School food breakfast standards



PRIMARY - BREAKFAST STANDARDS

A good meal or a nutritious breakfast can set a child up for the day helping them to concentrate, learn and thrive. The new breakfast standards encourage a wider variety of nutritious choices, helping pupils discover new foods and build healthy habits for both now and in the future.

The only permitted foods to be served at breakfast. This applies to all breakfast provision in primary schools, including breakfast served through the government's free breakfast club programme.

*This guidance is not currently in force and it describes proposed changes subject to Parliamentary approval.



Starchy food

- A portion of starchy carbohydrate **must** be available at breakfast.
- Breakfast cereals with less than 5.5g/100g total sugar.
- No added sugar muesli.
- Plain unflavoured porridge.
- All bread must contain at least 4g/100g fibre (or at least 50% wholemeal flour), and no more than 5g fat/100g.
- On 2 days a week, 1 of the following can be served:
  - Teacakes
  - Crumpets
  - Unsweetened pancakes

Teacakes, crumpets and pancakes are excluded from the fibre requirements.



Spreads

- Reduced sugar jams and marmalades must be limited to sachets or portions of no more than 10g or 1 teaspoon.
- Savoury spreads must be limited to sacherts or portions no more than 10g or 1 teaspoon.
- Chocolate spreads are not permitted and no sugar, honey, syrups or sweeteners must be available to add to food or drinks after cooking or preparation.



Proteins

- Eggs (not fried)
- Baked beans
- Pulses
- Meat alternative products can be served once each week (e.g. vegetarian sausages).



Milk and dairy

- Plain unsweetened and unflavoured semi-skimmed, skimmed, 1% or lactose free milk.
- Dairy yoghurts and fromage frais to be less than 10g/100g total sugar and not contain sweeteners.
- Plant-based yoghurts to be less than 7g/100g total sugar, fortified with these micronutrients: calcium, iodine, vitamin D, riboflavin, vitamin B12 and not contain sweeteners.
- Cream cheese is permitted a maximum of 2 times each week.



Fruit and vegetables

- Fruit or vegetables **must** be available at breakfast – this can be fresh, dried, canned in juice (not syrup), defrosted from frozen, or cooked.



Healthier drinks

- Free, fresh drinking water at all times.
- All drinks must be unflavoured and unsweetened.
- The only drinks permitted are:
  - Plain water (still or carbonated).
  - Unflavoured semi-skimmed, skimmed, 1% or lactose free milk.
  - Plain unsweetened fermented milk (for example, yoghurt) drinks.
  - Plain unsweetened soya, oat and pea drinks fortified with these micronutrients: calcium, iodine, vitamin D, riboflavin, vitamin B12.