Croydon School Breakfast Menu Guidance

The following guidance is designed to help Croydon schools provide a nutritious and balanced meal at breakfast clubs and meet the National School Food Standards for ‘food other than lunch’. Please use the Minimum Recommended Breakfast Club Menu as a starting point and build on this using the Breakfast Club Food Choices in the table below.

|  |
| --- |
| Minimum Recommended Breakfast Club Menu* 2 x cereals (from list below)
* 1 x bread product (rotate across the week)
* Fruit or vegetables
* Semi-skimmed milk
* Plain or fruit yoghurt
* Spreads or toppings
* Water
 |

|  |
| --- |
| Tips for Planning a Breakfast Club Menu1. Create a weekly breakfast club menu with different choices across the week
2. Share your menu with families and staff and have it clearly displayed
3. Provide as much variety as possible e.g. by changing the cereals and rotating the bread type across the week
4. Use left-over infant fruit and veg. for breakfast club the next day
5. Place water and chopped fruit in the centre of the tables
6. Have a protein choice on 1 or 2 days each week
 |

|  |
| --- |
| Breakfast Club Food Choices (based on the ‘Eat well guide’ food groups) |
| Starchy Foods | Fruit and Veg | Protein | Dairy | Foods high in sugar/fat |
| Cereals* Porridge
* Weetabix
* Shredded Wheat
* Cornflakes
* Rice Krispies
* Cheerios

Breads* Toast (a variety including 50/50, wholemeal, white)
* Crumpets
* Wholemeal breakfast muffins
* Bread rolls
* Bagels
* Toasted teacakes
* Malt loaf
 | * Fresh fruit (chopped)
* Tinned fruit in juice/water
* Dried fruit
* Cherry tomatoes
* Tinned tomatoes
* Dried fruit
* Cooked mushrooms
 | * Eggs – scrambled or boiled (from a pasteurised source)
* Baked beans - reduced sugar and salt
* Vegetarian, baked sausages
 | * Semi-skimmed milk
* Yoghurt – low fat plain or fruit
* Low fat cheese (on toast)
* Low fat cream cheese spread
 | * Sunflower/olive spread
* Marmite
* Reduced sugar jam/marmalade
 |
| Drinks |
| * Water
* Semi-skimmed milk
* 150ml pure fruit juice (diluted 50/50 with water for primary schools)
* Low sugar hot chocolate and weak tea/coffee (secondary schools only)
 |

Important note

Please try not to serve high sugar or high fat foods at your breakfast club such as croissants, brioche, sugary cereals (e.g. Frosties, Coco Pops, Honey Loops), chocolate spread or honey and sugar to add to cereals or drinks.

For further support to develop your breakfast club menu, please contact laura.flanagan@croydon.gov.uk