

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 1% Lactose-free Milk	1% Milk 1% Chocolate Milk 1% Lactose-free Milk	1% Milk 1% Chocolate Milk 1% Lactose-free Milk	1% Milk 1% Chocolate Milk 1% Lactose-free Milk	1% Milk 1% Chocolate Milk 1% Lactose-free Milk
DAILY CALORIES & SODIUM	K-8: 402 kcal, 432 mg 9-12: 459 kcal, 502 mg	K-8: 433 kcal, 442 mg 9-12: 450 kcal, 443 mg	K-8: 383 kcal, 494 mg 9-12: 392 kcal, 494 mg	K-8: 472 kcal, 567 mg 9-12: 536 kcal, 634 mg	K-8: 440 kcal, 463 mg 9-12: 459 kcal, 500 mg

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 1% Lactose-free Milk	1% Milk 1% Chocolate Milk 1% Lactose-free Milk	1% Milk 1% Chocolate Milk 1% Lactose-free Milk	1% Milk 1% Chocolate Milk 1% Lactose-free Milk	1% Milk 1% Chocolate Milk 1% Lactose-free Milk
DAILY CALORIES & SODIUM	K-8: 391 kcal, 542 mg 9-12: 448 kcal, 612 mg	K-8: 496 kcal, 377 mg 9-12: 523 kcal, 379 mg	K-8: 529 kcal, 372 mg 9-12: 552 kcal, 373 mg	K-8: 400 kcal, 575 mg 9-12: 461 kcal, 652 mg	K-8: 432 kcal, 302 mg 9-12: 504 kcal, 386 mg

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.