

Reducing Added Sugars in School Breakfast

3 out of 4 school-age children are eating and drinking too much added sugar each day.

Starting in school year 2027-28 schools will be required to limit added sugar to less than 10% of total calories.



Limiting grain-based desserts is a good strategy for reducing added sugars. Swap one menu item for another item lower in added sugars

Instead of serving:	Offer instead:
Fruit turnover, sweet roll	Pancakes or waffles with sliced fruit
Toaster pastry	Whole wheat toast with peanut butter
Cereal bar, breakfast bar, granola bar	Whole-grain granola and yogurt
Coffee cake, funnel cake	Whole-grain carrot muffin
Donut	Blueberry bagel with light cream cheese

More ways to reduce added sugars

- Offer flavored milk less often and try serving only unflavored milk varieties a few days of the week.
- Use “sweet” spices like cinnamon/ginger, house-made fruit sauce, low sugar syrups.
- Consider savory favorites like breakfast burritos, whole-grain bagels, or egg bite muffins.
- Offer baked goods like carrot muffins and zucchini bread instead of items with chocolate chips or candy pieces.

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