School food breakfast standards



SECONDARY - 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 food to be served at breakfast.

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



Starchy food

- A portion of starch 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).
- Processed meat from the specified product list can be served once each week.
- Processed meat from the list can only be served once a week either at breakfast or during the whole school day, but not both.



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.
- Drinks permitted up to September 2028 are:
  - Plain water (still or carbonated).
  - Lower-fat milk or lactose reduced.
  - Fruit juice or vegetable juice up to 150ml.
  - Plain soya rice or oat drinks enriched with calcium; plain fermented milk (e.g. yoghurt) drinks.
  - Combinations of fruit or vegetable juice with plain water (still or carbonated), with no added sugars or honey.
  - Combinations of fruit or vegetable juice with lower fat milk, plain fermented milk drinks, plain soya, rice or oat drinks enriched with calcium with less than 5% added sugars or honey.
  - Combinations of cocoa with lower fat milk, lactose reduced milk, plain fermented milk drinks, or plain soya, rice or oat drinks, with less than 5% added sugars or honey.
  - Tea, coffee, hot chocolate (with less than 5% added sugars or honey).
  - Combination drinks are limited to a portion size of 330ml. They may contain added vitamins or minerals, and no more than 150ml fruit or vegetable juice. Fruit or vegetable juice combination drinks must contain either 45% fruit or vegetable juice mixed with water, or at least 50% lower-fat milk, or permitted milk alternative by volume.