Food and Nutrition Administration
U.S. DEPARTMENT OF AGRICULTURE

THE REAL FOOD GUIDE TO

SCHOOL BREAKFAST

FOR FAMILIES

School meals include whole, healthy foods that give kids the right balance of nutrients, while reducing added sugars and sodium.

Fruits

A full cup of fruit is available every day, providing nutrients that are important for kids' health, such as potassium, dietary fiber, vitamin C, and folate.

Milk

Kids and teens need the calcium, protein, and vitamin D found in milk for strong bones, teeth, and muscles.

Grains

Starting every day with whole grains gives kids and teens B vitamins, minerals, and fiber to feel fuller longer so they stay alert to concentrate at school.

Protein Foods

Some breakfast menus may offer items such as eggs, yogurt, meat, or beans. Protein foods give kids and teens many nutrients including iron, B vitamins, zinc, and magnesium.

Vegetables

Schools may offer vegetables in place of or alongside fruits to provide a variety of nutrients, textures, and flavors that children and teens enjoy.

Visit **fna.usda.gov/teamnutrition** for additional tips and activities.

HOW DOES SCHOOL BREAKFAST Help Families?

Fuels learning

Kids and teens can concentrate on their schoolwork better when they're not hungry. Studies show that kids do better in school when they eat breakfast.

Boosts nutrition

Studies show that kids and teens who regularly eat breakfast have higher intakes of dietary fiber, B vitamins, calcium, iron, and other nutrients and healthier growth.

Saves time

School breakfast can simplify mornings for families by offering kids and teens healthy options that fit into their schedule.

How can families help their child eat a healthy breakfast?

1. Read the menu with your child to make sure your student knows about all the foods that are included in their school breakfast.
2. Find out how your parent organization can work with school nutrition professionals to promote breakfast options at your school, such as Breakfast in the Classroom and Grab & Go Breakfast.
3. Get involved in your school wellness initiatives and learn more at **fna.usda.gov/tn/wellness-policy**.

The Dietary Guidelines offer recommendations for healthy eating and serve as the foundation for federal nutrition programs and policies, including school meal programs. You can explore the 2025–2030 Dietary Guidelines at **RealFood.gov**.

The School Breakfast Program (SBP) is a federally assisted meal program operating in public and nonprofit private schools—including charter schools—and residential child care institutions. The SBP started in 1966 as a pilot project and was made a permanent program by Congress in 1975.

Learn more at **www.fna.usda.gov/sbp**

FNA-633
August 2016 | Slightly Revised August 2026
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