



School Food Standards 2027

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 updated 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.

For more guidance, go to <https://www.gov.uk/government/collections/school-food-standards>
and
<https://www.gov.uk/government/publications/free-breakfast-clubs-guidance-for-schools-and-trusts>



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: teacakes, crumpets or unsweetened pancakes can be served

*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 sachets 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