



School Food Standards 2027

Secondary – whole school day 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.

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



Fruit and vegetables

Every main item* **must** include a portion of vegetables or salad

All starters and desserts must include an 80g portion of fruit or vegetables

At least 3 different fruits and 3 different vegetables each week

Fruit or vegetables must be available wherever food is sold in schools



Foods high in fat, sugar and salt

No more than 2 foods from this list may be served each week and foods from any 1 of these groups may only be served once each week:

- Batter-coated or breadcrumb-coated foods
- Foods containing pastry
- Processed meat, meat/poultry products

Processed meat may be served only once each week, either at breakfast or during the day, but not both.

No deep frying of the final dish

The only permitted snacks are plain fruits, vegetables, savoury crackers, breadsticks, yoghurt/plant-based versions (as per the dairy food group) and houmous.

No confectionery, sweets, chocolate spread, chocolate or products containing chocolate

Sweetened baked products and desserts are limited to 2 portions each week – they must include an 80g portion of fruit or vegetables

Sauces, condiments, jams, marmalades and spreads may be provided in 10g or 1 teaspoon portions. Additional product restrictions apply (see guidance).

Salt, sugar or honey must not be available to add to food or drinks after preparation

Foods to contain no sweeteners



Meat, fish, eggs, pulses and non-dairy sources of protein

Every main item* **must** contain a portion of protein

Meat, poultry or pulses must be provided on 3 or more days each week

One vegetarian menu option must include a portion of pulses on at least 3 days each week

Main items* including cheese must be limited to no more than 3 portions each week

Oily fish must be served at least once every 3 weeks where meat and fish are provided

Pulses should be included across all main items at least once every 2 weeks

Meat and fish alternative products must be limited to no more than 2 portions each week



Milk and dairy

A portion of dairy food or a fortified plant-based product **must** be available every day

Semi-skimmed, skimmed, 1% or lactose free milk must be available for drinking at least once a day during school hours (except for some faith schools)

Fortified plain soya, oat and pea drinks (no sugar/sweeteners) may be made available for drinking at least once a day during school hours

Dairy yoghurts, fromage frais, custard and rice pudding to be less than 10g/100g total sugar and not contain sweeteners

Fortified plant-based yoghurts to be less than 7g/100g total sugar and not contain sweeteners



Starchy food

Every main item* **must** include a starchy carbohydrate

Three or more different starchy foods each week

All pasta dishes served on at least one day each week must contain at least 50% wholewheat pasta.

Starchy food cooked in fat or oil served no more than 2 times each week and only as part of a meal

Bread must be available every day and contain at least 4g/100g fibre (or at least 50% wholemeal flour), and no more than 5g fat/100g



Healthier drinks

Free, fresh drinking water at all times

Drinks permitted up to September 2028:

- Plain water (still or carbonated)
- Lower fat-milk or lactose reduced milk
- Fruit juice or vegetable juice up to 150ml
- Plain soya rice or oat drinks enriched with calcium; plain fermented milk 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 sugar 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

Meal deals

A meal deal must include at least 1 portion of vegetables or salad AND at least 1 portion of fruit

Meal deals can include drinks from the permitted drinks list

*Main item, including handheld items, means traditional meals (roast dinner, lasagne, vegetable curry, for example); sandwiches, baguettes, panini, salad boxes; and other savoury options such as baked potato, pizza, sausage rolls, chicken wings and pieces.