School Food Matters

Breakfast clubs guide



Contents

Page 3: Introduction
Page 4: Let's talk menus
Page 5: Portions and tips
Page 6-7: Cook/no-cook menus
Page 8: Shopping list
Page 9: Want to get more students involved?
Page 10: The school food standards
Page 11: Resources
Page 12: Menu template
Page 13: Recipe list
Page 14-19: Recipes

Introduction

What is this guide?

This guide is designed to help you provide nutritious menus for your breakfast club based on your budget and equipment. It also offers guidance on providing correct portion sizes and ways to get children and young people involved. The menus are nutritious, affordable and comply with the school food standards.

We know clubs can have:

- from 10 to 100 children and young people on roll, or even more
- limited access to kitchen equipment
- little time for staff to prepare nutritious breakfasts
- tight food budgets

The aim of this guide is to equip you with tools to make your breakfast club a space where children and young people are given the best possible start to their day. By choosing the menus included in this guide you will be providing a range of delicious breakfast options that will fuel learning and help children and young people to focus and concentrate.

Why is it important to provide a nutritious breakfast?

Children and young people have the right to nutritious food no matter where they live, but children's health outcomes depend strongly on where they grow up. In your breakfast club, you have an opportunity to put nutritious options centre stage. A balanced breakfast not only sets children and young people up for the day, it helps encourage positive eating habits during the whole school day and beyond.

What are the school food standards?

The school food standards apply throughout the whole school day. They are intended to help children and young people develop healthy eating habits and ensure they get the right nutrition and have enough energy. It's important to provide food that looks good and tastes delicious. The menus and portions in this guide comply with the standards so your club complies with regulations.

Let's talk menus

What are the benefits of planning your menu?

For staff?

- Food ordering becomes more efficient and overspending and food waste are avoided.
- Staff gain confidence that nutritious options are possible within your club budget.
- For staff cover or new staff, the menu is in place and is easy to pick up.

For children and young people?

The structure encourages routine as well as a nourishing diet. By trying out new foods, children and young people develop positive habits we hope will stick, including the confidence to try new nutritious foods.

For parents and carers?

Parents and carers can feel confident that children and young people are eating a nutritious breakfast every day. They're also often surprised by the different things children and young people will try in breakfast club, and this can widen the variety of nutritious foods provided at home.

Let your whole school community know about your menu - shout about it!

- Display a large version of your menu in your club.
- Share your menu in parent newsletters or communications.
- Make sure your menu is shared with the after school club to ensure menus are aligned and the school food standards are met.
- Invite staff to drop into your breakfast club and eat with the children and young people .

Note: menus are based on average costs across ASDA, Sainsbury's and Tesco. Check out which menus suit your club's equipment and budget.

Portions and tips

School food standards apply throughout the whole school day. They are intended to help children and young people develop healthy eating habits. Encourage your team to use this page and the menus on the following pages to ensure children and young people are served the correct sized portions. You could even print the page out poster-sized and put it up on the wall of your breakfast club to increase awareness.

Cereals

Using cups to measure out cereal can save time and help measure out portions

One Serving of cereal = 25-30g

Porridge Oats = ¼ cup
Shreddies = ½ cup
Cornflakes, Rice Krispies, Multigrain hoops = 1 cup
Weetabix = 2 biscuits

Top with chopped fruits for added vitamins and minerals

Breads

1 serving =

- 1-2 slices of toast
- 1 crumpet
- ½ English muffin for KS1
- 1 English muffin for KS2

Spreads and toppings

1 serving = 1 teaspoon

- Make sure they aren't heaped
- Go low fat
- Try plant based spreads

Dairy

- Plain yoghurts (choose no added sugar varieties)
- Milk or fortified unsweetened plant-based alternatives.

Why not try cream cheese on toast or fresh fruit on porridge?

Always opt for low sugar jam

Fruit and vegetables should be offered everyday

Hob/microwave menus

£15 - £17 per week per 10 students

Monday
Porridge, toast, satsumas

Tuesday
Cereal, toast, bananas and yoghurt

Wednesday
Porridge, toast, satsumas & pineapple

Thursday
Cereal, toast, bananas, yoghurt

Friday
Cereal, toast, satsumas

Monday
Porridge, toast, grapes

Tuesday
Cereal, crumpets, satsumas and yoghurt

Wednesday
Cereal, crumpets, berries and yoghurt

Thursday
Cereal, beans on toast, satsumas

Friday
Cereal, crumpets, berries and yoghurt

£18 - £20 per week per 10 students

Monday
Cereal, crumpets, berries with yoghurt

Tuesday
Cereal, beans on toast, satsumas

Wednesday
Porridge, English muffins, strawberries and yoghurt

Thursday
Cereal, beans on toast, satsumas

Friday
Cereal, scrambled eggs on toast, bananas

Monday
Cereal, beans on toast, satsumas

Tuesday
Cereal, English muffins, bananas, natural yoghurt

Wednesday
Porridge, toast, satsumas, berries and yoghurt

Thursday
Cereal, English muffins, strawberries, scrambled eggs

Friday
Porridge, toast, bananas, yoghurt and berries

These are basic nutritious menus to be filled from the shopping list on page 8, where there is a selection of spreads, yoghurts, breads and cereals to choose from!

SCHOOL FOOD MATTERS

No hob/microwave menus

£13 - £15 per week per 10 students

Monday
Cereal, toast, satsumas

Tuesday
Cereal, toast, grapes

Wednesday
Overnight oats, crumpets, satsumas

Thursday
Cereal, toast, grapes

Friday
Cereal, crumpets, satsumas

Monday
Cereal, toast, satsumas

Tuesday
Cereal, toast, bananas, yoghurt

Wednesday
Cereal, toast, satsumas

Thursday
Cereal, toast, bananas, yoghurt and berries

Friday
Cereal, toast, satsumas

£17 - £20 per week per 10 students

Monday
Cereal, toast, bananas and yoghurt

Tuesday
Cereal, toast, satsumas

Wednesday
Cereal, toast, bananas, yoghurt and low sugar jam

Thursday
Cereal, toast, satsumas

Friday
Cereal, bagel with cream cheese, bananas

Monday
Cereal, bagel with cream cheese, grapes

Tuesday
Cereal, toast, yoghurt and satsumas

Wednesday
Cereal, crumpets, berries and yoghurt

Thursday
Cereal, toast, satsumas

Friday
Cereal, bagel with cream cheese, bananas

These are basic nutritious menus to be filled from the shopping list on page 8, where there is a selection of spreads, yoghurts, breads and cereals to choose from!

SCHOOL FOOD MATTERS

Shopping list

These foods are low in sugar, fat and salt. Stick to these and you will have balanced breakfasts which comply with the school food standards.

Breads

Wholemeal options are more nutritious than white. Try out:

- wholemeal or 50/50 bread
- wholemeal chapattis or rotis
- plain baked naan
- wholemeal bagels
- wholemeal pittas or wraps

Yoghurt

Add fresh or frozen fruit to plain, natural or Greek yoghurt. Choose plain, unsweetened yoghurts with no added sugar.

Try out:

- Arla Skyr Natural
- No added sugar Greek-style
- Alpro Plain No Sugars
- Lindahls Kvarg (flavoured)

Cereal

Choose plain varieties, avoid added flavourings (even fruity ones). Supermarket own-brand varieties will often be cheaper than branded. Try:

- porridge oats
- Shredded Wheat
- wheat biscuits
- cornflakes
- Rice Krispies

Spreads

Dairy-free spreads are great to cater for all diets. Try out:

- Vitalite Dairy Free
- Pure Dairy-free Buttery Spread
- Flora Lighter Spread

Top tips

- Porridge can have lots of different toppings however foods and drinks containing free sugars, including honey, should not be served as toppings or added sweeteners at breakfast club.
- Other sweet alternatives to honey include raisins, cranberries or dried mango.
- Try adding cinnamon or fresh fruit to cereals.
- If you have a freezer, frozen fruits really help to keep costs down.
- Presentation of foods is key! Orange segments can be much more appetising than presenting a whole fruit.
- Think about placing a little fruit bowl on each table.
- If children or young people ask for seconds, offer them fruit, toast or a yoghurt.

Vegetables

- grated carrots
- tomatoes
- cucumber
- spinach
- peppers
- avocado

Fruit

- bananas
- melon
- apples
- satsumas
- strawberries
- pineapple
- mango
- peaches
- plums
- blackberries
- raspberries
- grapes

Toast toppings

- cream cheese
- reduced-salt Marmite
- avocado
- scrambled eggs
- baked beans (no added sugar, low salt)
- low or reduced-sugar jam

Want to get children involved?

Getting the children involved in breakfast club is a great way to engage with them. It offers them the opportunity to taste mindfully and confidently, helping them to understand and talk about their preferences. Having variety within menus will help with attendance and encourage them to take pride and ownership of their breakfast club. Here are some tried and tested ideas:

- Get creative: ask the children to name the days on the menu or even name their breakfast club.
- Terrific tasting: encourage children to try out different breakfasts by awarding certificates or create a loyalty-style card and stamp it each time a child tries something new.
- Breakfast club monitors: choose older students to be breakfast club monitors giving them responsibilities. You could create badges or give stickers too.
- Set challenges: encourage children to try 'eating the rainbow' and have a different coloured fruit or vegetables on the menu every day.
- Involve children in food prep: give them simple jobs like chopping up fruit, buttering toast or measuring out cereals.
- Be mindful: try out mindful eating resources to encourage children to eat more slowly and think about their senses during breakfast club.
- Set up creative activities: encourage children to draw posters for their breakfast club. They could decorate the menu or draw what they eat at breakfast club on paper plates.
- Limit peer influence: if someone doesn't like something, encourage them to say “it's not my favourite”, not “eww”, to limit the impact on others.

The school food standards: how they apply to your club

The school food standards were designed by government to help children and young people develop healthy eating habits, and ensure that they have the energy and nutrition they need throughout the entire school day. The standards specify which types of food should be served and how often.

- The school food standards apply to breakfast clubs. Since club staff are usually unaware of what is on the lunch menu each day, pastries and starchy foods cooked in oil (for example, hash browns) should not be served at breakfast club.

- No cakes, biscuits, or confectionary should be served at breakfast. This means nothing chocolate coated, and no chocolate, biscuit or marshmallow spread.

- Baked beans are a great option, where possible, but should be low-sugar, low-salt options.

- Watch out for high-sugar foods - choose low-sugar jams, plain yoghurts and cereals without added sugar or honey. Foods and drinks containing free sugars, including honey, should not be served as toppings or added sweeteners at breakfast club.

Drinks at breakfast club

For both cost, dental health and reducing overall free sugar consumption, it's a good idea to transition to serving only water and milk at school, including at breakfast club.

- During the school day and in line with the school food standards, fresh drinking water should be available in all school food environments, including at breakfast clubs.

- It is important to encourage children to drink regularly throughout the school day, including at breakfast clubs, to ensure that they are well hydrated.

- Sugary beverages are a major source of free sugar added to student diets. Studies show that children and young people who drink more water are happier at school, can concentrate better and have better visual attention.

- You can make water more appealing by adding sliced fresh fruits, vegetables and herbs, e.g. lemon, orange, cucumber, mint or frozen berries.

- Lower fat milk or lactose reduced milk must be available at least once per day at school, which can be at breakfast club

- You can also serve plain soya, pea or oat drinks enriched with calcium, and plain fermented milk (for example, yoghurt) drinks

Breakfast club menu

Mon	Tues	Wed	Thurs	Fri

Specials:







Recipe list

Page 14: Banana and oat flapjacks

Page 15: Beans on toast

Page 16: Fruity yoghurt cups

Page 17: Perfect porridge

Page 18: Overnight oats

Page 19: Traffic light bagels

Banana and oat flapjacks

Bananas are full of goodness like fibre and Vitamin B. Porridge oats are the perfect source of slow releasing energy, meaning you feel full for a long time after eating them!

Makes: 12 • Preparation time: 20 mins.

Ingredients

- 2 bananas (the mushier the better!)
- 180g plain porridge oats
- 2 tbsp melted margarine spread
- Optional extras: cinnamon, sultanas, raisins, dried cranberries or dried apricots (1 tbsp of each)

Equipment

- Mixing bowl
- Mixing spoon
- Potato masher/fork
- Tablespoon
- Weighing scales
- Baking tray and paper
- Oven

Top tips

- The flapjack will keep for up to a week in an airtight container
- This recipe is a great way to use up banana that might be going a bit mushy

Method

1. Preheat the oven to 180˚c and line a baking tray.
2. Mash the bananas in a mixing bowl until you get them nice and smooth.
3. Add the oats and melted butter, mix well.
4. Add in any extra dried fruits you are using, mix again.
5. Bake for 20 minutes, until golden on top.
6. Cut it up, while it's still warm, into 12 squares/rectangles.
7. As an extra, you could serve topped with fresh fruit.

Beans on toast

Baked beans are a great source of protein and fibre. You can either use tinned (low sugar and salt) beans or have a go at making your own!

Makes: 4 portions • Preparation time: 10-30 minutes

Ingredients

- 400g low sugar and salt baked beans (1 tin)
- 4-8 slices wholemeal bread
- 4-8 tsp butter/spread (1 tsp per slice)
- Homemade beans:
- 1 tsp oil
- 2 tsp garlic paste
- 1 tsp paprika
- 300g passata
- 1 tbsp tomato puree
- 60ml vegetable stock
- 300g tin haricot beans

Equipment

- Hob or microwave
- Toaster
- Spoon
- Knife

For homemade you'll also need:

- Saucepan
- Measuring spoons (tbsp and tsp)

Method

1. Cook the beans either on the hob or in the microwave (follow instructions on tin).
2. Toast the bread.
3. Butter the bread and spoon the beans on top.
4. For homemade beans:
5. Heat oil on a low heat in a saucepan with the garlic paste and paprika.
6. Add the passata, puree and stock. Simmer for 15 mins until the tang of the tomato has gone and the sauce is thick.
7. Drain the beans and add to the pan.
8. Simmer for a further 10 mins. Pop on top of buttered toast.

Top tips

- Experiment with toppings like cheese, mushrooms, fresh tomatoes or peppers
- Always go for wholemeal bread, it contains fibre which will keep you fuller for longer

Fruity yoghurt cups

Yoghurt is great source of calcium for healthy bones and teeth. The low-sugar granola adds just the right amount of sweetness. Frozen fruit is just as nutritious as fresh fruit!

Makes: 1 portion • Preparation time: 20 minutes

Ingredients

- 2 tbsp frozen fruit (30g)
- 4 tbsp plain yoghurt (60g)
- 1 tbsp low-sugar granola (15g)

Equipment

- 1 cup or cereal bowl
- Fork
- Tablespoon

Method

1. Allow the frozen fruit to defrost for 15-20 minutes and then mash into a rough puree with the back of a fork.
2. In each cup or bowl, add one heaped tablespoonful of the fruity mixture. Now, add two tablespoons of yoghurt on top.
3. Repeat the layering once more - one more tablespoon of fruit and two more tablespoons of yoghurt.
4. Finally, top off with the granola.

Top tips

- To save time, instead of layering the yoghurt and fruit, spoon all the fruit into the cup or bowl and simply top with all the yoghurt.
- Substitute tinned fruit in natural juices if preferred by your group.
- Experiment with different fruits such as banana, mango, berries etc.

School Food Matters | 9 Rushworth Street, London, SE1 0RB | 020 8878 8333 | Registered charity: 1134094

Perfect porridge

Porridge is a warming breakfast, naturally low in sugar and bursting with fibre!

Makes: 5 portions of each • Preparation time: 10-15 minutes

Ingredients

Blueberry and coconut:

- 150g porridge oats
- 400g tin light coconut milk
- 1 tsp vanilla extract (optional)
- Few handfuls fresh/frozen blueberries

Apple and cinnamon:

- 150g porridge oats
- 650ml oat milk
- 1 large apple (or a few smaller ones)
- 1 tsp cinnamon

Equipment

- Microwave and large bowl OR hob and large saucepan
- Weighing scales
- Tin opener
- Grater
- Measuring jug
- Mixing spoon
- Teaspoon and tablespoon

Top tips

- Serve both with fresh fruit on top like bananas or more berries
- Add more cinnamon for extra warmth
- In summer months, try making overnight oats using the same flavours

Method

Blueberry and coconut:

1. Measure the oats, coconut milk, vanilla and a pinch of salt into a saucepan/microwaveable bowl. Fill the empty coconut milk tin with water and add this as well.
2. If using hob, simmer on a low heat 5 mins, keep stirring until you get a thick creamy porridge.
3. If using a microwave, cook on high for 90 seconds, remove and stir. Pop back into the microwave and heat for another 30 seconds, repeat and keep stirring until you get the perfect consistency.
4. Slightly mush the blueberries in a bowl, then add them to the creamy porridge.

Apple and cinnamon:

1. Measure the oats, oat milk, cinnamon and a pinch of salt into a saucepan/microwaveable bowl.
2. Core and grate the apple(s). Add to the mixture, give it a mix.
3. If using hob, repeat step 2 in previous recipe.
4. If using a microwave, repeat step 3 in previous recipe.

Overnight oats

Yoghurt is great source of calcium for healthy bones and teeth. The oats add some healthy fibre. Frozen fruit is just as nutritious as fresh fruit!

Makes: 1 • Preparation time: 20 minutes

Ingredients

- 2 tbsp frozen fruit (30g)
- 1 apple
- 150g oats
- 4 tbsp plain yoghurt (60g)
- Splash of milk
- Optional: dash of vanilla, dash of cinnamon

Equipment

- 1 cup or cereal bowl
- Fork
- Tablespoon
- Grater

Method

1. Allow the frozen fruit to defrost in the fridge overnight.
2. Grate the apple.
3. In each cup or bowl, add your oats, apple and plain yogurt and mix (add vanilla or cinnamon to taste).
4. Leave in the fridge overnight.
5. In the morning, add a splash of milk, mix and top with the defrosted fruit.

To make a big batch of the fruit topping:

1. Heat the fruit in a pan for 5 minutes.
2. Add to a sterilised container with a lid. Store in the fridge for up to 5 days.

Top tips

- Swap a brown banana for the apple and smash it into the oats for added sweetness.
- Use tinned fruit in natural juices if frozen fruit is not to pupils' taste.
- Experiment with different seasonal fruits.

Traffic light bagels

Spinach is loaded with Vitamin A and a good source of calcium. Tomatoes are a full of Vitamin C and eggs are a great source of protein.

Makes: 4 • Preparation time: 10 minutes

Ingredients

- 2-4 wholemeal bagels
- 3 eggs
- 2-3 tomatoes
- Handful spinach leaves

Equipment

- Toaster
- Chopping board
- Microwave or hob and pan
- Bowl
- Fork
- Knife

Top tips

- Try adding 1/2 tsp paprika to your eggs to spice them up
- Experiment by adding some smashed avocado
- Pre-slice tomatoes the day before and store in the fridge so they are ready

Method

1. If the bagel isn't already sliced, slice it in half.
2. Crack the eggs into a small bowl and scramble with a fork.
3. Slice the tomatoes nice and thinly.
4. If you have a hob, pour the egg and spinach into a saucepan and cook on a medium temperature. Keep mixing until the egg is cooked.
5. If you don't have a hob, you can use a microwave. Simply put the egg and spinach into a microwaveable bowl, heat for 30 seconds then stir with a fork. Microwave again for 10 seconds at a time, mixing after every burst until almost set (don't forget it will continue to cook after you take it out).
6. Put the sliced tomatoes onto the halved bagel, along with the scrambled eggs and spinach.