

What's for School Breakfast?

Most North Carolina schools serve breakfast every school day including a choice of entrée, fruit or 100% fruit juice, and low fat or fat free milk. Meals served as part of the School Breakfast Program provide one-fourth or more of the daily recommended levels for key nutrients that children need for growth and development.

Nutrient	Breakfast
Calories	483
Protein (g)	6.7
Calcium (mg)	200
Iron (mg)	2.5
Vitamin A (RE)	158.4
Vitamin C (mg)	11.3
Total calories from fat	≤ 30%
Total calories from saturated fat	≤ 10%

School breakfast is a healthy, convenient choice for families.

Students who eat breakfast are able to pay attention longer, demonstrate better behavior in the classroom, have improved attendance and less tardiness, and make fewer trips to the school nurse. School meals meet the Dietary Guidelines for Americans. School breakfasts are an excellent source of protein, vitamins A and C, calcium, and iron. They are low in fat, sodium (salt) and sugar.

Each school meal is a combination of a meat/meat alternate, bread/grain, fruit/vegetable and milk. Check out the list below to get an idea of the foods you can expect to see on school menus.

Foods/Menu Items	What to Expect
Meat/Meat Alternatives	Lean cuts of meat, skinless chicken (baked or grilled - not fried); vegetarian (meatless) entrées; legumes (peas and beans); low fat cold cuts; low fat cheese, cheese products and yogurt
Fruits and Vegetables	More fruits and/or vegetables are offered daily. They may be fresh, canned, frozen or dried. The preparation methods used most often are baking, roasting, broiling, boiling and steaming. Frying is kept at a minimum. Dark green, deep yellow or orange fruits or vegetables are offered more often. Vegetables are not seasoned with butter or other fat.
Breads/Grains	Look for more whole grain bread, pasta, rice or cereal. Whole grain or enriched breads are served without butter.
Milk	All milk choices are 1% or less fat, including flavored milks like chocolate.

