

SAMPLE BREAKFAST MENU: **HEAT & SERVE**

Heat & Serve

A heat & serve menu features pre-prepared items that can be quickly heated and served, helping reduce labor demands while maintaining consistency in quality and portioning. These menus show how districts can balance efficiency, flavor, and compliance while meeting the latest USDA standards.

When it works best:

Heat & serve menus are ideal for kitchens with limited staff capacity, short meal periods, or high-volume service where speed is critical.



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	Breaded Chicken Biscuit ^{WG}	Egg & Cheese Croissant ^{WG, IW}	Waffles ^{WG} w/ Syrup Turkey Sausage Patty (9-12 menu)	Scrambled Eggs w/ Toast ^{WG}	French Toast Sticks ^{WG} w/ Syrup
ENTRÉE 2	Cereal ^{WG} & String Cheese	Yogurt & Granola ^{WG}	Cereal ^{WG} & String Cheese	Bagel ^{WG} w/ Cream Cheese	Cereal ^{WG} & String Cheese
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: 437 kcal, 624 mg 9-12: 480 kcal, 633 mg	K-8: 447 kcal, 456 mg 9-12: 473 kcal, 523 mg	K-8: 357 kcal, 420 mg 9-12: 428 kcal, 462 mg	K-8: 353 kcal, 446 mg 9-12: 422 kcal, 588 mg	K-8: 431 kcal, 474 mg 9-12: 453 kcal, 471 mg

WG = Whole Grain | IW = Individually Wrapped

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

DIETARY SPECIFICATIONS AVERAGE FOR WEEK 1	Grades K-8	Grades 9-12
CALORIES (KCAL)	405	451
SATURATED FAT (% OF TOTAL CALORIES)	8.2%	7.4%
ADDED SUGARS (% OF TOTAL CALORIES)	9.9%	9.6%
SODIUM (MG)	484	535

SAMPLE BREAKFAST MENU: **HEAT & SERVE**

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ENTRÉE 1	Sausage Biscuit ^{WG}	Breakfast Burrito w/ Egg & Cheese ^{WG, IW} w/ Salsa	Pancakes ^{WG} w/ Syrup Turkey Sausage Patty (9-12 menu)	Turkey Sausage Breakfast Pizza ^{WG}	Chicken & Waffles ^{WG} w/ Honey Mustard Yogurt Sauce
ENTRÉE 2	Cereal ^{WG} & String Cheese	Yogurt & Granola ^{WG}	Cereal ^{WG} & String Cheese	Blueberry Muffin ^{WG, IW}	Cereal ^{WG} & String Cheese
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: 397 kcal, 584 mg 9-12: 438 kcal, 615 mg	K-8: 446 kcal, 421 mg 9-12: 479 kcal, 471 mg	K-8: 346 kcal, 438 mg 9-12: 421 kcal, 568 mg	K-8: 444 kcal, 373 mg 9-12: 498 kcal, 470 mg	K-8: 393 kcal, 506 mg 9-12: 439 kcal, 494 mg

WG = Whole Grain | IW = Individually Wrapped

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

DIETARY SPECIFICATIONS AVERAGE FOR WEEK 2	Grades K-8	Grades 9-12
CALORIES (KCAL)	406	455
SATURATED FAT (% OF TOTAL CALORIES)	7.5%	7.8%
ADDED SUGARS (% OF TOTAL CALORIES)	9.6%	9.7%
SODIUM (MG)	465	523



Menu Efficiency

STANDARDIZE CORE ITEMS

Rotate versatile heat & serve products (breakfast sandwiches, whole grain pancakes) with different sides.

BATCH PREPARATION

Warm items in bulk, then hold at safe serving temps until service. Avoid reheating too early to maintain quality and safety.

MULTI-USE INGREDIENTS

Choose items (turkey sausage patties, waffles, yogurt cups) for multiple menu uses.

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.