

Limiting Added Sugars on School Breakfast Menus

Approximately three out of four school-aged children consume too much added sugar every day. Schools can play an important role by offering lower sugar options that provide important nutrients without too many calories. Starting in school year 2027-28, schools will be required to limit added sugar to less than 10% of total calories. This will be in addition to the product-based limits for cereals, yogurt, and flavored milk.

Menu Strategies for Reducing Added Sugars in Foods at Breakfast:

- ✓ **Offer grain-based desserts fewer times per week.** Grain-based desserts that are permitted in the School Breakfast Program are foods with a superscript 4 or 5 on USDA's [Exhibit A: Grain Requirements for Child Nutrition Programs](#) and include sweet rolls, sweet crackers, doughnuts, fruit turnovers, toaster pastries, coffee cake, breakfast/cereal bars, and granola bars.

Table 1: Swap Out Grain-Based Desserts*

Instead of Serving:	Offer instead:
Fruit turnovers and cinnamon rolls	Pancakes or waffles with sliced fruit
Toaster pastries	Whole wheat toast with peanut butter
Cereal bar, breakfast bar, or granola bar	Whole-grain granola and yogurt
Coffee cake	Pumpkin muffin squares
Doughnut	Blueberry bagel with light cream cheese

* USDA requires at least 80% of grain foods offered at breakfast to be whole grain-rich. Any other grains offered must be enriched or fortified.

- ✓ **Serve breakfast cereals, flavored milks, and yogurts that meet the USDA's added sugars limits.** Use the Nutrition Facts label to find the Serving Size (grams) and the added sugars (grams).
- ✓ **Limit flavored milk.** Offer flavored milk less often and try serving only unflavored milk varieties a few days of the week.
- ✓ **Switch up seasonings.** Use "sweet" spices like cinnamon/ginger, house-made fruit sauce, and low sugar syrups.
- ✓ **Think savory.** Consider savory favorites like breakfast burritos, whole-grain bagels, or egg bite muffins.
- ✓ **Choose baked items with fruits and vegetables.** Offer baked goods like carrot muffins and zucchini bread instead of items with chocolate chips or candy pieces.
- ✓ **For more information or ideas, check out this USDA resource:** [Best Practices for Reducing Added Sugars at School Breakfast Grades Kindergarten Through 12](#)