

Breakfast in the Classroom



Ensuring your students have access to breakfast also helps ensure their academic success. Breakfast is linked with numerous health and educational benefits — including improved academic performance, increased school attendance, more focused classroom behavior, and better dietary intake.¹

Why is Breakfast Important?

Breakfast in the Classroom increases student participation, providing additional federal reimbursement for your nutrition program. Meals are prepared and packaged in the cafeteria and then transported to the classroom in coolers or carts.

Breakfast in the Classroom provides all students with access to this important meal and helps decrease the stigma that can often be associated with traditional cafeteria breakfast service.



Increased Child Nutrition Revenue

On average, Schools that implement Breakfast in the Classroom reach 88% breakfast participation helping increase their revenue.²



Improved Academic Performance

Consuming breakfast improves children's performance on mathematical tasks, vocabulary tests, demanding mental tasks, and reaction to frustration.³



Better Attendance

Serving breakfast after the bell can reduce absenteeism by 6% on average.⁴



Increased Graduation Rates

Students who eat school breakfast attend more school days. Students who attend class more regularly are 20% more likely to graduate high school.²



Breakfast in the classroom has changed the life of many of our students. Students that are hungry have time to eat before instruction, which helps them focus and have fewer behavioral problems. I will always carry the face of one young student that glowed as she shared with me that this was the first time she had ever had breakfast and she was so happy to come to school now.



- Dr. Jeanette Ball, Superintendent of Schools
Judson ISD, Live Oak, Texas

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Frequently Asked Questions

How much time will Breakfast in the Classroom take out of the school day?

Breakfast in the Classroom usually only takes about 15 minutes and is often done during morning activities – such as announcements, turning in homework or individual reading time – so minimal instructional time is lost.

My school already provides traditional breakfast free of charge to all students. Why should we consider other breakfast models?

You've already made an incredible start! However, not all students may have equal access with traditional breakfast models. Challenges like bus and parent drop-off times, size or location of the cafeteria, and the stigma that can be associated with eating breakfast at school are all mitigated by offering breakfast to all students in a classroom setting. Plus, your participation will increase – on average, schools who implemented the Breakfast in the Classroom model **increased participation by 30%**.

What about trash and sanitation? Will teachers be responsible for cleanup?

Early planning with school nutrition and custodial staff can help ensure that Breakfast in the Classroom doesn't create extra work for anyone, especially the teachers. Strategies for trash and sanitation vary by school, but examples include:

- Serving foods that have low risk of spillage, especially in elementary schools.
- Providing each classroom with basic cleaning supplies and assigning students cleanup tasks – such as disposing of trash or wiping down desks – which teaches them responsibility and teamwork when performed in pairs.
- Placing breakfast waste in a separate trash can or bag to be placed in the hallway and collected promptly after breakfast by custodial staff.

More questions?

See our [full Breakfast in the Classroom FAQ](#) or reach out to your [Local Dairy Council](#).

References:

1. [School Breakfast Matters](#)
2. <https://ccmedia.fdacs.gov/content/download/84246/file/Innovative-Breakfast-Delivery-Options.pdf>
3. <https://frac.org/wp-content/uploads/breakfastforlearning-1.pdf>
4. <https://bestpractices.nokidhungry.org/resource/study-chronic-absenteeism-and-breakfast-after-bell> / No Kid Hungry PDF