



# Standout Story - Sugar in School Breakfast Menus

October 19, 2021

1:30 PM - 2:00 PM

PROFESSIONAL STANDARDS LEARNING CODES: 1150, 1310, 1320



# Meet Your Host



**Kim Ruiz, RDN**

Health and Nutrition Services Specialist

# Welcome!



ADE's Stay upLIFTed Webinar Series was created for YOU, the child nutrition professional, to learn and get inspired in how and what you feed your students!

This year, we hope to inspire you during another challenging school year by providing you with relevant nutrition information that you can use in your programs, while also continuing to shine a light on Arizona directors who are keeping their nutrition initiatives in mind as they operate their programs this year.

# **Sugar in School Breakfast Menus**

# Overview

1. Added Sugar: Definition, Recommendations and Sources
2. Strategies Reduce the Amount of Added Sugar in Your Breakfast Menus
3. Standout Story: Laveen Elementary School District

# **Added Sugar: Definition, Recommendations and Sources**

# What is Added Sugar?

## Quick facts:

- Sugars and syrups added to food & beverages when they are processed and prepared.
- Added sugars contribute calories but do not add other nutrients like vitamins or minerals.
- Examples: Brown sugar, corn syrup, dextrose, honey

# What are the Recommendations?

- The newly released 2020-2025 Dietary Guidelines for Americans recommends limiting added sugars to no more than 10% of total calories.
- This is not addressed with current school nutrition standards.

	Calories (maximum)	10% Calories from Sugar	Sugar (grams)
<b>Breakfast</b>			
K-5	500	50	12.5
6-8	550	55	13.75
9-12	600	60	15
<b>Lunch</b>			
K-5	650	65	16.25
6-8	700	70	17.5
9-12	850	85	21.25

# Nutrition Facts Label

Total Sugars: This includes sugars that are naturally present in foods and beverages, such as milk and fruit, as well as any added sugars that may be present in the product.

<b>Nutrition Facts</b>	
8 servings per container	
<b>Serving size 8 fl oz (240mL)</b>	
<b>Amount per serving</b>	
<b>Calories</b>	<b>110</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 5mg	<b>0%</b>
<b>Total Carbohydrate</b> 27g	<b>10%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 25g	
Includes 23g Added Sugars	<b>46%</b>
<b>Protein</b> 0g	

Added Sugars: This includes sugars that are added during the processing of foods (i.e., sugar, sucrose or dextrose, high fructose corn syrup), and foods packaged as sweeteners (i.e., table sugar).

# Added Sugar in School Breakfast

## The Role of School Breakfast:

1. School meals help students learn how to choose different components to make a healthy meal.
2. Offering nutrient-dense foods & supporting healthy choices helps to cultivate and sustain healthy dietary patterns as children mature.
3. Research shows school breakfast participation correlates with lower body mass index.
4. Research shows school breakfast participation increases fruit & milk consumption during breakfast.

# Added Sugar in School Breakfast

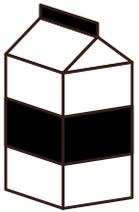
## Added Sugars in School Meals and the Diets of School-Age Children

This research study examined the levels of added sugar in schools meals and children's dietary intakes at breakfast, lunch, and over 24 hours on school days.

- School breakfasts provided an average of **88** calories from added sugars. This accounted for of **17%** calories in school breakfasts.
- This level is **70%** higher than the 2015–2020 DGA limit of less than 10%.

# Top Sources of Added Sugar

## Sources of Added Sugar at School Breakfast:



29% Flavored Fat-Free Milk



23% Sweetened Cold Cereals



13% Condiments and Toppings

**Aim to Reduce the  
Amount of Added Sugar  
in Your Breakfast  
Menus!**

# Reducing Added Sugar at Breakfast

## 1. Establish a goal of aligning your school breakfast menus with the dietary guidelines.

According to the DGAs, a healthy dietary pattern limits added sugars to less than 10% of calories per day.

- Establish your own standards for added sugar limits on items served on your menu, such as ready-to-eat cereals and bakery products.
- Decrease the frequency of high-sugar foods offered in your menus.
- Plan to serve breakfast entrée items that do not require addition of a high sugar condiment or toppings.

# Reducing Added Sugar at Breakfast

## 2. *Customize your food and beverage options to include items lower in added sugars.*

Strategies for reducing intake of added sugars include reducing portions, consuming these items less often, and selecting options low in added sugars.

- Replace items with high amounts of sugar, such as flavored milk and juice, with unflavored milk and whole fruit.
- Consider preparing items that typically have higher amounts of added sugars in house, such as baked goods, granola bars, and condiments.

# **Standout Story: Laveen Elementary School District**

# Standout Story: LESD

Jennifer Gordon

Director, Child Nutrition Services

Laveen Elementary School District



# About Laveen ESD

## Laveen Elementary School District

- # of Schools: 9
- Grades served: PreK-8
- Current Enrollment: 7,500
- % Free/Reduced: 70% (SY 19-20)
- Current ADP:
  - Breakfast: 47%
  - Lunch: 70%
- Menu model: Currently follow a 4-week cycle menu



# About Laveen ESD

## Disclaimer

The COVID-19 Pandemic has significantly altered our intended menu practices.

- Normally serve breakfast in the cafeteria
  - Currently operating a Breakfast in the Classroom model for mitigation purposes
    - All meals are cold
- Supply chain disruptions
- Labor shortages

# Why We Focus On...

## Reducing Added Sugar in Breakfast Menus

- Ideal for student health
- Appease parents/teachers/administrators
- Improved nutritional content in menu; reduced ingredients of concern
- Establish good reputation for healthy school nutrition program

# Purchasing Guidelines

→ Includes district and Life Time Foundation guidelines

→ Developed to establish clear standards with industry partners

→ Helps to quickly identify allergens for special diets

→ Reference for purchasing

**Laveen Elementary School District  
Child Nutrition Purchasing Guidelines**

Item: \_\_\_\_\_

Sample available? Yes No

Item available individually wrapped, bulk, or both? IW Bulk Both

Does item have CN label? Yes No

Distribution through Shamrock Foods? Yes No      ASPIN Pricing? Yes No

If yes, Special Order or Stocked (Indicate Code):

Does the item contain pork (including gelatin made from pork)? Yes No

Does the item contain 10 grams of added sugar or less? Yes No

Does the item contain 1 or more of the top 9 allergens? Please indicate which one(s):

Egg	Peanut	Soy
Finned Fish	Sesame	Tree Nuts
Milk	Shellfish	Wheat

Is there precautionary allergen labeling for peanuts or tree nuts on the package? Yes No

Label says, "May contain peanuts or tree nuts," or "May contain traces of..."

Label says, "Made in a facility that also processes peanuts or tree nuts."

Label says, "Made on shared equipment with peanuts or tree nuts."

Free from Life Time Foundation's "Ingredients of Concern"? (Please refer to page 2.)

Artificial Colors	Artificial Sweeteners & Other Sugar-Free Sweeteners
Artificial Preservatives	Artificial & Unspecified Natural Flavors, and Flavor Enhancers
Emulsifiers	Flour Treatment Agents
Mycoprotein	

**BONUS:**

Local to Arizona? Yes No

 Laveen  
SCHOOLS DISTRICT

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 CHILD  
NUTRITION  
SERVICES

# Reducing Added Sugar

## How We Put It Into Practice!

Offer 1% and fat-free white milk or 100% juice at breakfast = 0g added sugar

Focus on fruit servings without added sugar

Menu 1 oz. eq. Grain/1 oz. eq. M/MA entrees when possible

Aim for all breakfast entrees to have 10g added sugar or less

# Example: Breakfast Menu

## SEPTEMBER 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<b>LABOR DAY</b>  Banana or Blueberry Muffin Mandarin Oranges Turkey Chili w/ Cornbread Chicken Drumstick w/ Onion Rings Tuna Salad w/ Crackers Steamed California Veggies Peaches Fresh Orange	Breakfast Flatbread Applesauce Cup Chicken Patty Sandwich Jumbo Pretzel w/ Cheese Cup Southwest Chicken Salad Coleslaw Fruit Cocktail Fresh Cantaloupe	Plain or Cinnamon Bagel w/ Cream Cheese Fresh Banana <b>Early Release Day</b> Domino's Smart Slice Pizza Southwest Chicken Salad Ranch Beans Craisins Fresh Apple Slices	Cheesy Egg Scramble w/ Tortillas Seasoned Pinto Beans Cheesy Pull-Aparts w/ Marinara Meatball Sub Southwest Chicken Salad Steamed Carrots Peaches Fresh Plum	Ultimate Breakfast Round Peaches Orange Chicken Rice Bowl w/ Veggie Egg Roll Deli Sandwich w/ Baked Chips Southwest Chicken Salad Steamed Broccoli Mandarin Oranges Fresh Kiwi
Cinnamon Roll Fresh Orange Buffalo Pizza Pocket Mac n' Cheese w/ Garlic Toast Chef Salad Steamed Broccoli Applesauce Cup Fresh Pear	Benefit Breakfast Bar Variety Applesauce Cup Hamburger or Cheeseburger Bean & Cheese Burrito Chef Salad Curly Fries Fresh Pico de Gallo Fruit Cocktail Fresh Cantaloupe	Cinnamon Blueberry Twist Fresh Banana <b>Early Release Day</b> Domino's Smart Slice Pizza Chef Salad Sweet Potato Tater Tots Peaches Fresh Apple Slices	Pancake on a Stick Hashbrown Patties Chicken Nuggets w/ Crackers Four Cheese Lasagna w/ Garlic Toast Chef Salad Steamed Green Beans Peaches Fresh Strawberries	Mini Breakfast Bites Peaches Beefy Nacho Supreme Deli Sandwich w/ Baked Chips Chef Salad Seasoned Pinto Beans Fresh Pico de Gallo Frozen Fruit Cup Fresh Kiwi
Honey Bun Pears Pasta and Meat Sauce w/ Garlic Toast Bean & Cheese Chalupa Taco Salad Roasted Butternut Squash Fresh Pico de Gallo Fruit Cocktail Fresh Watermelon	Pop-Tart Variety Fruit Cocktail Cheese or Turkey Pepperoni Pizza Cheesy Chicken Rolled Tacos Taco Salad *Marion's Healthy Salad Fresh Pico de Gallo Pineapple Tidbits Fresh Grapes	Maple or Spicy Turkey Sausage Tornado Hashbrown Patties Sweet n' Sour Chicken Rice Bowl w/ Veggie Egg Roll Grilled Cheese Sandwich Taco Salad Steamed Broccoli Mandarin Oranges Fresh Kiwi	Mini Donut Variety Mandarin Oranges French Toast w/ Chicken Sausage Patty Deli Sandwich w/ Baked Chips Taco Salad Hashbrown Patties Watermelon Raisels Fresh Pear	
Honey Breakfast Bar Pears Mini Cheeseburgers Cheese Quesadilla Southwest Chicken Salad Steamed Corn Fresh Pico de Gallo Applesauce Cup Fresh Pear	<b>*Marion's Healthy Salad</b> We're serving a recipe created by our very own student, Marion Colum, from Paseo Pointe! Marion was one of four finalists in the Blue Cross Blue Shield of Arizona 2019 Walk On! Kids Cooking Challenge. The statewide competition challenged kids to create an original healthy recipe. We're proud to be serving Marion's dish in all of our cafeterias.		<b>Follow Us On Facebook!</b> @LaveenChildNutrition <b>Download the Free 'Nutrislice' App</b> View our menu and review key information for any meal item including descriptions, images, carbohydrate counts and allergens right from your smart phone.	

### CHILD NUTRITION SERVICES

**Daily Breakfast Offerings**  
 Cereal Grab Pack  
 100% Fruit Juice  
 Fat Free White Milk  
 1% White Milk

**Daily Lunch Offerings**  
 Yogurt Combo Pack  
 Weeks 1 & 3  
 Plant Powered Hummus Pack  
 Weeks 2 & 4  
 Unlimited Fruits and Veggies  
 Fat Free Strawberry Milk  
 1% White and Chocolate Milk

**Student Meal Prices**  
 Breakfast: FREE  
 Reduced-Price Lunch: \$0.40  
 Full-Price Lunch: \$2.40

**Adult & Non-Student Prices**  
 Breakfast: \$2.50  
 Lunch: \$3.50  
 Fruit & Veggie Bar (only): \$2.00  
 Extra Fruit & Veggie Bar Trip: \$1.00

Please visit the Child Nutrition website for additional information and resources at: [www.laveeneld.org](http://www.laveeneld.org)

Online Meal Application Available at: [EZMealApp.com](http://EZMealApp.com)

Online Meal Payments Available at: [EzSchoolPay.com](http://EzSchoolPay.com)

The menu is subject to change.

Our kitchens are all peanut free facilities and we do our best to avoid serving pork products.

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# Breakfast Meals



Cinnamon Crumble - 10g added sugar

Fresh Banana - 0g added sugar

100% Orange Juice, 4 fl. oz. - 0g added sugar

1% White Milk, 8 fl. oz. - 0g added sugar

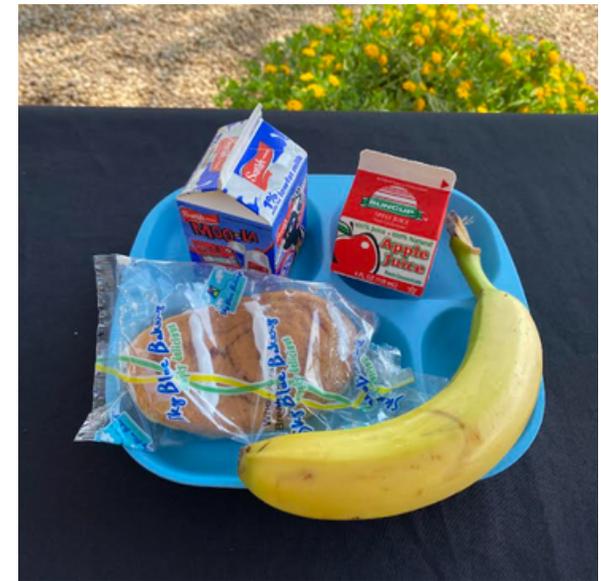


Trix Cereal Bar - 9g added sugar

Dried Apples - 0g added sugar

100% Orange Juice, 4 fl. oz. - 0g added sugar

1% White Milk, 8 fl. oz. - 0g added sugar



Honey Bun - 11g added sugar

Fresh Banana - 0g added sugar

100% Apple Juice, 4 fl. oz. - 0g added sugar

1% White Milk, 8 fl. oz. - 0g added sugar

# Top 5 Tips For...

## Reducing Added Sugar in Breakfast Menus

- Serve unflavored milk only
- Design menu to meet 1 oz. eq. grain/1 oz. eq. M/MA entrees whenever possible
  - Bonus for hot and/or savory entrees
- Offer fresh fruit at least twice a week
- Choose 'unsweetened', 'reduced sugar', 'no sugar added', etc., products
- Aim for no more than 10g added sugar in breakfast entrees

# Thank You!

**Jennifer Gordon**  
**Director, Child Nutrition Services**  
**Laveen Elementary School District**

(602) 237-9100 ext. 3044

[jgordon@laveeneld.org](mailto:jgordon@laveeneld.org)

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Instagram: @LaveenChildNutrition



# Resources

# Resources

**UPLIFTed Director Spotlight!**  
Showing the passion, talents, and hard work of Arizona school nutrition professionals.

**Jennifer Gordon**  
Child Nutrition Services Director, Laveen Elementary School District

Home town: Peacotello, Idaho  
Current City of Residence: Phoenix, Arizona  
Favorite Childhood School Meal: Barbecue Pizza and Peanut Butter Squares  
When I was a kid, I wanted to grow up to be a Marine Biologist

**What was your first job in food service?**  
I worked at a sub shop called Hogt Yogi in high school.

**What prompted you to start working in the field of school nutrition?**  
My community nutrition class during undergrad shed light on the programs that I was a participant of as a child including NSLP and WIC. It brought everything full circle for me and I knew then that I wanted to work in a nutrition field that provided the resources I benefited from during my youth.

**Tell us about a specific project or initiative you have championed that you are proud of.**  
Our partnership with the Life Time Foundation. This partnership aligned with my nutrition philosophy and has provided additional resources and tools needed to help carry out a clean label initiative in a more formalized and robust manner.

**Assuming time and money were not barriers, what would be your top priority as far as changes you would like to see in your school nutrition program?**  
I would like to convert our operations to a centralized approach where we could focus on more scratch cooking and baking, branding and merchandising.

**What are the top three skills a school food service director should have?**  
Communication and the ability to convey your vision and vision, financial management and budgeting skills forward thinking and a progressive mindset.

**What advice would you give to a younger version of yourself just starting your role as Director?**  
Be more flexible and less black and white. Learn to find the balance between the reality of day-to-day operations and the intentions of the many regulations we are required to follow.

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## Director Spotlight

**School Meals in Arizona**  
**How'd they do that?**

Laveen Elementary School District  
**Child Nutrition Purchasing Guidelines**

- Composed of a questionnaire for vendors to fill out for any given product, and one page of "Ingredients of Interest" (highlighted ingredients and ingredients on the watch list).
- Highlighted ingredients are those that are not acceptable at any level on products. Ingredients on the watch list are those that are common in foods of lower nutritional quality and/or tend to indicate a highly processed food.

**Steps for Developing Your Own!**

- Identify what your "standards" are.
  - Decide what ingredients, products, items, etc. you want to start adding or eliminating from your menu and put them on paper.
  - Start small! Focus on one ingredient as your non-negotiable and go from there.
- Use what is already available to you.
  - Use the Laveen's Child Nutrition Purchasing menu as a launching point for your own.
  - Review the USDA recommendations in the [parental Guide for Better School Food Purchasing](#) to determine which ingredients you want to focus on.
- Customize your guidelines to fit your needs!
  - Add or delete items from your guidelines based on your audience's specific needs and wants.
  - Don't limit guidelines to just your menu. Consider items for dispensers, snack bars, a la carte items, equipment, etc.

**Backstory**  
I was a nutritionist with one of the largest school districts in the state. I was asked to help a small school district that was struggling to meet its own standards. I was asked to help them with their menu planning and to help them with their purchasing process. I was asked to help them with their menu planning and to help them with their purchasing process.

**Other Items to Consider When Developing Your Guidelines!**

- Common allergens amongst your school community (e.g. milk, soy, dairy, etc.)
- Religious, cultural, and environmental preferences (e.g. pork products, meat-based proteins, etc.)
- Medical and dietary accommodations
- Preferences for certain manufacturing methods (e.g. Arizona brand/local, supporting small business, Buy American, Fair to School, etc.)

**Menu Planning Resource**

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## How'd They Do That

**Top Five Tips for...**

**Reducing Added Sugar in School Breakfast Menus**

from...   
Jennifer Gordon  
Director, Child Nutrition Services  
Laveen Elementary School District

- Serve unflavored milk only**  
Flavored fat-free milk contributes to 29% of added sugar at school breakfast. Serving unflavored reduces added sugar.
- Design menu to meet 1 Grain & 1 M/MA entrees**  
For every grain-based item that you serve, aim to pair it with a meat/meat alternate.
- Offer fresh fruit at least twice a week**  
Fresh fruit has no added sugar, and provides more fiber and other nutrients than 100% juice.
- Choose products wisely**  
Select items that are labeled as 'unsweetened,' 'reduced sugar,' 'no sugar added,' etc.
- Set a sugar goal**  
Aim for no more than 10g of added sugar in grain-based food items.

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**Top 5 Tips**

## Top 5 Tips

**Natural Sugar vs. Added Sugar**  
A side-by-side comparison

**What is Sugar?**  
Sugar is a type of carbohydrate that provides energy for your body in the form of calories (1 gram of sugar = 4 calories).

**Monosaccharides** are the simplest form of sugar and the most basic units of carbohydrates. The three types of monosaccharides are: glucose, fructose, and galactose.

**Disaccharides** are the sugars formed when two monosaccharides are joined. The three types of disaccharides are: sucrose (glucose + fructose), lactose (glucose + galactose), and maltose (glucose + glucose).

**Comparing Sources**

Natural Sugar	Added Sugar
Sugar that is found naturally in certain whole, unprocessed foods like fruits, some vegetables, and milk. <i>The most forms of sugar found in fruits and vegetables are fructose and glucose, while lactose is the most form of sugar found in milk.</i>	Any sugar that is added to a food or beverage during processing and/or preparation. <i>Added sugar can come from artificial sources (e.g. high fructose corn syrup) or natural sources (e.g. honey).</i>
 20 calories 4 grams total sugar 0 grams added sugar Ingredients: Nonfat yogurt (cultured pasteurized nonfat milk), vanilla extract, natural flavors, fruit pieces, guar gum, lemon juice concentrate.	 110 calories 13 grams total sugar 9 grams added sugar Ingredients: Nonfat yogurt (cultured pasteurized nonfat milk), added sugar, water, vanilla extract, natural flavors, fruit pieces, guar gum, lemon juice concentrate.

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The newly released 2020-2025 Dietary Guidelines for Americans recommends limiting added sugars to no more than 10% of total calories.

## Nutrition Knowledge Fact Sheet

<https://www.azed.gov/hns/nslp/uplift/>

# Resources

## Research Rundown

## Added Sugars in School Meals and the Diets of School-Age Children

### Research Rundown

**Article:**  
**Added Sugars in School Meals and the Diets of School-Age Children**

**What did this study examine?**

This study examined levels of added sugar in school meals, and children's dietary intakes at breakfast, lunch and over 24 hours on school days.

**School Menu Data Collection:**

→ Provided by school nutrition managers by completing an online menu survey for one school week. The survey included detailed food descriptions, portion sizes and number of portions, and recipes.

**Dietary Intake Data Collection:**

→ Collected through 24-hour dietary recall interviews. The interviews were conducted right after lunch. Younger students had a second interview that was conducted the next day with parental assistance.

**Key Findings:**

<b>Breakfast</b>	<b>Lunch</b>
<ul style="list-style-type: none"><li>• School breakfasts provided an average of <b>88</b> calories from added sugars</li><li>• This accounted for <b>9%</b> of calories in school breakfasts</li></ul>	<ul style="list-style-type: none"><li>• School lunches provided an average of <b>75</b> calories from added sugars</li><li>• This accounted for <b>11%</b> of calories in school lunches</li></ul>

*Leading source of added sugars in BOTH school lunch and breakfast: Flavored skim milk (20%)*

**Additional sources of added sugars in breakfast consumed by school-age children (excluding foods from home):**

Sweetened cold cereals (23%), condiments and toppings (12%), granola bars and toaster pastries (5%), muffins, sweet/quick breads and sugar sweetened beverages (4%), yogurt (3%)	<b>Additional sources of added sugars in lunch consumed by school-age children (excluding foods from home):</b>
	Flavored skim milk (10%), cake (11%), peanut butter sandwiches (7%), candy and condiments (5%), soda (5%), sports/energy drinks, tea/coffee, granola bars, breakfast bars (4%)

**Put it into practice!**

- Start working towards a goal of aligning your school breakfast and lunch menus with the Dietary Guidelines for Americans, particularly when it comes to added sugar recommendations (less than 10% of calories)
- Establish your own standards for added sugar limits on menus served on your menu, such as ready-to-eat cereals and bakery products.
- Decrease the frequency of high-sugar foods offered in your menus.
- Consider preparing items that typically have higher amounts of added sugars in house, such as baked goods, granola bars, and condiments, so you can control the amount of sugar added.

**Reference:**  
Fox HL, Greene EC, Schwartz C. Added Sugars in School Meals and the Diets of School-Age Children. *Nutrients* 2021 Jan; 13(1):2471. doi: 10.3390/13020471

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# Looking Ahead

*Join us next month!*

## **Stories from the Field: Palominas Elementary School District**

November 15, 2021

1:30 pm - 2:00 pm

Next month we will hear from Elizabeth Allen, Director of Food Services at Palominas Elementary School District. While serving lunch in the classroom, Elizabeth and her team were able to continue serving hot, scratch-made meals to their students, and even offered "flavor stations" to allow them to choose their condiments. Join us to hear how they implemented Lunch in the Classroom and learn their tips and tricks for serving hot, scratch-made meals in your classrooms!



# Thank you!

**Any questions?  
Please type them into the chat bar now.**

If you are attending the live webinar, you will receive a link to complete the survey in EMS. After you complete the survey you can print a certificate of completion.

If you are watching the recorded webinar, you can access the survey link and certificate of completion at the end of the webinar slides.



# Comprehension Check

## Question #1

What should the limit of added sugar consumption per day be according to the Dietary Guidelines for Americans (DGAs)?

- a. 15%
- b. 10%
- c. 5%
- d. 20%

# Comprehension Check

## Question #1

What should the limit of added sugar consumption per day be according to the Dietary Guidelines for Americans (DGAs)?

a. 15%

 b. 10%

c. 5%

d. 20%

# Comprehension Check

## Question #2

According to the research article discussed in the webinar, the breakfast item(s) contributing the most amount of added sugar in school menus (about 29%) is \_\_\_\_\_.

- a. Bread and Cake
- b. Sweetened Cold Cereals
- c. Condiments
- d. Flavored Fat-Free Milk

# Comprehension Check

## Question #2

According to the research article discussed in the webinar, the breakfast item(s) contributing the most amount of added sugar in school menus (about 29%) is \_\_\_\_\_.

- a. Bread and Cake
- b. Sweetened Cold Cereals
- c. Condiments
-  d. Flavored Fat-Free Milk

# Comprehension Check

## Question #3

According to the speaker, which of the following is NOT a Top 5 Tip for reducing added sugar in breakfast menus?

- a. Offer fresh fruit at least twice a week.
- b. Aim for no more than 10g added sugar in breakfast entrees.
- c. Do not serve any grains for breakfast.
- d. Serve unflavored milk only.

# Comprehension Check

## Question #3

According to the speaker, which of the following is NOT a Top 5 Tip for reducing added sugar in breakfast menus?

- a. Offer fresh fruit at least twice a week.
- b. Aim for no more than 10g added sugar in breakfast entrees.
-  c. Do not serve any grains for breakfast.
- d. Serve unflavored milk only.

# Congratulations!

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To request a certificate, please go to the next slide.

In order to count this training toward your Professional Standards training hours, the training content must align with your job duties.

Information to include when documenting this training for Professional Standards:

- Training Title: [Recorded Webinar: upLIFT webinar: Standout Story - Sugar in School Breakfast Menus](#)
- Key Area: 1000-Nutrition
- Learning Codes: 1150, 1310, 1320
- Length: 0.5 hour

Please Note:

- Attendees must document the amount of training hours indicated regardless of the amount of time it takes to complete it.

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<https://www.surveymonkey.com/r/upliftrecordedwebinar>

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