

SAMPLE BREAKFAST MENU: SPEED SCRATCH

Speed Scratch

Speed scratch menus blend convenience with culinary creativity—featuring partially prepared components that staff can combine or finish on-site for a fresher, more customized offering. These menus highlight how speed scratch preparation can enhance flavor, presentation, and student interest while aligning with the latest USDA requirements.

When it works best:

Speed scratch menus are ideal for districts that want the appeal and freshness of scratch cooking but need the time savings and consistency of partially prepared components.



To help school nutrition professionals prepare for the updated school breakfast nutrition standards for added sugars and sodium, set to take effect in School Year 2027–2028, this resource offers three types of breakfast menus—Grab & Go, Heat & Serve, and Speed Scratch—designed to inspire compliant, practical meal planning. Our goal is not only to provide standardized recipes that meet USDA guidelines, but also to create menus that spark excitement and encourage students to participate in your school nutrition program.

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ENTRÉE 1	French Toast Sticks ^{WG} w/ Peaches n' Cream Dip or Syrup	Breakfast Mac & Cheese ^{WG}	Sausage Biscuit ^{WG}	Breakfast Bowl w/ Tajin Yogurt Sauce	Chicken & Waffles ^{WG} w/ Honey Mustard Yogurt Sauce or Syrup
ENTRÉE 2	Assorted Cereals ^{WG}	Very Berry Overnight Oats ^{WG}	Strawberry Pancake Yogurt Parfait ^{WG}	Assorted Cereals ^{WG}	Assorted Cereals ^{WG}
FRUIT	Grapes Cubed Honeydew Melon	Bananas 100% Fruit Juice	Apple Slices Orange	Banana Strawberries	Frozen Mixed Berry Cup 100% Fruit Juice
MILK	1% Milk 1% Chocolate Milk Lactose-free Milk	1% Milk 1% Chocolate Milk Lactose-free Milk	1% Milk 1% Chocolate Milk Lactose-free Milk	1% Milk 1% Chocolate Milk Lactose-free Milk	1% Milk 1% Chocolate Milk Lactose-free Milk
CALORIES	K-8: 402 kcal 9-12: 459 kcal	K-8: 433 kcal 9-12: 450 kcal	K-8: 383 kcal 9-12: 392 kcal	K-8: 472 kcal 9-12: 536 kcal	K-8: 440 kcal 9-12: 459 kcal

WG = Whole Grain

Portion sizes adjusted for grade level | For 9-12, increased cereal from a 1 grain to 2 grain option

DIETARY SPECIFICATIONS AVERAGE FOR WEEK 1	Grades K-8	Grades 9-12
CALORIES (KCAL)	426	459
SATURATED FAT (% OF TOTAL CALORIES)	7.8%	7.0%
ADDED SUGARS (% OF TOTAL CALORIES)	8.8%	9.8%
SODIUM (MG)	480	515

SAMPLE BREAKFAST MENU: SPEED SCRATCH

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ENTRÉE 1	Pancakes ^{WG} w/ Syrup & Turkey Sausage Patty	Breakfast Grilled Cheese ^{WG} w/ Honey Mustard Sauce	Cherry Lime Smoothie Bowl ^{WG}	Breakfast Nachos ^{WG} w/ Tajin Yogurt Sauce	Breakfast Fruit Crisp ^{WG} w/ Vanilla Yogurt
ENTRÉE 2	Assorted Cereals ^{WG}	Apple Pie Overnight Oats ^{WG}	Bagel ^{WG} w/ Cream Cheese or Sunbutter	Assorted Cereals ^{WG}	Assorted Cereals ^{WG}
FRUIT	Grapes Cubed Honeydew Melon	Bananas 100% Fruit Juice	Banana Strawberries	Apple Slices Orange	Frozen Mixed Berry Cup 100% Fruit Juice
MILK	1% Milk 1% Chocolate Milk Lactose-free Milk	1% Milk 1% Chocolate Milk Lactose-free Milk	1% Milk 1% Chocolate Milk Lactose-free Milk	1% Milk 1% Chocolate Milk Lactose-free Milk	1% Milk 1% Chocolate Milk Lactose-free Milk
CALORIES	K-8: 391 kcal 9-12: 448 kcal	K-8: 496 kcal 9-12: 523 kcal	K-8: 529 kcal 9-12: 552 kcal	K-8: 400 kcal 9-12: 461 kcal	K-8: 432 kcal 9-12: 504 kcal

WG = Whole Grain

Portion sizes adjusted for grade level | For 9-12, increased cereal from a 1 grain to 2 grain option

DIETARY SPECIFICATIONS AVERAGE FOR WEEK 2	Grades K-8	Grades 9-12
CALORIES (KCAL)	450	497
SATURATED FAT (% OF TOTAL CALORIES)	6.7%	6.1%
ADDED SUGARS (% OF TOTAL CALORIES)	9.0%	9.4%
SODIUM (MG)	434	480



Menu Efficiency

STANDARDIZE CORE RECIPES

Rotate bases (smoothies, breakfast bowls, fruit crisp) with different flavors or sides.

BATCH PREPARATION

Cook or portion ahead (overnight oats, parfaits) to ease morning service.

MULTI-USE INGREDIENTS

Select items used across multiple recipes to cut waste and storage needs.

DIGITAL TOOLS

Use menu software for nutrient analysis and scaling; add QR codes for student-facing nutrition info.

Keeping Milk Cold & Safe

STORAGE

Maintain milk at ~35°F in walk-in or milk box cooler.

SERVICE BEST PRACTICES

Serve between 35–40°F, minimize cooler door openings, and ensure proper airflow. Keep milk in the cooler during service; do not place it outside the cooler.

TEMPERATURE CHECKS

Use digital thermometers and maintain logs.