

**MT. SAN ANTONIO COLLEGE  
HUMAN RESOURCES**

**TEMPORARY EMPLOYEE REST & MEAL PERIOD GUIDELINES**

<b>HOURS WORKED</b>	<b>REST PERIOD (BREAK)</b>	<b>MEAL PERIOD (LUNCH)</b>	<b>COMMENTS</b>
4	(1) 15 minute	None	Rest period taken in the middle of the workday
4.5	(1) 15 minute	None	Rest period taken in the middle of the workday
5	(1) 15 minute	30 minute (unpaid)	Meal period can be waived by mutual consent
5.5	(1) 15 minute	30 minute (unpaid)	Meal period can be waived by mutual consent
6	(1) 20 minute	30 minute (unpaid)	Meal period can be waived by mutual consent
6.5	(1) 20 minute	30 minute (unpaid)	Meal period <b><u>cannot</u></b> be waived by mutual consent
7	(1) 20 minute	30 minute (unpaid)	Meal period <b><u>cannot</u></b> be waived by mutual consent
7.5	(1) 20 minute	30 minute (unpaid)	Meal period <b><u>cannot</u></b> be waived by mutual consent
8	(2) 15 minute	30 minute (unpaid)	Meal period <b><u>cannot</u></b> be waived by mutual consent