin the Planning Process?

There are many important factors to consider when implementing a Breakfast After the Bell program.

When determining your breakfast service model and equipment needs, schools are encouraged to consult with teachers, parents, students, school administrators, and community members.

Schools can gather this information in many ways, including meetings or through surveys. Links to survey templates are located in the resources section of this guide.

When determining your breakfast service model, consider the following:

- Overall breakfast timeline
- Bell and transition times
- Flow of students/lines
- Number of kitchen staff
- Staff morning/breakfast roles
- Food storage space
- Layout of the school
- Number of classrooms/teachers
- Clean-up processes
- Custodial Services/Staff
- Menus
- Point-of-service system

For additional information on choosing the right breakfast service model for your school, technical assistance, and more, visit WashingtonBreakfast.org created by No Kid Hungry Washington and the United Way of King County



Combining Breakfast After the Bell with Universal Free Meals

Breakfast After the Bell is a great opportunity to re-think your school breakfast program from the ground up! Providing universal free meals can reduce paperwork for school administrators and parents, streamline breakfast programs, and can help simplify meal counting. Provision 2 and the Community Eligibility Provision are the two alternative counting procedures in Washington.

Provision 2

Provision 2 is provided under the National School Lunch Act. This option allows schools to provide meals to all participating students at no charge for breakfast, lunch, or both meals.

Depending on the breakfast service, Provision 2 may allow schools to use a simple tally of total meals vs. a by-name meal count, simplifying counting and claiming.

There is no minimum qualification requirement to participate in Provision 2. However, it is recommended to have a free and reduced-price percentage of 70% or more.

For more information, refer to the [OSPI CNS Reference Sheet on Provision 2](#).

Community Eligibility Provision

The Community Eligibility Provision is another option for schools required to participate in the Breakfast After the Bell Program. The Healthy Hunger Free Kids Act of 2010 established the Community Eligibility Provision (CEP) to provide eligible districts and schools with a reimbursement option to offer free school meals to all children in high poverty schools without collecting household applications. LEAs can elect the Community Eligibility Provision for all schools or at specific schools within the LEA.

CEP is the best option for schools with a high number of directly certified students. LEAs or schools must have an identified student percentage of at least 40%.

[For more information, refer to the OSPI CNS Reference Sheet on CEP.](#)



Breakfast After the Bell Startup Grant

To help with the cost of implementing a Breakfast After the Bell Program, OSPI was provided with \$1,200,000 to support implementation of new, or supplementation of an existing Breakfast After the Bell Program.

OSPI is providing one-time, **non-competitive** startup grants to each mandated school. Funds may be used for equipment purchases, training, additional staff costs, janitorial services, or other services related to a Breakfast After the Bell Program.

All public schools that have been identified by OSPI as required to implement a Breakfast After the Bell Program are eligible for the grant. Mandated schools that have already created a Breakfast after the Bell Program are eligible, and can use the grant funding to expand or improve their current program.

Schools should determine their breakfast service model before applying for the grant. Refer to **Appendix A** for help in determining what kind of equipment may be necessary for your school.

Form Package

You can find the grant Form Package in the EDS iGrants program. Additional guidance is available in the [Breakfast After the Bell Grant Reference Sheet](#).

You may also download the application in a Microsoft Word format to create a draft prior to submission. This mock application is located on the [OSPI School Breakfast Program Webpage](#).

Allocation

Funding is based on student enrollment. Each eligible school will receive a base allocation of \$2,000, plus \$225* per one-hundred students, rounded up to the nearest hundred.

*This amount may change based on the number eligible grant applications.



Technical Assistance

OSPI is available to provide technical assistance and answer questions related to Breakfast After the Bell implementation. Contact Program Specialist Mikhail Cherniske at Mikhail.Cherniske@K12.wa.us.

Additionally, OSPI is collaborating with the United Way of King County (UWKC), who has created many resources located on WashingtonBreakfast.org. They are also available to provide detailed technical assistance. You can contact the UWKC Breakfast Consultant at schoolbreakfast@uwkc.org.

Program Evaluation and Improvement

Administrative Reviews

The Office of Superintendent of Public Instruction conducts Administrative Reviews of the Federal Meal program requirements every three years. Areas reviewed include eligibility determination, meal counting and claiming, meal components, nutrition quality of menus and several general areas of program regulations.

Schools should pay careful attention to the following federal regulations when implementing their Breakfast After the Bell Programs:

- Meal Counting
- Reimbursable meals under both Offer vs. Serve and Serve Only

Additional information is located on the [NSLP Reference Sheets webpage](#).



RESOURCES

Farm to Breakfast & Washington Grown Foods

Breakfast can be a great opportunity to incorporate local and Washington grown foods. Common breakfast ingredients such as berries and fruit, eggs, milk, yogurt, dairy products, and grains grown in Washington. Serving local foods improves the quality of school breakfasts while helping support local farmers.

Incorporating local foods

Whether or not you already do farm to school for lunch, using Washington grown ingredients for breakfast can be a big success with students after a little planning. Assess the number of breakfast servings, staff capacity, resources, and your current connections to local producers directly or through distributors. Ask these questions as you plan how Farm to Breakfast will look in your school:

- **What does “local” mean for our district?** You get to define “local” for your own program. It may mean products from your county, region, or Washington State. Use a seasonality chart from WSDA Farm to School or ask local farmers to know what products are grown in your region, and when they might be available.
- **What ingredients should I start with?** You may want to pick just one or two locally produced ingredients to feature on your breakfast menu. Craft your menu so you can use a couple products that are fresh and in-season and different times of year. Some of the school breakfast meal pattern components, like frozen fruits, grains, and dairy products, might be available locally year-round. You could even feature farm to breakfast occasionally throughout the school year, for National School Breakfast Week or Taste Washington Day.
- **Where can I find local ingredients?** Another way to develop your breakfast menu with local ingredients could be to ask farmers what products they will have during the school year. Alternately, ask your distributor what Washington grown ingredients they carry and identify what would be a good breakfast item. Some pre-made products, like baked goods or dairy, may already use Washington grown ingredients that you can highlight!



Scratch cooking

Farm to breakfast can be easier with some scratch cooked items. However, making them portable enough for Breakfast In the Classroom or Grab and Go can be tricky. Here are a few ideas and resources for scratch cooking using local ingredients at breakfast.

Baked goods: Many schools using Washington grown grain to make their own baked goods. Some recipes can also be a great way to incorporate local fruits, or pair with a dairy product like yogurt for a portable menu item. See WSDA Farm to School's [Scratch Cooking Equipment Recommendations](#) for mixer and oven options. Check out this [presentation on in-house baking](#) with tips, recipes, and cost analysis from Chicopee Public Schools in Massachusetts.

Shell eggs: School meal programs can use donated or purchased eggs in their school meals. For producer requirements and safe egg handling guidance, see the WSDA Small Farm Direct Marketing Handbook ["Selling Eggs" Factsheet](#). Contact OSPI Child Nutrition and your local health department for questions and requirements for handling eggs in your school kitchen.

Local meat/meat alternates: Breakfast sausage, patties, ground beef and other meats from local producers can be used if they follow WSDA or USDA processing requirements for their products. Use meat alternates like yogurt, tofu, cheese, eggs, dry beans and peas from local producers. At breakfast, the meat/meat alternate component can count toward the grain requirement if at least one ounce of grain has been planned for the day.

Smoothies & parfaits: Some popular breakfast items are ready-made for portability and local ingredients. Use Washington milk, along with Washington grown fruits, yogurt, or granola, to meet two or three breakfast pattern components in a single recipe. The [Washington State Dairy Council](#) can be a great resource to help you get started with these meal items.



Recipes

Some great cookbooks, recipe databases and collections exist to help find breakfast-ready recipes:

- [OSPI Child Nutrition Scratch Cooking Recipe Book:](#)
- [OSPI Child Nutrition Smarter Lunchrooms Toolkit:](#)
- [WSDA Farm to School Washington Grown Recipe Kit:](#)
- [Oregon Harvest for Schools](#) scaled recipes (click "Cooking for a Crowd?"):
- [USDA Team Nutrition grains & breads:](#)
- [USDA Mixing Bowl Large Quantity breakfasts:](#)

Farm to Breakfast and Washington Grown Resources

Make an even bigger impact with your breakfast program by including an educational component and connecting to curriculum. Teachers can use farm to breakfast in their classrooms, or farmers can be great guest speakers and supporters to help kick off farm to breakfast in your cafeteria. Two good starting points for finding partners are:

- [Washington State Farm to School Network](#)
- [Washington State SNAP-Ed](#)

Many [agricultural commissions also have recipes](#), and can help find ingredients or suppliers for certain products.

Contact WSDA Farm to School at farmtoschool@agr.wa.gov for technical assistance with menu and recipe development, finding farms and sources of Washington grown ingredients, or procurement of local foods.

Low Sugar Breakfast Menus

In addition to giving more students the opportunity to eat breakfast, the legislature is concerned about added sugars in school breakfasts. OSPI created [School Breakfast Program Best Practices – Selecting Low added-Sugar Foods](#).



Getting Started with Breakfast After the Bell Resources

[Food Research & Action Center \(FRAC\) Breakfast After the Bell – Breakfast Blueprint](#)

[No Kid Hungry Breakfast After the Bell Basics – Video Webinar](#)

[No Kid Hungry Breakfast In the Classroom Rollout Timeline](#)

[Partners for Breakfast in the Classroom – How to Start a Breakfast After the Bell Program](#)

[School Nutrition Association and Alliance for a Healthier Generation Sample menus for alternative breakfast models](#)

[United Way of King Counties Playbook: Breakfast After the Bell](#)

[USDA – Breakfast After the Bell Survey Templates](#)

[USDA – Breakfast Meal Service Styles](#)

[USDA – Team Nutrition School Breakfast Materials](#)

[USDA - Toolkit planning resources for various Breakfast Models](#)



APPENDICIES

Appendix A: Example Schools

You can use the following real-world examples of equipment purchases by Washington’s schools to help you determine the best uses for your grant funds.

Breakfast In the Classroom

School name: Washington Elementary, Kennewick School District

BAB Model: Breakfast in the Classroom

Enrollment: 488 **Anticipated increase in participation:** 175

Item	Quantity	Price Per Unit	Total Price	Price Per Additional Student
Milk Cooler, Forced Air, Single Access	1	\$3,365.00	\$3,365.00	\$19.23
Mobile Shelving Unit	4	\$526.36	\$2,105.44	\$12.03
Travel Bags, 16" x 16" x 8", insulated	30	\$54.00	\$1,620.00	\$9.26
Travel Bags, 15.5" x 15.5" x 16", insulated	30	\$78.00	\$2,340.00	\$13.37
Totals:			\$9,430.44	\$53.89



School name: Example Elementary

BAB Model: Breakfast in the Classroom

Enrollment: 667 **Anticipated increase in participation:** 200

Item	Quantity	Price Per Unit	Total Price	Price Per Additional Student
Mobile Shelving Unit	4	\$526.36	\$2,105.44	\$10.53
Travel Bags, 16" x 16" x 8", insulated	34	\$54.00	\$1,836.00	\$9.18
Travel Bags, 15.5" x 15.5" x 16", insulated	34	\$78.00	\$2,652.00	\$13.26
Totals:			\$6,593.44	\$32.97

Grab and Go Breakfast

School name: Grab and Go Example Elementary

BAB Model: Grab and Go

Enrollment: 515 **Increase in participation:** 180

Item	Quantity	Price Per Unit	Total Price	Price Per Additional Student
Custom Grab and Go Cart, Flat Top, Wheeled, Fits 6-Gray Bins	1	\$1,700	\$1,700	\$9.00
Clear Grab and Go Bag, 11x10+3, Case (500 per case)	100	\$18.73	\$1,873.00	\$10.00
Tub Bins, Gray, Stackable	12	\$25	\$300	\$1.67
Garbage Liners, Case	100	\$18	\$1,800	\$10.00
Milk Roller Carts	2	\$600	\$1,200	\$6.67
Cleaning Kits for Classrooms	20	\$10	\$200	\$1.11
Outreach Materials to Families	500	\$1	\$500	\$2.78
Totals:			\$7,500	\$41.67

*This school received a \$7,500 grant to implement Breakfast After the Bell, so purchased more equipment than initially needed.



School name: Northgate Elementary, Seattle Public Schools

BAB Model: Grab and Go

Enrollment: 303 **Increase in participation:** 75

Item	Quantity	Price Per Unit	Total Price	Price Per Additional Student
Clear Grab and Go Bag, 11x10+3, Case (500 per case)	100	\$18.73	\$1,873.00	\$24.97
Plastic Pail, 5 Gallon	3	\$5.05	\$15.15	\$0.20
Standard Lid for 5 Gallon Plastic Pail	3	\$1.65	\$4.95	\$0.06
Trash Can, 44 Gallon	4	\$25.62	\$102.48	\$1.37
Trash Can Dolly	4	\$14.58	\$58.32	\$0.78
Outreach Materials to Families	300	\$1	\$300	\$0.01
		Totals:	\$2,353.90	\$31.39

Endnotes:

1. Taras H. (2005) Nutrition and student performance at school. *Journal of School Health*, 75(6), 199-213.
2. Meyers, A., Sampson, A., Weitzman, M., Rogers, B., Kayne, H. (1989). School breakfast program and school performance. *American Journal of Diseases of Children*, 143(10), 1234-1239.