

School Breakfast: The Facts



School breakfast is a healthy choice and can benefit students, classrooms and communities. School breakfast must follow nutrition guidelines supported by science and provided by the United States Department of Agriculture (USDA).

School Breakfast must include:

- A full cup of fruits and/or vegetables
- 1 serving of whole grain-rich products, which may be combined with protein-rich foods like eggs or yogurt
- 8 ounces of fat-free or 1% milk

School Breakfast Facts

- Breakfast grains offered at school are whole, grain-rich, low in sugar (less than 6 grams per dry ounce), and packed with vitamins and minerals
- Juices are 100% fruit/vegetables; and fruits and vegetables are fresh or frozen. If canned fruit is served, it is packed in light syrup, water or fruit juice
- Saturated fat is less than 10% of total calories
- Breakfast is low in sodium

School Breakfast Foods vs. Grocery Store Foods

Cereals, bars and muffins at schools can look the same as those in grocery stores, but the nutrients is very different.

Comparison of Cinnamon Toast Crunch Cereal Bar

Nutritional Content	School Breakfast	Store Bought
Calories	150	180
Total Fat	3g (5% of DV)	4g (6% of DV)
Sugars	9g	14g
Calories from Fat	30	36
Sat. Fat	0.5g (3% of DV)	2g (10% of DV)
Sodium	110mg (5% of DV)	150mg (6% of DV)
Total Carbs	30g (10% of DV)	33g (11% of DV)
Dietary Fiber	3g (11% of DV)	1g (4% of DV)
Protein	3g	3g

Example:

Compared to store bought, the school breakfast bar has:

- Less calories, fat & saturated fat, sugar and sodium
- More fiber and whole grains

Food companies, like General Mills, change foods to meet the required guidelines for schools.