

Second Chance Breakfast

What is Second Chance Breakfast?

Second Chance Breakfast refers to a meal service model where students eat breakfast during a break in the morning, often after first period or midway between breakfast and lunch. Schools can serve breakfast in the same manner as they would with traditional Grab N' Go breakfast. This model can be particularly effective for older students who may not be hungry first thing in the morning or may opt to hang out with friends. Second Chance Breakfast may be referred to by a variety of names, such as Breakfast After First Period or Mid-Morning Nutrition Break.

Reimbursable breakfasts are usually offered from mobile carts or tables located in high traffic areas where students socialize. Breakfasts can be hot or cold, depending on a school's facilities and equipment. Foods that are easy to eat or handheld are popular and convenient.

Students are responsible for throwing away their trash. Extra trash cans in the areas where students congregate between classes, helps to minimize trash and food waste issues. While Second Chance Breakfast works well in all schools, it has been particularly successful in middle and high schools.



Why Serve Second Chance Breakfast?



There are many reasons why students don't eat breakfast before the school day. Offering Second Chance Breakfast allows students who are normally not hungry first thing in the morning to eat just a bit later.

Also, students don't need to arrive early to eat since breakfast is built into the day. It also helps to reduce the stigma associated with school breakfast as it becomes part of the school day just like eating lunch at school.

When Does Second Chance Breakfast Work Best?

Second Chance Breakfast works well in many different schools. The following qualities help to make it successful:

- A milk break or other break in the morning already exists.
- Busses arrive just before classes begin.
- There is no time to serve breakfast before classes, or participation is low in breakfast served before school delivery models.
- Students rely on vending machines for snacks in the morning.
- Teachers are supportive of breakfast and realize its importance to learning.
- There is little or no space to serve breakfast.
- The cafeteria is centrally located.