

# SCHOOL BREAKFAST AS INSTRUCTIONAL TIME

## ISSUE



Only 6 out of 10 students eligible for free and reduced price meals eat breakfast daily.



**272,938 Kentucky  
kids are missing  
school breakfast.**

## BARRIER TO BREAKFAST

Schools are reaching more kids in the morning by serving grab and go breakfasts or breakfast in the classroom. These alternative breakfast methods increase access to meals and bust the stigma about eating breakfast at school.

## INSTRUCTIONAL TIME

Administrators are limited by instructional time requirements and many cannot serve breakfast in the classroom. Students are missing out.

## SOLUTION



**15 MINUTES OF  
BREAKFAST AS  
INSTRUCTIONAL TIME**

A revision to 702 KAR 6:060 would allow school district administrators to consider up to 15 minutes as instructional time when students consume breakfast in their classroom and educational activities are provided while students eat.

This sub-provision would enable schools and districts to implement alternative school breakfast delivery methods like breakfast in the classroom without amending their schools' instructional time.

*Source: No Kid Hungry analysis of SY 18-19 breakfast and lunch data.*

# Kentucky School Breakfast Program and Instructional Time: Draft Legislative Amendments

## **702 KAR 6:060. Time minimum for meals.**

RELATES TO: KRS 156.031, 156.160

STATUTORY AUTHORITY: KRS 156.035, 156.070, 156.160

NECESSITY, FUNCTION, AND CONFORMITY: This administrative regulation is needed to carry out the Congressional intent of the National School Lunch Act of 1946, the Child Nutrition Act of 1966 and all amendments thereto, and is needed to allow sufficient time for school children to eat. Reconsideration and refiling of this administrative regulation is required pursuant to KRS 156.031.

Section 1. The school lunch period, if a part of a closed schedule, shall allow adequate time for each child to take care of his personal hygiene and enjoy a complete meal in an educational setting and the school breakfast period shall be a part of the school day that also allows adequate time for each child to enjoy a complete breakfast. (1 Ky.R. 43; 696; eff. 3-12-1975; Recodified from 703 KAR 1:060, 10-5-1984; 17 Ky.R. 2045; eff. 2-7-1991; Crt eff. 11-16-2018.)

## **702 KAR 6:060 is amended by inserting the following sub-provision:**

a) The administrator of a school district that participates in the Federal School Breakfast Program shall consider time spent by students consuming breakfast as instructional time when students consume breakfast in the students' classroom and educational activities are being provided while students are consuming breakfast. No more than 15 minutes may be considered instructional time when students are consuming breakfast.

## **Title XIII, Section XXX is amended by adding the following provisions:**

a) The Kentucky Department of Education shall collect school nutrition programs participation data from each school and school district and incorporate in the annual School Report Card. Such participation data includes but are not limited to:

- i. Number and percentage of free and reduced-price eligible students participating in school breakfast.
- ii. Number and percentage of free and reduced-price eligible students who are participating in school lunch.
- iii. The type of breakfast service delivery model used by the school such as Breakfast in the Classroom, Grab and Go to the Classroom, Second Chance Breakfast or traditional cafeteria-based breakfast service, or any other breakfast service models in use by the school.

a. Unless expressly defined otherwise, the following definitions apply to breakfast service models:

- "Breakfast in the Classroom" means breakfast is offered or served in the classroom and eaten in the classroom.
- "Grab and Go to the Classroom" breakfast is offered or served from one or more central locations at the start of the school day only, and students have the options to eat it in their classroom after the bell has rung.
- "Second Chance Breakfast (either eaten in the cafeteria or served grab-and-go style to the classroom,)" means breakfast is offered or served and eaten in the cafeteria between 1st and 2nd period and students have at least 15 minutes to eat, Or breakfast is offered or served from one or more central locations and students have the option to pick it up between 1st and 2nd period to eat it in their classroom after the bell has rung.

b) Notwithstanding any other provisions of the law, the Kentucky Department of Education shall make publicly available in its website the school nutrition participation data collected pursuant to paragraph (a) of this subsection.