**Grampound Road Primary School Breakfast Menu Guidance**

The following guidance is designed to 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:**

2 x cereals (from list below)

1 x bread product (rotate across week)

Fruit

Semi- skimmed milk

Plain or fruit yoghurt

Spread or toppings

Water

**Tips for Breakfast Menu:**

Provide as much variety as possible

Use left-over infant fruit and veg for breakfast club

Place water and chopped fruit in the centre of the tables.



