

BREAKFAST MENU



<i>Selection of Cereals</i> (Cereals should be low or no sugar)	<i>Selection of Breads</i> (Bread should be low or no sugar)	<i>Selection of Spreads</i>	<i>Extras</i>
Porridge / Ready Oats	Wholemeal Toast	Marmite	Fruit
Rice Crispies	Crumpets	Dairy Free Spread	Yogurt
Porridge	Savoury Muffins	Cheese spread	Milk <ul style="list-style-type: none"> • Semi-skimmed • Dairy-free
Weetabix	Bagels	Light Butter	Fresh Drinking Water
		Low Sugar Jam	
		Honey	

*this is a sample menu and is subject to change and subject to availability
All menus and food items are based on guidance outlined in School Food Plan

*All bread should be wholemeal
**Jam should only be used a MAXIMUM of once or twice a week
***Honey should only be used a MAXIMUM of once or twice a week
****Light margarine should be used NOT full-fat butter
Any condiments limited to no more than 10 grams or one teaspoonful (applies across the whole school day)

