



School Food Standards 2027

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 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.

Go to <https://www.gov.uk/government/collections/school-food-standards> for more guidance.



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)

Processed meat** from the specified products list can be served once each week

**Processed meat 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 fraits 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