

September 26, 2024

**AMEND BOARD REPORT 17-0628-PO4
BREAKFAST AFTER THE BELL**

THE CHIEF EXECUTIVE OFFICER RECOMMENDS:

That the Board of Education (“Board”) amend Board Report 17-0628-PO4, Breakfast After the Bell Policy in response to the required biennial policy review. This policy was posted for public comment from July 26, 2024 until August 26, 2024.

PURPOSE

The Board is committed to supporting the Whole Child through policies and programs that address the physical, social-emotional, and mental well-being of all students. This policy establishes the requirements, based on Illinois’ Breakfast After the Bell Act, for providing breakfast after the bell official instructional day has begun in all Chicago Public elementary, middle, and high schools Schools and charters that have opted into CPS meals. ~~This policy establishes alternative breakfast models by which breakfast after the bell will be implemented. Models include but are not limited to: Breakfast in the Classroom (“BIC”), Grab n’ Go, Second Chance Breakfast, Breakfast Vending or a hybrid of those models to be determined by the Office of Nutrition Support Services.~~ This policy seeks to create a school environment that supports breakfast participation by all students regardless of when they arrive at school and encourages students to embrace a morning routine that includes breakfast, ~~and creates a healthy start to each school day.~~

POLICY TEXT**I. Background**

~~In 2010 the Board of Education recognized its commitment to serve the needs of the whole child (physical, emotional, and academic) while at school. The primary goal of the BIC program was to promote student health and academic achievement by providing a nutritious breakfast as a routine start of every school day. After implementation CPS elementary school breakfast participation increased by 5.3 million meals per year bringing average daily participation to 54% and increasing district revenue by \$7.8 million. After the initial successful implementation in elementary schools some high schools piloted alternative breakfast models.~~

Food insecurity and hunger disproportionality impact racial and ethnic minorities. Access to free school meals serve as a tool to reduce these disparities. Research¹ shows that ~~an effective~~ school breakfast programs not only reduces hunger but also ~~has~~ have a range of positive educational outcomes, including the following:

- Eating breakfast improves math grades, vocabulary skills, and memory. Children who eat breakfast at school – closer to class and test-taking time – perform better on standardized tests than those who skip breakfast or eat breakfast hours earlier at home.
- Students who participate in school breakfast have lower rates of absence and tardiness and exhibit decreased behavioral and psychological problems. Children who eat school breakfast have fewer discipline problems and visit school nurses’ offices less often.
- Children who participate in school breakfast eat more fruits, drink more milk, and consume a wider variety of foods than those who do not eat school breakfast or who have breakfast at home.

¹ <https://frac.org/wp-content/uploads/breakfastforlearning-1.pdf>

~~Children and adolescents who eat breakfast are significantly less likely to be overweight, while skipping breakfast is associated with a higher risk of obesity.~~

II. Implementation

~~Beginning in the 2017-2018 school year all schools shall comply with the standards, requirements, program goals and accountability measures outlined within this policy. All~~ All schools offer breakfast prior to the start of the school day using a variety of models, including in-cafe breakfast. In addition, all schools shall deliver make daily breakfast available to all students after the bell through one of the breakfast models as outlined below:

- ~~A. Elementary and Middle Schools: Breakfast in the Classroom is a service delivery model where students eat breakfast in classrooms after the official start of the school day. This remains the preferred model for elementary and middle schools. In special circumstances where breakfast in the classroom is not possible, elementary and middle schools shall provide breakfast in non-classroom service areas (i.e. the cafeteria, auditorium or other suitable common room). If another service area is used, it must be used consistently every school day to ensure clear structure for students that enhances good nutrition habits. The Principal or designee must submit proposed non-classroom service areas to the Office of Nutrition Support Services for approval. Models for providing breakfast to elementary and middle school students include the following:~~
- ~~i. Breakfast in the Classroom: Students or staff may deliver breakfasts to classrooms from the cafeteria via coolers or insulated rolling bags, or school nutrition staff can serve breakfast from mobile carts in the hallways. Breakfast in the Classroom typically takes 10-15 minutes and can happen during morning tasks such as attendance or can be integrated with other instructional activities.~~
 - ~~ii. Grab n' Go Breakfast: Grab n' Go is a service delivery model where conveniently packaged breakfasts are picked up by students from mobile service carts in high traffic areas such as hallways, entryways or cafeterias and carried to classrooms or other approved spaces~~
- ~~B. High Schools: Only high schools may provide breakfast before the bell as long as they also provide breakfast after the bell. Breakfast before the bell may be offered in the cafeteria. The Office of Nutrition Support Services must approve all service models. Breakfast after the bell must be provided in an operational model that offers as many opportunities to students as possible as outlined below:~~
- ~~i. Grab n' Go Breakfast: as described above in A. ii.~~
 - ~~ii. 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 have conflicting zero period classes. Second Chance Breakfast may be referred to by a variety of names, such as Breakfast after First Period, School Brunch or Mid-Morning Nutrition Break.~~
 - ~~iii. Breakfast Vending: Breakfast Vending allows students to access breakfast foods through vending machines. This model can be implemented in high schools and vending machines will only be available during a scheduled time agreed upon to ensure after the bell opportunities for all students.~~

~~iv. Hybrid Model: Schools may offer a hybrid of the aforementioned alternative breakfast models:~~

- ~~A. Students pick up a breakfast bag in the lunchroom or from another single designated area before proceeding to class.~~
- ~~B. School dining staff will work with school administrators to agree on where breakfast will be available to students after the instructional day has started and where students can consume the meal. Eating in the classroom is permissible based on school principal discretion.~~
- ~~C. Schools must allow students to access breakfast until 1 hour before the first lunch period.~~
- ~~D. Signage must be posted to indicate where and when students can access breakfast after the bell.~~

III. Authorization to Formulate Guidelines

The Nutrition Support Services (NSS) Executive Director or designee is authorized to ~~issue~~ revise Guidelines for the effective implementation of the Breakfast After the Bell Policy ~~and further~~ to ensure compliance with USDA and State regulations in the provision of school breakfast meals. Guidelines will be disseminated to stakeholders annually.

IV. Compliance

NSS will monitor compliance and assist schools in the implementation of Breakfast After the Bell by ensuring schools have the appropriate support through training, guidelines, and equipment.

~~Failure to abide by this Policy or the Breakfast After the Bell Guidelines may subject employees to discipline up to and including dismissal in accordance with the Board's Employee Discipline and Due Process Policy. result in penalties issued from ISBE.~~

Legal References:

- PA 099-2850 Breakfast after the bell
- PA 096-0158 Childhood Hunger Relief Act
- ISBE Administrative Handbook
- Cross Reference - Local School Wellness Policy

Approved for Consideration:

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