

Breakfast Item Decision Tree

Thinking of adding a new breakfast item to the menu?

Does it meet nutritional regulations?

Yes

No

Is the added sugar content less than 10%
of total daily calories?
(Use [this guide](#) to calculate added sugars)

Yes

No

No

Do not add it.

Does it fit within your budget?

Yes

No

Has it passed a student taste test?

Yes

Add the breakfast item!

You're ready to add a new item to the menu! A few considerations to keep in mind:

- **What's the environmental impact of the item?** This includes: packaging, transportation, farm production practices, how it will be served at your school, and more. Look for certifications like Fair Trade, Rainforest Friendly, Certified Sustainably Grown, Carbon Neutral, and others.
- **Can the item be sourced locally?** Look for local suppliers, including farms and cooperatives. Also, consider whether adding this item is an opportunity to expand the diversity of your suppliers, such as by sourcing from businesses owned by people of color, women, veterans, and other demographics who are under-represented among your current suppliers.
- **Does it meet clean-label standards?** Consider allergens and sensitivities as well as production methods (gluten free, GMO free, etc.). Seek items that avoid artificial additives and preservatives. For animal proteins, seek suppliers that prioritize animal welfare and sustainable practices, like raising animals on pasture. Understand manufacturer's standards regarding labor practices. See [Good Food Purchasing Plan](#) for more information about clean-label standards.