

CHANGES AT COVENTRY LOCAL SCHOOLS TO REDUCE ADDED SUGAR AT BREAKFAST

In the USDA School Breakfast Program, federal regulations require that by July 1, 2027, breakfasts must have an average of less than 10% of total calories from added sugars over the school week. Additionally, breakfast cereals are limited to 6 grams of added sugars per dry ounce.

The reason the USDA is not implementing this change till 2027 is to give manufacturers time to make changes to their breakfast options so that they can meet the new standard. Coventry Food Service will continue to be progressive and make changes ahead of this mandate to lower added sugar and to improve our students' health. Below are some of the changes that we have already started that will be fully implemented in 2025-26. As more lower added sugar options are available to us, we will continue to improve.

Specific Reduction in Added Sugar in Entrée Offerings at Elementary Schools due to Changes

Day	2024-25 Breakfast Offerings	Added Sugar in 2024-25 Breakfast Offerings	2025-26 Breakfast Offerings	Added Sugar in 2025-26 Breakfast Offerings	Reduction in Added Sugar
Monday Choices	Mini Cinnis, WG	13 grams	Caramel Mini Cinnis, WG	8 grams	5 grams less
	Eggo Waffle Crackers, WG	13 grams	1.3 oz Cheerios	less than 1 gram	13 grams less
Tuesday Choices	Chicken & Biscuit Sandwich, WG	0 grams	Breakfast Burrito	0 grams	0
	Richs Choc Chip UBR, WG	18 grams	Simply Chex - Chocolate, WG	6 grams	12 grams less
Wednesday Choices	Maple Snack n Waffle, WG	11 grams	Eggo Fruit Loops Waffles, WG	5 grams	6 grams less
	Eggo Waffle Crackers, WG	13 grams	1.3 oz Cheerios	less than 1 gram	13 grams less
Thursday Choices	Pancake Sausage Wraps, WG, Turkey Sausage	4 grams	Pancake Sausage Wraps, WG, Turkey Sausage	4 grams	0
	Richs Choc Chip UBR, WG	18 grams	Simply Chex - Chocolate, WG	6 grams	12 grams less
Fridays Choices	Super Donut, fortified	11 grams	WG Glazed Donut	8 grams	3 grams less
	Eggo Waffle Crackers, WG	13 grams	1.3 oz Cheerios	less than 1 gram	13 grams less
*	2024-25 Average Daily Added Sugar	11.4 grams	2024-25 Average Daily Added Sugar	3.7 grams	
Reduction per Day in Average Daily Added Sugar for Entrees					7.7 grams

Specific Reduction in Added Sugar in Entrée Offerings at Secondary Schools due to Changes

Day	2024-25 Breakfast Offerings	Added Sugar in 2024-25 Breakfast Offerings	2025-26 Breakfast Offerings	Added Sugar in 2025-26 Breakfast Offerings	Reduction in Added Sugar
Monday Choices	Mini Cinnis, WG	13 grams	Caramel Mini Cinnis, WG	8 grams	5 grams less
	Eggo Waffle Crackers, WG	13 grams	1.5 oz Sun Chips, WG	3 grams	10 grams less
Tuesday Choices	Chicken & Biscuit Sandwich, WG	0 grams	Breakfast Burrito	0 grams	0
	Richs Choc Chip UBR, WG	18 grams	Simply Chex - Chocolate, WG	6 grams	12 grams less
Wednesday Choices	Maple Snack n Waffle, WG	11 grams	Eggo Fruit Loops Waffles, WG	5 grams	6 grams less
	Eggo Waffle Crackers, WG	13 grams	1.5 oz Sun Chips, WG	3 grams	10 grams less
Thursday Choices	Pancake Sausage Wraps, WG, Turkey Sausage	4 grams	Pancake Sausage Wraps, WG, Turkey Sausage	4 grams	0
	Richs Choc Chip UBR, WG	18 grams	Simply Chex - Chocolate, WG	6 grams	12 grams less
Fridays Choices	Mini Powdered Donuts, WG	19 grams	WG Glazed Donut	8 grams	11 grams less
	Eggo Waffle Crackers, WG	13 grams	1.5 oz Sun Chips, WG	3 grams	10 grams less
*	2024-25 Average Daily Added Sugar	12.2 grams	2024-25 Average Daily Added Sugar	4.6 grams	
Reduction per Day in Average Daily Added Sugar for Entrees					7.6 grams

* Average Daily Added Sugar per breakfast entrée assumes that half of our participants will take each offering.