

California Labor Law details both rest and meal period requirements:

Hours of work	Meal periods and rest breaks
Less than 3.5	No breaks required
3.5 to 5	One 15-minute paid rest break
More than 5 up to 6	One 15-minute paid rest break and one 30-minute unpaid meal period (unless first meal period is mutually waived as per this policy)
More than 6 up to 10	Two 15-minute paid rest breaks and one 30-minute unpaid meal period