Breakfast club school food standards



Starchy foods

- Wholegrain bread
- One 25 - 30g serving of porridge or wholegrain cereals
- Starchy foods cooked in fat or oil no more than two days each week
- Bread - with no added fat or oil - must be available every day

Fruit & veg

- Vegetables and fruits every day
- Baked beans no more than once a week. Choose low-sugar and low-salt varieties.
- Display fruit and vegetables prominently and attractively
- Different fruit for the season

Milk and dairy

- A portion of food from this group every day
- Lower-fat milk, must be available for drinking at least once a day
- Choose plain and lower-fat yoghurts with no added sugar

Non-dairy protein

- A portion of food from this group every day
- Yoghurt and cream cheese are a good source of protein
- Eggs make a great protein source - if possible

Foods high in salt and sugar

- No more than two portions of pastry food each week
- No confectionary including chocolate spreads.
- No sugary cereal with added sugar, sweetener or syrups e.g. honey or golden syrup flavoured porridge etc

Healthy drinks

- Plain water
- Lower-fat milk
- Plain soya, rice or oat drinks enriched with calcium
- Plain fermented milk (for example yoghurt) drinks

The school food standards are designed to ensure that food provided to children and young people (CYP) in school is nutritious and of high quality.
They apply to food served on school premises across the whole day, up to 6pm. This includes breakfast clubs, break times, school lunches and after school food provision. Make sure to check your breakfast club menu with your school menu to ensure compliance with the standards.

SCHOOL FOOD MATTERS